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Tuesday 05/04/16

- Film choice
- Lunch
- Tabletop Games
- Group discussion

Wednesday 06/04/16

- Chair Aerobics with 'Xtra Energy
- Lunch
- Raffle
- Client Group Meeting

Thursday 07/04/16

- **11.30-12.30 – 'Drop-in Social',**
Talking newspaper and a buffet lunch in a relaxed atmosphere.

Tuesday 12/04/16

- Film choice
- Lunch
- Table top games
- Group discussion

Wednesday 13/04/16

- Chair Aerobics
- In-House Bingo
- Welfare benefit and advice drop-in sessions.

Thursday 14/04/16

- Beacon Bingo, cost £4.00 + 60p for the meal, Pick up from 9.30 a.m book early as spaces are limited

Tuesday 19/04/16

- Film choice
- Lunch
- Tabletop Games
- Group discussion

Wednesday 20/04.16

- Chair Aerobics with 'Xtra Energy
- Lunch
- Raffle
- Zimbabwe Celebrations: -Slides, lunch, culture and music.

Come along and join us!

Thursday 21/04/16

- **11.30-12.30 – 'Drop-in Social',**
Talking newspaper and a buffet lunch in a relaxed atmosphere
- **Just Eat Natural** with Jenny Sebastian at 1.30pm

Friday 22/04/16

**Our Long Weekend to 'Isle of Wight'.
Departure 7.30 a.m. from Jacksons lane. To all participating, Enjoy!!!!**

Tuesday 26/04/16

- Film choice
- Lunch
- Tabletop Games
- Group discussion

Wednesday 27/04/16

- Chair Aerobics with 'Xtra Energy
- Eileen's Birthday celebrations begin.

Thursday 28/04/16

- Lunch out - venue to be arranged - Price will be the cost of the meal plus £4 for transport. If the distance travelled is outside the county or more than 20 miles outside Wellingborough then the cost of transport will be more

At our Elderly Day care Centre at WACA we've included a series of activities for you to take part in.

They range from:

'Xtra Energy' Chair Aerobics
Drop-In/Social/Interactive day
Massage Therapy
Tabletop games
Shopping
Outings
Annual Weekend breaks
Coffee Mornings
Health awareness presentations
Musical Entertainment
IT for beginners -The Silver Surfers Club
Flower Arranging
Trips to Beacon Bingo
Weekly Raffle/In house Bingo
Monthly Lunch Outings

A small contribution is required towards each activity



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**Wellingborough African
Caribbean Association**

Providing Quality Care For The Counties

What's On at WACA Day Care April 2016



**Activities To Keep You
Vibrant
In Your Golden Years**