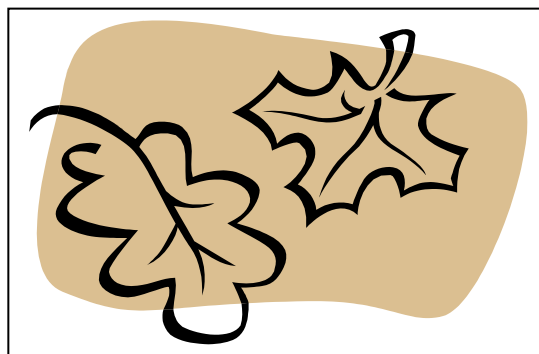




# AUTUMN CENTRE ALMANAC JANUARY 2019 BIRTHSTONE GARNET



Registered Charity 1110164

**AUTUMN CENTRE COUNTS FARM ROAD**

# MONTHLY ACTIVITIES

## JANUARY 2019

**WED 2ND  
THUR 3RD**

**CHAIR EXERCISE 10.45  
ANN ON KEYBOARDS 10 AM XTRA ENERGY 11  
MEMORYSONG 11AM WHIST 12.30  
TAI CHI 9AM PAINTING GROUP 10AM ARTS &  
CRAFTS 10.30 NAME THAT TUNE 11AM**

**FRI 4<sup>TH</sup>**

**MON 7<sup>TH</sup>  
TUES 8<sup>TH</sup>  
WED 9<sup>TH</sup>**

**TAI CHI 9AM CHAIR ZUMBA 10.45  
FOOT HEALTH 8.30 TARGET BALL 11AM  
OTAGO 10.45 PUZZLES 11AM**

**THUR 10<sup>TH</sup>**

**ANN ON KEYBOARD XTRA ENERGY  
WHIST 12.30 ONE TO ONES**

**FRI 11<sup>TH</sup>**

**TAI CHI 9AM ARTS & CRAFTS, 11AM MUSICAL  
MUSICAL BINGO 11AM**

**SUN 13<sup>TH</sup>  
MON 14<sup>TH</sup>  
TUES 15<sup>TH</sup>  
WED 16<sup>TH</sup>**

**CORBY SPIRITUALIST CHURCH 2PM  
TAI CHI 9AM CHAIR YOGA 10.45 QUIZ 11AM  
MUSICAL BINGO 11 AM  
OTAGO 10.45 WERE ARE WE? QUIZ 11 AM**

**THUR 17<sup>TH</sup>**

**TAX, CARE & TOY BOYS ADVICE 11AM XTRA  
ENERGY 11AM WHIST 12.30**

**FRI 18<sup>TH</sup>  
SUN 20<sup>TH</sup>**

**WORDSEARCHES 11 AM**

**MON 21<sup>ST</sup>  
TUES 22<sup>ND</sup>  
SUN 24<sup>TH</sup>  
WED 23<sup>RD</sup>  
THURS 24<sup>TH</sup>**

**CORBY SPIRITUALIST CHURCH 2PM  
TAI CHI 9AM ARIST & ANKLE WEIGHTS WITH  
REMEMBER WHEN 11AM  
CORBY SPIRITUALIST CHURCH 2PM  
OTAGO 10.45**

**FRI 25<sup>TH</sup>  
MON 28<sup>TH</sup>  
TUES 29<sup>TH</sup>  
WEDS 30<sup>TH</sup>  
THURS 31<sup>ST</sup>**

**ANN ON KEYBOARD 10.30 XTRA ENERGY 11AM  
WHIST 12.30  
ANDANTE BURNS CELEBRATIONS 11AM  
CHAIR YOGA 10.45  
DEMENTIA CINEMA BREAKFAST AT TIFFANY'S  
OTAGO 10.45 SINGING FOR THE BRAIN 11 AM  
ANN ON KEYBOARD 10.30 XTRA ENERGY 11AM  
WHIST 12.30**

## **CENTRE NEWS**

**WE WILL BE STARTING A HEALTHY HEARTS COOKING ON A BUDGET PROGRAMME IN JANUARY .**

**FROM JANUARY WE WILL BE HOLDING AN OTAGA FALLS PREVENTION PROGRAMME**

**PLEASE VISIT US ON OUR WEBSITE  
[WWW.THEAUTUMNCENTRE.CO.UK](http://WWW.THEAUTUMNCENTRE.CO.UK)**

**WE WOULD LIKE TO WISH ANY OF ARE MEMBERS WHO ARE CELEBRATING A BIRTHDAY THIS MONTH A VERY HAPPY BIRTHDAY.**

**IF YOU HAVE CHANGED YOUR EMERGENCY / NEXT OF KIN CONTACT NUMBER WITHIN THE LAST 2 YEARS PLEASE NOTIFY STAFF SO THAT WE CAN UPDATE OUR RECORDS.**

**ANYONE WISHING TO USE THE BUS SERVICE CAN CALL ON 01536 264671 THE DAY BEFORE (PREFERABLY MORNING) TO BE PICKED UP. IF YOU ARE A REGULAR BUS USER AND CANNOT COME IN FOR ANY REASON PLEASE TELEPHONE THE CENTRE AS EARLY AS POSSIBLE TO LET US KNOW SO THAT THE BUS DOESN'T HAVE A WASTED JOURNEY.**

**PLEASE TAKE CARE OF YOUR BELONGINGS. THE AUTUMN CENTRE CANNOT BE HELD RESPONSIBLE FOR LOSS, DAMAGE OR THEFT OF PERSONAL ITEMS.**

