

# Oasis Day Centre

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**



**www.ageukcap.org.uk**

**Join us!**

**Mondays,  
Wednesdays and  
Fridays  
10.00am to  
2.30pm**

