

# Swardeston Day Centre

## PROGRAMME June 2022



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Summer is well and truly here ... hurrah! And  
congratulations to Your Majesty on your  
70 years' reign.

WEDNESDAY  
1<sup>st</sup> June

10.30 am – Table Quiz with Paul  
11.00 am – Seated exercises with Patsy to music  
suitable for the Jubilee  
1.15 pm – “The Squeegees”! Lots to sing along or  
tap your toes to! Anyone for a dance? We also  
celebrate Celia’s birthday!

MONDAY  
6<sup>th</sup> June

10.30 am – Table Quiz – “Know your spellings!”  
1.30 pm – Carpet Bowls and “Last Man Standing”  
games

WEDNESDAY  
8<sup>th</sup> June

10.30 am – Our Commissioner from Norfolk  
County Council, Shaun Wilson-Gotobed, would  
love to hear your views on the Day Centre and the  
service we provide. Plus magazines, colouring and  
crosswords.

\*NEW\*

1.15 pm – “RSPCA”. Leanne from the charity visits  
with stories and to update us on their work.

- MONDAY  
13<sup>th</sup> June  
10.30 am – Morning Service led by  
Rev. Ian Johnson  
1.15 pm – The Queen’s Jubilee – Reminiscence  
with Angela Bishop
- WEDNESDAY  
15<sup>th</sup> June  
10.00 am – Hearing Support; new volunteer Sue  
Holt is here to check and mend your hearing aids  
10.45 am – Val helps us stretch, move and relax,  
Yoga-style  
1.15 pm – Johnny Flinton – another opportunity to  
get up and dance – or just clap along!
- MONDAY  
20<sup>th</sup> June  
10.30 am – Dominoes/Yahtzee games  
1.15 pm – Gingerbread men baking with Julia and  
Rose
- WEDNESDAY  
22<sup>nd</sup> June  
\*SPECIAL\*  
10.30 am – Morning Service led by Derrick Hill  
(Mulbarton Church)  
1.15 pm – “The Mad Scientist” – Dr Dee-enay, aka  
Lauren Bird, makes science fun for this event. A  
chance to increase your knowledge or be reminded  
of facts about our amazing world.
- MONDAY  
27<sup>th</sup> June  
10.30 am – Wesley, our spaniel friend, visit us with  
Jan. Plus jigsaws, chat and mags  
1.15 pm – Kyle sings as we celebrate June’s 92<sup>nd</sup>  
birthday!
- WEDNESDAY  
29<sup>th</sup> June  
10.30 am – Bagatelle and Shut the Box games  
1.15 pm – “Life on the buses”. Andrew Gorringe  
brings memorabilia and stories of his life as a bus  
driver!