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### **Tuesday 04/08/15**

- Film choice
- Lunch
- Tabletop Games
- Group discussion

### **Wednesday 05/08/15**

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

### **Thursday 06/08/15**

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

### **Tuesday 11/08/15**

- Film choice
- Lunch
- Tabletop Games
- Group discussion

### **Wednesday 12/08/15**

- Coffee Morning/Craft Sale
- Lunch
- Massage therapy
- In- house bingo session

### **Thursday 13/08/15**

Beacon Bingo Trip, cost £4.00, Pick up from 9.30a.m

### **Tuesday 18/08/15**

- Film choice
- Lunch
- Tabletop Games
- Group discussion

### **Wednesday 19/08/15**

- Chair Aerobics with 'Xtra Energy
- Massage Therapy session
- Lunch
- Musical Entertainment

### **Thursday 20/08/15**

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

**Tuesday 25/08/15**

**11.00-12.30**

- Film choice
- Lunch
- Tabletop Games

**Wednesday 26/08/15**

- **11.30** Chair Aerobics with 'Xtra Energy'
- Lunch
- Massage therapy
- In- house bingo/raffle

**Thursday 27/08/15**

- Lunch out (destination to be arranged)

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



Wellingborough African Caribbean Association

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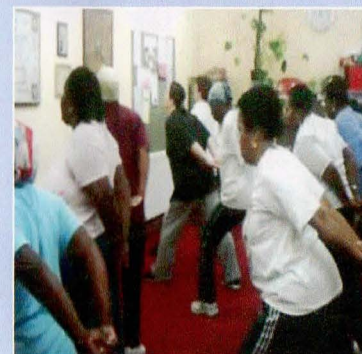
**Website:** www.wacacentre.com



**Wellingborough African  
Caribbean Association**

Providing Quality Care For The Counties

## **What's On at WACA Day Care [August 2015]**



**Activities To Keep You  
Vibrant In Your ...**

**Golden Years**