

For more information about the activities at the Poppy Day Centre please contact 0161 607 7150

# Poppy Day Centre Activity Programme



## MONDAY

**ARTS & CRAFTS**

## TUESDAY

**SHARED MEMORIES**

## WEDNESDAY

**SINGING WITH DEMENTIA**

## THURSDAY

**GAMES**

## FRIDAY

**BAKING**

**AM**  
**10.30-12.00**

**AM**  
**10.30-12.00**

**PM**  
**13.00- 15.00**

**PM**  
**13.00-15.00**

**MUSIC THERAPY**

**HEALTH & WELL BEING**

**SENSORY ACTIVITY ROOM**

**RELAXATION**

**ARTS & CRAFTS**

**CHAIROBICS**

**KURLING**

**CHAIROBICS**

**SPORTING MEMORIES**

**DANCING WITH DEMENTIA**

**GAMES**

**REMINISCENCE**

**FILM**

**RELAXATION**