









WindReach
celebrating all abilities

57 Spice Hill Road, Warwick, WK 03

238-2469 or windreach.bm

WindReach is Bermuda Registered Charity #92

Every Tuesday	Every Wednesday	Every Thursday	Seniors Moments at WindReach
<p>2:00 – 3:30pm Boccia A seated, precision ball sport and social game that promotes engagement, movement and cognitive stimulation.</p> 	<p>11:15am – 12 noon Seated Exercise Class 1pm – 2pm Singing & Music with Tony 2pm – 3 Drumming with Dennis</p> 	<p>2pm – 3pm Horticultural Therapy 2pm – 3 Arts, Crafts and Creativity</p> 	<p>Each week drop in to experience meaningful activities that brighten everyone's day.</p> <ul style="list-style-type: none"> Older adults should be accompanied by family, caregiver or responsible person. Cost to attend activities \$10 No need to reserve a space. Drop in and join in! Person-centered approach in all activities to engage the individual and encourage overall wellness.
	<p>Need more information ? Contact Cheree Wade cwade@windreach.bm 238-2469 or windreach.bm</p>		
<p>COMING SOON <u>Older Adult Day Activities Programme!</u> Full day of activities for individuals to engage in a variety of therapeutic and recreational opportunities in a safe, dementia friendly environment. Supporting independence with professional care through opportunities for choice throughout the day. This will be a drop-off service available Monday – Friday.</p> 			<p>Let's celebrate all abilities together.</p>