



## Monday Club Day Services

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- Opportunity to socialise and feel secure in a happy and stimulating environment.
- Our staff are trained to support your health and wellbeing, and to help you remain independent
- Hot lunch provided, with refreshments throughout the day
- Vital respite for families and carers
- Lots of fun, variety of activities and speakers

### Come and join us!

**Monday Club Day Services  
March**

**Mondays**

**10.00am to 2.30pm**

### Contact us to find out more:

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

Tel: **01733 806 336**