



Swardeston Day Centre

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PROGRAMME – January 2023

Happy New Year! Lots of fun and laughter here to keep away the winter chill and blues!

MONDAY
2nd January

NEW YEAR BANK HOLIDAY



WEDNESDAY
4th January

RE-OPEN!

10.45 am. Zumba Gold with Sarah – should warm us up!

1.15 pm. – Our friend Brian Laws sings songs and tunes to cheer

MONDAY
9th January

10.30 am – Service for Epiphany led by Rev. Graham Wilkins

1.15 pm – Les Trutch does swing as we celebrate Pat's birthday

WEDNESDAY
11th January

10.30 am – Games and chat

1.15 pm – “Liney Dancing!” with our own Phil and

***SPECIAL Paul on sound!



MONDAY
16th January

10.30 am – Jigsaws and Wordsearches
1.15 pm – “Making coasters” – getting crafty with Gill

WEDNESDAY
18th January

10.30 am – Service for the New Year led by Phil Moon
1.15 pm – Bingo! With Jonny Numbers

MONDAY
23rd January

10.45 am – Choose some vinyls to play, plus a quick quiz
1.15 pm – David Wyatt returns with his guitar

WEDNESDAY
25th January

10.00 am – Graham to sort your feet. If you want your feet seen to – see Julia
10.30 am – Wesley wants a pat!
1.15 pm – Angela Bishop reminisces with us

MONDAY 30th
January

11.00 am – Seated exercises with Liz
1.30pm – Skittles, Hoopla and Beanbag Toss Competitions



Happy Birthday to Pat on 10th January -
Best wishes to you!