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Tuesday 02/06/15 11.00-12.30

- Film choice
- Tabletop games
- Lunch
- 1.30-3.30. 4th week of – ‘IT’ for the terrified. With’ the neighbourhood learning team. Free sessions for five weeks

- **Wednesday 03/06/15 11.30-12.30**

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

Thursday 04/06/15

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

Tuesday 09/06/15 11.00-12.30

- Film choice
- Lunch
- **1.30-3.30 –5th** and final week session of ‘IT’ for the terrified’.

Wednesday 10/06/15

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

Thursday 11/06/15

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

Tuesday 16/06/15 11.00-12.30

- Film choice
- Lunch
- Tabletop Games
- Group discussion

Wednesday 17/06/15

11.30-12.30

11.30-12.30

- Chair Aerobics with ‘Xtra Energy
- Massage Therapy session
- Lunch
- In House Bingo

Thursday 18/06/15

- **11.30-12.30 –‘Drop-In Social’** including -
- **Talking Newspaper**

Buffet lunch.

- **2 p.m. talk by ‘Just eat Natural’**



Tuesday 23/06/15

11.00-12.30

- Film choice
- Lunch
- Tabletop Games

Wednesday 24/06/15

11.30-12.30

- Chair Aerobics with 'Xtra Energy'
- Massage Therapy session
- Lunch
- In-house bingo

Thursday 25/06/15

Promotional stand in the 'Swans gate' Center 1st day of three, everyone welcome to participate..

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 [JUNE 2015]



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

Golden Years