

Tuesday 24/11/15
11.00-12.30

- Film choice
- Lunch
- Tabletop Games

Wednesday 25/11/15

- **11.30** Chair Aerobics with 'Xtra Energy'
- Lunch
- Massage therapy
- In-House Bingo

Thursday 26/11/15

- 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 November 2015]



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

Golden Years



• **Tuesday 03/11/15**

- Film choice
- Lunch
- Tabletop Games
- Group discussion
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Wednesday 04/11/15

- Chair Aerobics with 'Xtra Energy
- Lunch
- Raffle
- Musical Entertainment - Romance In Durango
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• **Thursday 05/11/15**

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

Tuesday 10/11/15

- Film choice
- Lunch
- Tabletop Games
- Group discussion

Wednesday 11/11/15

- Chair Aerobics
- Lunch
- Massage therapy
- Raffle
- Client Group Meeting
- Welfare benefit and advice drop-in sessions.

Thursday 12/11/15

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

Tuesday 17/11/15

- Film choice
- Lunch
- Tabletop Games
- Group discussion

Wednesday 18/11/15

- Chair Aerobics with 'Xtra Energy
- Massage Therapy session
- Lunch
- Buki Obasa presenting 'Alec'
- Raffle/In-House Bingo

Thursday 19/11/15

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