



# March Day Clubs

Our Day Centres offer the opportunity for older people to socialise, make friends, and participate in activities in a happy and secure environment.

## How can we help

- Our staff are trained to support our members' health and wellbeing and help people to remain independent.
- Vital respite for families and carers, as well as providing support to access other services.
- Hot lunch provided with refreshments throughout the day
- A variety of activities, crafts, games, entertainment, and gentle exercise.

## Contact Us



01733 806336



[dayservices@ageukcap.org.uk](mailto:dayservices@ageukcap.org.uk)



[www.ageukcap.org.uk](http://www.ageukcap.org.uk)

join us!

**Mondays and  
Wednesdays**

10.00am to  
2.30pm

