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Tuesday 5/1/16

- Film choice
- Lunch
- Tabletop Games
- Group discussion

Wednesday 06/1/16

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

Thursday 07/1/16

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

Tuesday 12/1/16

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

Wednesday 13/1/16

- Chair Aerobics
- Massage therapy
- Raffle
- Welfare benefit and advice drop-in sessions.

Thursday 14/1/16

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

Tuesday 19/1/16

- Film choice
- Lunch
- Tabletop Games
- Group discussion

Wednesday 20/1/16

- Chair Aerobics with 'Xtra Energy
- Lunch
- Raffle

Thursday 21/1/16

- **11.15 am - ENERGY BEST DEAL** - How to save money on your energy bills
- **'Drop-in Social'**, talking newspaper and a buffet lunch in a relaxed atmosphere.
- **Just Eat Natural** with Jenny Sebastian at **1.30pm**. Good advice on healthy eating and free tasting



Tuesday 26/1/16

- Film choice
- Lunch
- Tabletop Games
- Group discussion

Wednesday 27/1/16

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

Thursday 28/1/16

- Clients 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 from 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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What's On at WACA Day Care January 2016



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