

If you're interested in any of the activities, please contact Alexandra House on 0161 788 0636

Alexandra House Day Centre Activity Programme



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

AM
9.00-11.00

MULTI SENSORY ROOM OR BOARD GAMES

PHYSIOTHERAPY OR BOARD GAMES

PHYSIOTHERAPY OR BOARD GAMES

PHYSIOTHERAPY OR BOARD GAMES

MULTI SENSORY ROOM OR BOARD GAMES

AM
11.00-12.00

SENSORY BAKING OR TABLETOP GAMES

HEALTHY HIPS & HEARTS OR QUIZ

HEALTHY HIPS & HEARTS

ARMCHAIR EXERCISES WITH JENNY

HEALTHY HEARTS & HIPS OR SING A LONG

PM
13.30- 15.00

CRAFTY COMMUNICATION

BINGO

LIVING SKILLS

KURLING

PRIZE BINGO

PM
13.30-15.00

REMINISCING

RELAXATION

MEMORY QUIZ

ARTS & CRAFTS

REMINISCING