

Haringey Adult Day Care Centre

**Monday
to
Thursday
10 am - 4 pm**

**The Community Hub Adult Day
Care Centre is for anyone over the
age of 40 with a long term illness,
physical, disability, sensory
impairment or require care
assistance.**



Exercise Session



Outing



British Museum trip



Gardening



**£41.24/day
contact**

**your GP/Local Council
or us to help you with a referral**

Services:

- Breakfast – lunch - Teas, coffees and light snacks throughout the day**
- Keep fit exercise sessions • Yoga • English & Computer Classes • Cookery groups**
- Discussion groups covering a wide range of topics from current affairs to health issues and reminiscence to encourage social interaction.**
- Tabletop activities/ games, designed to promote eye to hand coordination and to stimulate the mind.**
- Regular outings for our users to access the local community**

**for more information please contact
office@thecommunityhub.org.uk | 020 8889 6938
8 Caxton Road Wood Green London N22 6TB**

