

# Healthy Living Programme

All exercise, activities, hairdressing and wellbeing therapies are available for ladies and gentlemen

Day	Morning	Afternoon
Monday	<p><b>Tai chi</b> 10.30 – 11.45am (Active) <b>£4.50 (Currently held at Dolphin Court)</b>  <b>Extend - Music and Movement £2.00</b>                      10.15am–11.00am (Suitable for the more active)                      11.15am - 12.00noon (Seated)  <b>HOY!</b></p>	<p><b>Bingo/Entertainment</b> – 1.30pm  <b>Zumba Gold</b> - 3.15pm - 4.15pm <b>£4.50</b>  <b>Pilates</b> - 4.15pm – 5.30pm <b>£4.50</b>  <b>Scrabble Club</b> – 1.30pm</p>
Tuesday	<p><b>Extend – Music and Movement £2.00</b>                      10.15am – 11.00am,                      11.15am – 12.00pm  <b>Painting for fun £1.60</b> – 10am-12 noon  <b>Games</b> – dominoes/board games/cards  <b>Wellbeing Therapies</b></p>	<p><b>Hoy/ Entertainment/Film</b> - 1.30pm  <b>Bridge</b> - new players welcome – 1.15pm  <b>Book Club</b> - The 1st Tuesday of every month – 1.30pm  <b>Wellbeing Therapies</b>  <b>Singing for Fun</b> - 3.15pm to 4.45pm</p>
Wednesday	<p><b>Extend – Music and Movement £2.00</b>                      10.15am - 11.00am (Active)                      11.15am - 12.00noon(Seated)  <b>Occasional morning quiz/group crossword</b>  <b>Games</b> - dominoes/board games/cards  <b>Hairdressing and Wellbeing Therapies</b> -Wellbeing therapy room  <b>Yoga</b> - 10.30am <b>£4.50 (Currently held at Dolphin Court)</b></p>	<p><b>Bingo or Entertainment</b> - 1.30pm  <b>Hairdressing and therapies</b> - Wellbeing therapy room  <b>Discussion Group</b> - 1.30pm  <b>Choir</b> - 3.15pm -60p  <b>Line Dancing</b> – 3.30pm to 4.00 <b>£4.50</b></p>
Thursday	<p><b>GOLD Group</b> 9.30am – 3.30pm (Growing Older with learning disabilities)  <b>Day Centre Activities held at The Lovett Centre</b></p>	<p><b>Physifit</b> - 3.20-4.15pm <b>£4.50</b></p>
Friday	<p><b>Tai chi</b> -10.00am - 11.00am (Active) <b>£4.50</b>                      11.00am - 12.00noon (Seated) <b>£4.50</b>  <b>Craft</b>-10.30-11.30am <b>£1.60</b>  <b>Games</b> - dominoes/ board games/cards  <b>Wellbeing therapies and chiropody (alternate weeks)</b>  <b>General Knowledge Quiz</b> - 11.00am</p>	<p><b>Talks or entertainment</b> – 1.30pm  <b>Wellbeing therapies and chiropody</b></p>
Saturday	<p>The Centre is open one Saturday a month-                      Details will be outlined on “The “What’s On Sheet for each month</p>	<p><b>Wellbeing Therapies with Theresa once a month</b></p>



Coffee bar open 9.30am – 4.30pm

### **Lunch**

Two course £5.60

Please book by 11.00am

### **Sunday Lunch** £7.50

One Sunday per month for lunch

11.00am – 1.30pm (bookings only)

### **Chiropody Service Available**

Please contact 01903 528635 for more details

### **Minibus transport available**

Please ask for details

### **Assisted Bathing Service**

£6.50 per session (6 for the price of 5)

Please contact 01903 528635 for more details

### **Outdoor Gym**

Open every weekday 9.00am - 5.00pm & is free to use

**Healthy Living Programme** 

**Open**

**Monday, Tuesday, Wednesday & Friday**

9.30am – 5.00pm

**GuildCare**   
Guild Care Centre

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