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**Wednesday 01/07/15**

**11.30-12.30**

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

**Thursday 02/07/15**

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

**Tuesday 07/07/15**

- Boat Trip including a buffet lunch, cost £10.00 leaving from 'Beckets Park, early pick up from 8.30 a.m. in Wellingborough. (This trip is now full)

**Wednesday 08/07/15**

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

**Thursday 09/07/15**

- 11.30-12.30 - Flower Arranging with Mrs. Benjamin
- Lunch
- Talking Newspaper

**Tuesday 14/07/15**

**11.00-12.30**

- Film choice
- Lunch
- Tabletop Games
- Group discussion

**Wednesday 15/07/15**

**11.30-12.30**

- Chair Aerobics with 'Xtra Energy
- Massage Therapy session
- Lunch
- Raffle

**Thursday 16/07/15**

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

**Tuesday 21/07/15**

**11.00-12.30**

- Coffee Morning and Beetle drive
- Lunch
- Film

**Wednesday 22/07/15**

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

**Thursday 23/07/15**

**11.30-12.30**

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

**Tuesday 28/07/15**

**11.00-12.30**

- Film choice
- Lunch
- Tabletop Games

**Wednesday 29/07/15**

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

**Thursday 30/07/15**

**11.00-12.30**

- Film choice
- Lunch
- Tabletop Games
- 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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**Wellingborough African  
Caribbean Association**

Providing Quality Care For The Counties

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



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

**Golden Years**