

If you're interested in any of the activities, please contact St George's Day Centre on 0161 737 6923

# St George's Day Centre Activity Programme



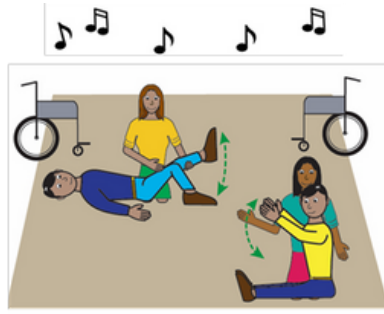
## MONDAY

GARDENING



## TUESDAY

MOVEMENT TO MUSIC



## WEDNESDAY

ARMCHAIR EXERCISE



## THURSDAY

BOWLING GAMES



## FRIDAY

W.E.A CRAFTS



AM  
10.30-12.00

COMMUNITY ACTIVITY



AM  
10.30-12.00

COMMUNITY ACTIVITY



DANCE FOR FUN (ANGELS)



HEALTH AND WELL BEING

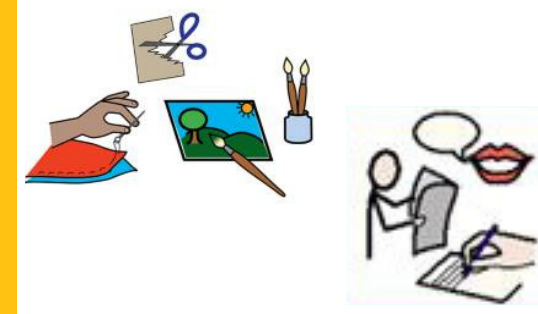


COOKING



AM  
10.30-12.00

CRAFTY CAPERS



CRAFTS



CRAFTS



I.T



COMMUNITY ACTIVITY

