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### **Tuesday 1/3/16**

- Film choice
- Lunch
- Tabletop Games
- Group discussion

### **Wednesday 02/3/16**

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

### **Thursday 04/3/16**

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

### **Tuesday 8/3/16**

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

### **Wednesday 9/3/16**

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

### **Thursday 10/3/16**

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

### **Tuesday 15/3/16**

- **ELDERS CINEMA & POPCORN**
- Lunch
- Tabletop Games
- Group discussion

### **Wednesday 16/3/16**

- Chair Aerobics with 'Xtra Energy
- Lunch
- Raffle

### **Thursday 17/3/16**

- **COFFEE MORNING WITH HOMEMADE CAKE**
- 'Drop-in Social', talking newspaper and a buffet lunch in a relaxed atmosphere.
- **ST PATRICKS DAY & MONSERRAT slides**

### **Tuesday 22/3/16**

- **ELDERS CINEMA & POPCORN**
- Lunch
- Tabletop Games
- Group discussion

### **Wednesday 23/3/16**

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



## **What's On at WACA Day Care March 2016**



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

### **Thursday 24/3/16**

- . 11.30-12.30 -  
'Drop-in Social'
- **COFFEE MORNING  
WITH HOMEMADE CAKE  
& BUFFET LUNCH**

### **Tuesday 29/3/16**

- **ELDERS CINEMA &  
POPCORN**
- Lunch
- Tabletop Games
- Group discussion

### **Wednesday 30/3/16**

- Chair Aerobics with 'Xtra Energy
- Lunch
- Raffle

### **Thursday 31/3/16**

- 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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