

Swardeston Day Centre

PROGRAMME – April 2022

Transport: Liz Brown

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And Happy Easter to everyone! There may still be a chill in the air so keep bringing your woollies!!

MONDAY

4th April

10.30 am – Games and jigsaws

1.15 pm – Mr Sam, “Magic Man”, returns as we celebrate Shirley’s birthday

WEDNESDAY

6th April

10.45 am – Yoga-style stretch and relax exercise with Val

1.15 pm – Crafts for Spring with Kelly

MONDAY

11th April

10.30 am – Service for Easter with Rev. James Cook

1.15 pm – Cooking Easter biscuits with Gill

WEDNESDAY

13th April

10.30 am – Service for Easter with Rev. Shirley Wood

1.15 pm – “Royal Bingo” – know your Royals ready for the Platinum Jubilee

MONDAY

18th April

EASTER MONDAY BANK HOLIDAY – Day Centre closed

WEDNESDAY
20th April

11.00 am – Seated Exercises with Liz
1.15 pm – Norfolk Poems in local dialect, with
Tina Chamberlain

MONDAY
25th April

11.00 am – Pearl gets us “Chair Dancing”
1.15 pm – Floor Scrabble

WEDNESDAY
27th April.

10.30 am – Wesley, our canine friend, visits with
Jan, plus Newspaper Game
1.15 pm – Carole Lea, country singer, returns as we
celebrate birthdays for Molly, Marian and Lorna –
three in one day!



Happy Birthday to Shirley on 3rd, Bryan on 8th,
Molly and Lorna who share 27th, and Marian on
30th. April is our most popular month for
birthdays! Congratulations to you all!