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Tuesday 01/09/15

- Film choice
- Lunch
- Tabletop Games
- Group discussion
- 6-8p.m. -CIC forum to discuss the changes to Health & Social Care.

Wednesday 02/09/15

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

Thursday 03/09/15

- **11.30-3.00 – 'Drop-in Social'** including talking newspaper and a buffet lunch in a relaxed atmosphere.

Tuesday 08/09/15

- Film choice
- Lunch
- Tabletop Games
- Group discussion

Wednesday 09/09/15

- Coffee Morning/Craft Sale
- Lunch
- Massage therapy
- In- house bingo session
- Welfare benefit and advice drop-in sessions.

Thursday 10/09/15

Beacon Bingo Trip, cost £4.00, Pick up from 9.30 a.m book early as spaces are limited.

Tuesday 15/09/15

- Film choice
- Lunch
- Tabletop Games
- Group discussion

Wednesday 16/09/15

- Chair Aerobics with 'Xtra Energy
- Massage Therapy session
- Lunch
- 'Forever Living Presentation by Mabel Williams.

Thursday 17/09/15

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

Tuesday 22/09/15
11.00-12.30

- Film choice
- Lunch
- Tabletop Games

Wednesday 23/09/15

- **11.30** Chair Aerobics with 'Xtra Energy
- Lunch
- Massage therapy
- Raffle,
- Musical Entertainment

Thursday 24/09/15

- 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

Rock Street Complex
27-29 Rock Street
Wellingborough
Northamptonshire
NN8 4LW

Phone: 01933 442 046

E-mail: s.harris-waca@btconnect.com

Website: www.wacacentre.com



**Wellingborough African
Caribbean Association**

Providing Quality Care For The Counties

What's On at WACA Day Care [September 2015]



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

Golden Years