



# **AUTUMN CENTRE NEWSLETTER MARCH 2019**

# **BIRTHSTONE AQUAMARINE**

**Registered Charity 1110164**

# **AUTUMN CENTRE COUNTS FARM ROAD**

## **MONTHLY ACTIVITIES MARCH 2019**

<b>FRI 1<sup>ST</sup></b>	<b>GIANT QUIZ BALL 11 AM</b>
<b>SUN 3<sup>RD</sup></b>	<b>CORBY SPIRITUALIST CHURCH 2PM</b>
<b>MON 4<sup>TH</sup></b>	<b>TAI CHI 9AM FOOTHEALTH 9AM HEALTHY HEARTS 10.30 "MOVE YOUR FEET" 11AM</b>
<b>TUES 5<sup>TH</sup></b>	<b>"MOVE IT OR LOSE IT" &amp; TONGUE TWISTERS 11AM</b>
<b>WED 6<sup>TH</sup></b>	<b>STEADY STEPS 10.45 MEMORYSONG 11AM</b>
<b>THUR 7<sup>TH</sup></b>	<b>ANN ON KEYBOARD 10.30 XTRA ENERGY 11AM PAMPERING &amp; MASSAGES 11AM WHIST 12.30</b>
<b>FRI 8<sup>TH</sup></b>	<b>TAI CHI 9AM PAINTING CLUB 10.30 ARTS &amp; CRAFTS 10.30 DANCERCISE &amp; QUIZZES 11AM</b>
<b>MON 11<sup>TH</sup></b>	<b>TAI CHI 9 AM HEALTHY HEARTS 10.30 "MOVE YOUR FEET" 11 AM QUIZ</b>
<b>TUES 12<sup>TH</sup></b>	<b>"MOVE IT OR LOSE " WHO AM I? 11AM</b>
<b>WED 13<sup>TH</sup></b>	<b>STEADY STEPS 10.45 MEMORYSONG BINGO 11AM</b>
<b>THUR 14<sup>TH</sup></b>	<b>ANN ON KEYBOARD XTRA ENERGY QUIZ 11AM WHIST 12.30</b>
<b>FRI 15<sup>TH</sup></b>	<b>TAI CHI 9AM ST PADDYS DAY WITH ANDANTE 11AM</b>
<b>MON 18<sup>TH</sup></b>	<b>TAI CHI 9AM "MOVE YOUR FEET" 10.45 GIANT DOMINOES 11AM</b>
<b>TUES 19<sup>TH</sup></b>	<b>"MOVE IT OR LOSE IT"NAME THAT TUNE 11AM</b>
<b>WED 20<sup>TH</sup></b>	<b>STEADY STEPS 10.45 CATCHPHRASE 11AM THUR 21<sup>ST</sup></b>
<b>THUR 21<sup>ST</sup></b>	<b>ANN ON KEYBOARD 10.30 XTRA ENERGY 11AM ONE TO ONES</b>
<b>FRI 22<sup>ND</sup></b>	<b>TAI CHI PAINTING , ART &amp; CRAFTS LOGO WHAT AM I 11 AM</b>
<b>SUN 24<sup>TH</sup></b>	<b>CORBY SPIRITUALIST CHURCH 2PM</b>
<b>MON 25<sup>TH</sup></b>	<b>TAI CHI 9AM HEALTHY HEARTS 10.30"MOVE YOUR FEET" 11AM QUIZ</b>
<b>TUE 26<sup>TH</sup></b>	<b>"MOVE IT OR LOSE IT" DOG BINGO 11AM</b>
<b>WED 27<sup>TH</sup></b>	<b>STEADY STEPS 10.45 PAMPERING 11AM</b>
<b>THUR28<sup>TH</sup></b>	<b>ANN ON KEYBOARD ,XTRA ENERGY, MANICURES 11AM</b>
<b>FRI 29<sup>TH</sup></b>	<b>TAI CHI 9AM PAINTING, ARTS &amp; CRAFTS DANCERSIZE 11AM</b>

**WE HAVE A HEALTHY HEARTS COOKING ON A BUDGET PROGRAMME  
EVERY MONDAY**

**WE ARE HOLDING AN OTAGA STEADY STEPS FALL'S PREVENTION  
PROGRAMME EVERY WEDNESDAY**

**WE ARE NOW HOLDING A "MOVE IT OR LOSE IT" EXERCISE  
PROGRAMME AS WELL AS "MOVE YOUR FEET" TO LOSE THAT SEAT  
EXERCISE 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.**