



## Swardeston Day Centre

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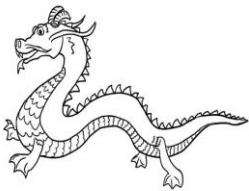
### PROGRAMME – February 2024

Brrr! "The cold wind doth blow  
And we shall have snow"

Hope not!

**MONDAY** 10.45 am – "What's in the suitcase?" – a chance to  
5<sup>th</sup> February reminisce  
1.15 pm – More time to reminisce with Angela Bishop  
on "The Flicks"

**WEDNESDAY** 10.00 am – Hearing Support for NHS hearing aid  
7<sup>th</sup> February wearers  
10.30 am. Games and wordsearches, and discuss current  
affairs in the papers  
1.15 pm – Celebrating the Chinese New Year! Food and  
presentation by Susan in the Year of the Dragon



**MONDAY** 10.30 am – Morning Service led by Rev. Paul Burr  
12<sup>th</sup> February 1.15 pm – Vic Salter – "Busker Extraordinaire" – tunes  
you will know as we celebrate Doreen's birthday

**WEDNESDAY** 10.00 am – Footcare with Graham. Let us know if you  
14<sup>th</sup> February need a toe-nail trim!  
1.15 pm – Joan Hocking sings seasonal music of love for  
St Valentine's Day

MONDAY 10.45 am – Seated Exercises with Liz  
19<sup>th</sup> February 1.15 pm – Trevor Austin brings a “magic lantern“ and other objects d’art?!

WEDNESDAY 10.30 am – Morning Service led by Jill Wright  
21<sup>st</sup> February 1.15 pm – Planting Spring bulbs with Gill Waters

MONDAY 10.45 am – Alphabet Game  
26<sup>th</sup> February 1.15 pm – Chrissie sings and shares jokes plus Norfolk stories

WEDNESDAY 10.45 am – Ball games and exercises with Julia and Sarah  
28<sup>th</sup> February  
NEW \*\* Brian Moon on the piano – Sing-along!

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**Happy Birthday to Doreen on 9<sup>th</sup> -  
Congratulations!**

