

If you're interested in any of the activities, please contact Waterside on 0161 794 6788

Waterside's Activity Programme

MONDAY

PHYSICAL ACTIVITY



TUESDAY

PHYSICAL ACTIVITY



WEDNESDAY

PHYSICAL ACTIVITY/GAMES



THURSDAY

PHYSICAL ACTIVITY/GAMES



FRIDAY

PHYSICAL ACTIVITY/GAMES



AM
9.00-12.00

AM
9.00-12.00

AM
9.00- 12.00

AM
9.00-12.00

M.S.R



M.S.R



POWER IN YOUR HANDS
(FORUM)



TOTAL COMMUNICATION



TOTAL COMMUNICATION



WATERSIDE FORUM



TOTAL COMMUNICATION



M.S.R



M.S.R/REBOUND THERAPY



M.S.R / LIGHT THERAPY
DISCO & KARAOKE



REBOUND THERAPY
START AT 10.30AM



REBOUND THERAPY
START AT 10.30AM



TOTAL COMMUNICATION



MUSIC APPRECIATION



SENSORY BAKING

