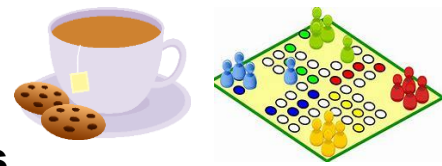


Day Care Activities: January – April 2024



DAYS	9:15am-10:15am	10:15am-12 Noon ACTIVITIES	12 Noon 12:45pm	1pm-2pm ACTIVITIES	2pm-3pm
MON	Service Open	Teatime Digital Tech Arts and crafts Exercise session Board Games/puzzles	Lunch	Board games Colouring/Painting Dementia: Reminiscence session Board Games/Puzzles	Preparing for Home time
TUE	Service Open	Teatime Yoga session Gardening project Board Games/puzzles Social stimulation chat	Lunch	Dementia: Reminiscence session. Board games/Puzzles Painting/ Colouring Massage session	Preparing for Home time
WED	Service Open	Teatime Exercise session Board Games/Puzzles, Painting/ Colouring Men's Group - Social stimulation chats Knitting, Crocheting	Lunch	Board Games/Puzzles Arts, Crafts, Dementia: Reminiscence session Mini Massage Sessions	Preparing for Home time
THURS		Teatime Exercise session Dhol, Dance, Drama, Discussions, Songs & Poetry Consultations	Lunch	Socialising and Chit-Chat	Preparing for Home time



Subco Events & Activities

JANUARY	FEBUARY	MARCH	April
<p>Wellbeing Hub Health Checks and Healthy Living information sessions Every Wednesday At Subco Trust 10.30am - 1pm</p> <p>Warm Havens Hot Food & Wrap Around Services Monday – Thursday At Subco 11pm - 2pm</p>	<p>Public Health Roadshow & Valentines Day Event Thursday 14th February At Subco Trust 10.30am - 2pm</p> <p>Newham Specialist Psychology Service Event 21st February At Subco 11am - 1pm</p> <p>Warm Havens Hot Food & Wrap Around Services Monday – Thursday At Subco 11pm -2pm</p>	<p>DISC Lifestyle App Feedback & Digital & International Women's Day Event Thursday 7th March At Subco Trust 10.30am - 2pm</p> <p>Cody Dock: 6 weeks Gardening Project Meet at Subco 10.30 for 11am start - till 12.30pm</p> <p>Warm Havens Hot Food & Wrap Around Services Monday – Thursday At Subco 11pm - 2pm</p>	<p>Vaisakhi, Easter & Eid Celebrations Thursday 11th April At Subco Trust 10.30am - 2pm</p>

Contact: Subco on 0208 548 0080
49 Plashet Road, London, E13 0QA
Email: info @subcotrust.org.uk