

Social Welfare Division
Activities at Day Care Centre for the Elderly
Rivière Du Rempart DCC
August 2009

Date	Time (hrs)	Activity	Target Group	Organizer/Resource Person	Responsible Officer
Mondays	9.00 - 10.00	Indoor/Outdoor Games	Senior Citizens	SCA Members	SWO & SSWO
	10.00 - 11.00	Aerobic Class	Women	Mrs. L. Pascal, Volunteer	SWO & SSWO
	11.00 - 1.00	TV Show/Film Projection	Senior Citizens	Members of SCA	SWO & SSWO
	1.00 - 2.00	Reading of Newspaper, Magazines, etc	Senior Citizens	Members of SCA	SWO & SSWO
	2.00 - 3.30	Indoor Games	Senior Citizens	Members of SCA	SWO & SSWO
Tuesdays	9.00 - 10.00	Indoor/Outdoor Games	Senior Citizens	Members of SCA	SWO & SSWO
	10.00 - 11.00	Adult Literacy	Women	Members of S C A	SWO & SSWO
	11.00-1.00	TV Show/Film Projection	Senior Citizens	Members of SCA	SWO & SSWO
	1.00 - 2.00	Reading of Newspaper, Magazines, etc	Senior Citizens	Members of SCA, CWA	SWO & SSWO
Wednesdays	9.00 - 10.00	Indoor/Outdoor Games	Senior Citizens	Members of SCA & Mrs Pascal,Volunteer	SWO & SSWO
	10.00 -11.00	Keep Fit Exercise – Swimming at Swimming Pool	Senior Citizens	Swimming Instructor	SWO & SSWO
Thursdays	9.00 - 10.00	Indoor/Outdoor Games	Senior Citizens	Members of SCA, CSO	SWO & SSWO
	11.00 - 1.00	TV Show / Film Projection	Senior Citizens	Members of SCA	SWO & SSWO

Fridays	9.00 - 10.00	Walk for Health/Physical Exercises	Senior Citizens/Youth(Intergenerational)	Members of SCA	SWO & SSWO
	10.00 -11.00	Physical Exercises	Senior Citizens	Members of SCA	SWO & SSWO
	1.00 – 14.00	TV Show	Senior Citizens	Members of SCA	SWO & SSWO
Saturdays	9.00 - 10.00	Indoor Games	Senior Citizens	Members of SCA	SWO & SSWO
	10.00 - 11.00	Keep Fit Exercise	Women	Mrs.Pascal,Volunteer	SWO & SSWO
	11.00 – 12.00	TV Show	Senior Citizens	CSO	SWO & SSWO

Special Activities

Date	Time	Activities	Target Group	Resource Person/Organiser
07.08.09 14.08.09 21.08.09 28.08.09	09.00hrs	Walk for Health	Senior Citizens	Staff of SWC and Mr Beebeejaun, Member of R/Rempart Social Welfare Committee
18.08.09	13.00hrs	Story telling & Demonstration of traditional sweet dishes.	Senior Citizens	Mrs Peeroo(Member of SCA), CSO
25.08.09	10.00hrs	Visit to Bedridden	Senior Citizens and persons with disabilities	Staff of SWC

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SOCIAL WELFARE DIVISION
Activities at Day Care Centre for the Elderly
Grand Bay DCC
August 2009

Date	Time (hrs)	Activity	Target Group	Organizer/Resource Person	Responsible Officer
Mondays	9.00 - 12.00	Meeting of SCA Executive Members	Senior Citizens	Mr. J. Ramsaha, SCA Chairman	SWO & SSWO
	1.00 - 2.00	Physical exercise on Keep Fit Equipment	Senior Citizens	CS0	SWO & SSWO
	13.00 – 15.00	Adult Literacy Course	Senior Citizens	CS0	SWO & SSWO
Tuesdays	9.30 - 12.00	Bible Recitation	Senior Citizens	Mrs. O. Vente, Senior Citizens	SWO & SSWO
	1.00 – 2.30	Ramayana Chanting	Senior Citizens	Mrs.D. Bisham, member SCA	SWO & SSWO
2 nd Tuesday	13.00 – 15.00	Adult Literacy Course	Senior Citizens	CS0	SWO & SSWO
Wednesdays	9.00 – 12.00	Dancing Course	Senior Citizens	Mrs. C. Nelson	SWO & SSWO
	12.30 – 3.30	Indoor Games	Senior Citizens	CS0	SWO & SSWO
	13.00 – 15.00	Adult Literacy Course	Senior Citizens	CS0	SWO & SSWO
1 st Thursday	9.00 am-12.00	Aerobic Exercise	Senior Citizens	CS0	SWO & SSWO

2 nd Thursday	9.00 am- 11.00 am	Executive Meeting SCA	Senior Citizens	CSO	SWO & SSWO
Thursdays	9.00 - 12.00	Physical Exercise	Senior Citizens	CSO	SWO & SSWO
	12.00 - 3.00	Ramayana Chanting	Senior Citizens	Mrs. Mogun, member SCA	SWO & SSWO
3 rd Thursday	13.00 – 15.00	Adult Literacy Course	Senior Citizens	CSO	SWO & SSWO
1 st & 3 rd Fridays	12.00 pm- 1.00 pm	Medical Check up	Senior Citizens	Mrs L. Pierre, ex Nursing Officer	SWO & SSWO
Fridays	10.00-12.00	Physical exercise on Keep Fit Equipment	Senior Citizens	CSO	SWO & SSWO
	1.00 – 3.00	Film Show	Senior Citizens	Mrs. M. Cheekooree, Elan Vital	SWO & SSWO
Saturdays	9.00 - 11.30	Beach Games	Senior Citizens	Senior Citizens Association	SWO & SSWO

Special Activities

Date	Time	Activities	Target Group	Organiser/Resource Person
07.08.09	13.00hrs	Talk on Healthy Eating	Senior Citizens	Mrs I.Etawreea, Home Economics Officer
11.08.09	10.00hrs	Talk on Drug for Diabeties	Senior Citizens	Mr J.Fawdar, Nursing Officer
19.08.09	11.30hrs	Celebration of Assumption Day	Women & Senior Citizens	Mrs M.N . Figovo, Co-ordinator
26.08.09	10.00hrs	Walk for Health	Women & Senior Citizens	Mr Y.Sairally,SWO and Miss S.Auleear, Craft Motivator

28.08.09	10.00hrs	Visit to Bedridden	Senior Citizens	Staff of SWC and Chairman of Senior Citizen Association
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**Social Welfare Division
Activities at Day Care Centre for the Elderly
Piton DCC
August 2009**

Date	Time (hrs)	Activity	Target Group	Organizer/Resource Person	Responsible Officer
Mondays	9.00 - 11.30	Pattern Making and Knitting	Senior Citizens	Mrs Badoreea, Craft Motivator	CSO, SWO and SSWO
	11.30 - 1.00	Reading newspapers/magazines	Senior Citizens	CSO	CSO, SWO and SSWO
	1.00 – 3.30	TV Show/Film Projection	Senior Citizens	Members of Senior Citizens	CSO, SWO and SSWO
Tuesdays	9.00 - 10.00	Keep Fit Exercise	Senior Citizens	Members of Senior Citizens	CSO, SWO and SSWO
	11.00 - 12.00	Sweet Cakes Demonstration	Senior Citizens	CSO	CSO, SWO and SSWO
	1.00 – 3.00	Ramayana Chanting	Senior Citizens	Mrs Gammoo, Member of Senior Citizens Association	CSO, SWO and SSWO
Wednesdays	10.00 - 11.30	Cookery Demonstration	Senior Citizens	CSO	CSO, SWO and SSWO
	11.30 - 12.30	Keep Fit Exercise	Senior Citizens	Members of Senior Citizens	CSO, SWO and SSWO
	1.00 - 3.30	TV show	Senior Citizens	Members of Senior Citizens	CSO, SWO and SSWO

Thursdays	9.00 – 11.00	Indoor/Outdoor Games	Senior Citizens	Members of Senior Citizens	CSO, SWO and SSWO
	1.00 - 3.00	Ramayana Chanting	Senior Citizens	Mrs Gammoo, Member of Senior Citizens Association	CSO, SWO and SSWO
Fridays	9.00 - 10.00	Walk for Health/Physical Exercises	Senior Citizens/Youth (Intergenerational)	CSO	CSO, SWO and SSWO
7 th & 28 th	10.00 - 11.30	Kirtan of Sai Baba	Senior Citizens/Youth (Intergenerational)	Mr Seesaran, SCA Member	CSO, SWO and SSWO
	10.00 - 11.00	Keep Fit Exercise	Senior Citizens	Members of Senior Citizens	CSO, SWO and SSWO
	1.00 – 3.30	TV Show	Senior Citizens	Members of Senior Citizens	CSO, SWO and SSWO
Saturdays	9.00 - 10.00	Indoor Games	Senior Citizens	Members of Senior Citizens	CSO, SWO and SSWO
	10.00 - 11.00	Keep Fit Exercise	Senior Citizens & Women	Members of Senior Citizens	CSO, SWO and SSWO
	11.00 – 12.00	TV Show	Senior Citizens	Members of Senior Citizens	CSO, SWO and SSWO

Special Activities

Date	Time	Activities	Target Group	Organiser/Resource Person
01.08.09 08.08.09 15.08.09 22.08.09 29.08.09	09.00hrs	Walk for Health	Senior Citizens	CSO, Mr R.Nunkoo (Chairperson of Senior Citizen Association)
26.08.09	13.00 hrs	Talk on Elderly Protection	Senior Citizens	Officer from Elderly Protection Unit

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Social Welfare Division
Activity at Day Care Centre for Elderly
La Rosa Day Care Centre

AUGUST 2009

Date	Time	Activity	Target Group	Organiser/Resource Person	Responsible Officer
MONDAYS	9.00 – 11.00	Keep fit/Light Exercises	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
	11.00 – 12.30	Simple Embroidery	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
	13.00 – 14.00	Adult Literacy	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
	14.00 – 15.30	Indoor Games/T.V. Show	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
TUESDAYS	9.00 – 11.00	Keep fit/Light Exercises	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
	10.00 – 11.30	Ramayana Chanting	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
	14.00 – 15.00	Yoga Classes	Senior Citizens	Mr. Bhikea/Mins. of Health	SSWO/DMT
	11.00 – 15.00	Crocheting	Senior Citizens	Mrs. Pryam/Mins. of Women's Right	SSWO/DMT

WEDNESDAYS	9.00 – 11.00	Keep fit/Light Exercises	Senior Citizens	S. Security	SSWO/DMT
	9.00 – 12.00	Medical Check-up	Senior Citizens	Mrs. R. Ladan/Nursing Officer	SSWO/DMT
	11.00 – 15.00	Basketry	Senior Citizens	Mrs. Narayan/Mins. of Women's Right	SSWO/DMT
	15.00 – 15.30	Greeting Cards	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
THURSDAYS	9.00 - 11.00	Keep fit/Light Exercises	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
	11.00 – 15.00	Painting on fabric	Senior Citizens	Mrs. Pryam – Mins.of Women's Right	SSWO/DMT
	11.00 – 15.00	Emrboidery Ruban/Bresiliene	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
	15.00 – 15.30	Indoor Games/T.V. Show	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
FRIDAYS	9.00 - 11.00	Keep fit/Light Exercises	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMY
	9.00 – 12.00	Medical Check-up/Diabetes	Senior Citizens	M.D. ASSO L. Mootocarpn/Nursing Officer	SSWO/DMT
	13.00 – 14.30	Home Economics	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
	14.30 – 15.30	Handicraft	Senior Citizens	Mrs. Bhikea DMT	SSWO/DMT
SATURDAYS	9.00 – 11.00	Keep fit/Light Exercises Indoor Games/T.V. Show	Senior Citizens	Mrs. Kistan/C.W.A.	SSWO/DMT

Special Activities

Date	Time (hrs)	Activity	Target Group	Organiser/Resource Person
01.08.09	13.00	Hypertension Test	Senior Citizens	Officers from MOHQL
03.08.09	13.00	Diabetic Test	Senior Citizens	Officers from MOHQL
04.08.09	10.00	Walk For Health / Physical Exercise	Senior Citizens	GPAG/HNC/SCA

11.08.09	10.00	Walk For Health / Physical Exercise	Senior Citizens	GPAG/HNC/SCA
13.08.09	13.00	Diabetic Test	Senior Citizens	Officers from MOHQL
15.08.09	13.00	Hypertension Test	Senior Citizens	Officers from MOHQL
16.08.09	13.00	TV Show on Environmental Protection	Senior Citizens	Officers at Centre
17.08.09	13.00	Talk on Passive Exercise and its Benefit	Senior Citizens	Officers from MOHQL
17.08.09	13.00	Diabetic Test	Senior Citizens	Officers from MOHQL
18.08.09	10.00	Walk For Health / Physical Exercise	Senior Citizens	GPAG/HNC/SCA
25.08.09	10.00	Monthly Foire Artisanale	Senior Citizens & Community	Officers at Centre
25.08.09	10.00	Walk For Health / Physical Exercise	Senior Citizens	GPAG/HNC/SCA
28.08.09	10.00	Exchange Programme with L'escalier Day Care Centre	Senior Citizens	Officers at Centre
29.08.09	13.00	Hypertension Test	Senior Citizens	Officers from MOHQL

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Social Welfare Division

**Activities at Day Care Centre for the Elderly
Brisée Verdère DCC**

Aug 2009

Date	Time (hrs)	Activity	Target Group	Organizer/Resource Person	Responsible Officer
Mondays	9.00 - 10.00	TV Show Documentation Programme	Senior Citizens	Miss. Rugbur, DMT	SSWO
	10.00 - 11.00	Keep Fit Sessions	Senior Citizens	Miss. Rugbur, DMT	SSWO
	12.00 - 13.00	TV Show	Senior Citizens	Miss. Rugbur, DMT	SSWO
	13.00 - 14.00	Making of Greeting Cards	Senior Citizens	Miss. Rugbur, DMT	SSWO
	14.00 - 15.30	Indoor Games	Senior Citizens	Miss. Rugbur, DMT	SSWO

Tuesdays	9.00 - 10.00	TV Show Documentation Programme	Senior Citizens	Miss. Rugbur, DMT	SSWO
	10.00 - 11.00	Keep Fit Sessions	Senior Citizens	Miss. Rugbur, DMT	SSWO
	11.00-12.00	Painting on Fabrics	Senior Citizens	Miss. Rugbur, DMT	SSWO
	12.00 - 13.00	TV Show	Senior Citizens	Miss. Rugbur, DMT	SSWO
	13.00 - 14.00	Painting on Fabrics Traditional Cooking (3 rd Week)	Senior Citizens	Miss. Rugbur, DMT	SSWO
	14.00 - 15.50	Reading Scriptures	Senior Citizens	Miss. Rugbur, DMT	SSWO
Wednesdays	9.00 - 10.00	Health and Nutrition Club	Senior Citizens	Miss. Rugbur, DMT	SSWO
	10.00 - 11.00	Health and Nutrition Club	Senior Citizens	Miss. Rugbur, DMT	SSWO
	11.00 - 12.00	Health and Nutrition Club	Senior Citizens	Miss. Rugbur, DMT	SSWO
	12.00 -13.00	TV Show	Senior Citizens	Miss. Rugbur, DMT	SSWO
	13.00 - 14.00	Health and Nutrition Club	Senior Citizens	Miss. Rugbur, DMT	SSWO
	14.00-15.30	Health and Nutrition Club	Senior Citizens	Miss. Rugbur, DMT	SSWO
Thursdays	9.00 - 10.00	Keep Fit Sessions	Senior Citizens	Miss. Rugbur, DMT	SSWO
	10.00 - 11.00	Keep Fit Sessions	Senior Citizens	Miss. Rugbur, DMT	SSWO
	11.00 -12.00	Adult Literacy Course	Senior Citizens	Mrs. S. Sidnam, Volunteer	SSWO
	12.00 - 13.00	TV Show	Senior Citizens	Miss. Rugbur, DMT	SSWO
	13.00 -14.00	Indoor Games, Meeting SCA (3 rd Week) Bible Chanting (4 th Week)	Senior Citizens	Miss. Rugbur, DMT Mrs. A. Jasmin	SSWO
	14.00 - 15.30	Story Telling	Senior Citizens	Miss. Rugbur, DMT	SSWO
Fridays	9.00 - 10.00	Ramayana Chanting	Senior Citizens	Mrs. G.Bawanyeck	SSWO
	10.00 -11.00	Ramayana Chanting	Senior Citizens	Mrs. G.Bawanyeck	SSWO
	11.00 -12.00	Basketry	Senior Citizens	Mrs. Beeharry	SSWO

	12.00 -13.00	TV Show	Senior Citizens	Miss. Rugbur, DMT	SSWO
	13.00 - 14.00	Basketry	Senior Citizens	Mrs. Beeharry	SSWO
	14.00 - 15.30	Indoor Games	Senior Citizens	Miss. Rugbur, DMT	SSWO
Saturdays	9.00 - 10.00	Keep Fit session	Senior Citizens	Miss. Rugbur, DMT	SSWO
	10.00 - 11.00	TV Show	Senior Citizens	Miss. Rugbur, DMT	SSWO
	11.00 - 12.00	Indoor Games	Senior Citizens	Miss. Rugbur, DMT	SSWO

Special Activities

Date	Time	Activity	Target Group	Organiser/Resource Person
06.08.09	9hrs	Blood Sugar and High Blood Pressure Test Talk on "Diabetic Foot Care – prevention"	Senior Citizens	Mr Veerasamy, Nursing Officer,
10.08.09	11hrs	Demonstration on cooking idli	Senior Citizens, women	Mrs Gobin – member of SCA
13.08.09	13hrs	Bible Recital	Senior Citizens & Women	Mrs Jasmin
20.08.09	9hrs	Blood Sugar and High Blood Pressure Test-Talk on "Blindness – Visual impairment"	Senior Citizens	Mr Veerasamy, Nursing Officer,

Social Welfare Division

Activities at Day Care Centre for the Elderly

Poste de Flacq DCC

August 2009

Date	Time(Hrs)	Activity	Target Group	Organizer/Resource Person	Responsible Officer
Mondays	09.00 –10.00	Keep fit exercise	Senior Citizens & Women	Mrs. B. Gunness	Ag SSWO
	10.00 –11.00 11.00 –12.00	Keep-fit, Documentation programme	Senior Citizens & Women	Mrs B Gunness	Ag SSWO
	12.00 –13.00	TV Show	Senior Citizens & Women	Mrs B Gunness	Ag SSWO
	13.00 - 15.30	Indoor games-TV show Indoor games Health & Nutrition Club 1 st & 3 rd	Diabetic Patients	Mr Veerasawmy, Nursing Officer	Mrs B Gunness, Ag SSWO
Tuesdays	09.00- 10.00 10.00 – 11.00	Keep fit exercise	Senior Citizens, Women	Mrs. B. Gunness	Ag. SSWO
	11.00-12.00	Hand embroidery	Women	Mrs Beehary	Miss V Rugbur, Officer in charge DCC
	12.00-13.00	Hand embroidery Brazillienne and Ribbon embroidery	Women	Mrs Beehary, Mrs Savrimootoo	Miss V Rugbur, Officer in charge DCC
Wednesdays	9.00-10.00	Keep fit exercise	Senior Citizens	Mrs B Gunness	Ag SSWO
	10-12hrs	Fabric & glass painting	Women	Miss Rugbur	Miss Rugbur Officer in charge DCC
	12-15.30hrs	Adult literacy	Senior Citizens	Mrs Lalljee	Miss Rugbur Officer in charge DCC

Thursdays	9.00-10.00hrs	Keep fit exercise	Senior Citizens	Mrs Kewal, President Women Association	Mrs M Seetul,CSO
	10.00-11.00hrs	Keep fit- Documentation programme	Senior Citizens		
	11-12hrs	TV Show	Senior Citizens		
	12-15.30hrs	Indoor games Songs Intergenerational	Senior Citizen Senior Citizen, Women		
2 nd Thursday	8.30	Walk for Health		Mrs N Joson, Committee Member	
Fridays	9.00-10.00	Keep fit exercise	Senior Citizens		Mrs B Gunness,Ag SSWO
	10.00-11.00	Keep fit exercise	Senior Citizens		
	11.00-12.00	TV show	Senior Citizens		
	12-13hrs	Indoor games	Senior Citizens		
	13-15.30hrs	Ramayana Chanting	Women	Mrs K Mansaram	

Special Activities

Date	Time	Activity	Target Group	Resource Person
05.08.09	13.30hrs	Talk on positive thinking	Women, Senior Citizen	Mrs Mansaram
10.08.09	13hrs	Blood Sugar & High Blood Pressure Tests-talk on importance of simple exercise	Senior Citizens	Mr Veerasamy, Nursing Officer
14.08.09	13hrs	Talk on Elderly Protection Act	Senior Citizens Women	Mr Kullean
21.08.09	13hrs	Exchange Ramayan Chanting with Lavature	Senior Citizens & Women	Mrs Seewparsad, MrsRawat S.C.A
24..08.09	13hrs	Blood Sugar & High Blood Pressure Tests-talk on balanced diet and vegetables and fruits	Senior Citizens	Mr Veerasamy, Nursing Officer

30.07.09

Social Welfare Division

Activities at Day Care Centre for the Elderly

Mare La Chaux DCC

August 2009

Date	Time(Hrs)	Activity	Target Group	Organizer/Resource Person	Responsible Officer
Monday	09.00 –10.00	Indoor Games	Senior Citizens	Mrs. K. Puchooa, SSWO Mr. M. Rambhujun, Chairman of SCA	SSWO
	10.00 –11.00	Keep-fit	Senior Citizens	Mr. M. Rambhujun, Chairman of SCA	SSWO
	11.00 –12.00	Adult Literacy		Miss Chitamun, Min of Women	
	12.00 –13.00	Adult Literacy	Senior Citizens	Miss Chitamun, Min of Women	SSWO
	13.00 - 14.00	TV show	Senior Citizens	Mr. R. Gajudhur, Caretaker	SSWO
	14.00 – 15.00	Indoor Games	Senior Citizens	Mr. R. Gajudhur, Caretaker	SSWO
Tuesday	09.00- 10.00 10.00 – 11.00	Indoor Games Keep Fit	Senior Citizens	Mr. Balgobin, Volunteer Mr. M. Rambhujun, Chairman of SCA	SSWO
	11.00-12.00	Basketry	Senior Citizens	Mrs. Hinchoo, Member of SCA	SSWO
	12.00-13.00	TV Show	Senior Citizens	Mr. R. Gajudhur, Caretaker	SSWO
	13.00 – 14.00	TV Show	Senior Citizens	Mr. R. Gajudhur, Caretaker	SSWO
	14.00 – 15.00	Indoor Games	Senior Citizens	Mr. R. Gajudhur, Caretaker	SSWO
Wednesday	9.00 - 10.00	Indoor Games	Senior Citizens	Mr. Balgobin, Volunteer	SSWO
	10.00 – 11.00	Keep Fit	Senior Citizens	Mr. M. Rambhujun, Chairman of SCA	SSWO

	11.00 - 12.00	Keep Fit	Senior Citizens	Mr. M. Rambhujun, Chairman of SCA	SSWO
	12.00 - 13.00	TV Show	Senior Citizens	Mr. R. Gajudhur, Caretaker	SSWO
	13.00 – 14.00	Story Telling	Senior Citizens	Mrs. P. Fulleea, Volunteer, Member of SCA	SSWO
	14.00 – 15.00	Indoor Games	Senior Citizens	Mr. R. Gajudhur, Caretaker	SSWO
Thursdays	9.00-10.00hrs	Indoor Games	Senior Citizens	Mrs. K. Puchooa, SSWO	SSWO
	10.00-11.00hrs	Ramayana Chanting (1 st week) Indoor Games	Senior Citizens	Mr. A. Ramchurn	SSWO
	11.00 – 12.00	Ramayana Chanting (1 st week) Indoor Games	Senior Citizens	Mr. A. Ramchurn	SSWO
	12.00 – 13.00	TV Show	Senior Citizens	Mr. R. Gajudhur, Caretaker	SSWO
	13.00 – 14.00	Traditional Cooking	Senior Citizens	Mrs. Luchoo, Volunteer, Committee Member	SSWO
	14.00 – 15.00	Traditional Cooking	Senior Citizens	Mrs. Luchoo, Volunteer, Committee Member	SSWO
Fridays	9.00 -10.00	Yoga	Senior Citizens	Ministry of Health	SSWO
	10.00-11.00	Yoga	Senior Citizens	Ministry of Health	SSWO
	11.00 -12.00	Yoga	Senior Citizens	Ministry of Health	SSWO
	12.00 - 13.00	Health & Nutrition (3 rd week) TV Show	Senior Citizens	Ministry of Health	SSWO
	13.00 – 14.00	Health & Nutrition (3 rd week) TV Show	Senior Citizens	Ministry of Health Mr. R. Gajudhur, Caretaker	SSWO
	14.00 – 15.00	Indoor Games	Senior Citizens	Mr. R. Gajudhur, Caretaker	SSWO

Saturdays	9.00 - 10.00	Keep Fit	Senior Citizens	Mr. M. Rambhujun, Chairman of SCA	SSWO
	10.00 – 11.00	Indoor Games	Senior Citizens	Mr. R. Gajudhur, Caretaker	SSWO
	11.00 - 12.00	TV Show	Senior Citizens	Mr. R. Gajudhur, Caretaker	SSWO

Special Activities

Date	<i>Time</i>	Activity	<i>Target Group</i>	Resource Person
04.08.09	12.30hrs	Adult Literacy	Senior Citizens	Mrs Lalljee
17.08.09	09.30hrs	Demonstration on Horse Shoe	Senior Citizens	Staff
18.08.09	10.00hrs	Walk for Health	Senior Citizens	Staff
21.08.09	9.30hrs	Demonstration on Dalle Pitha	Trainees & Senior Citizens	Mrs Hinchoo & Fooleeah

30.07.09

Social Welfare Division

Activities at Day Care Centre for the Elderly Nouvelle Découverte DCC

August 2009

Date	Time(Hrs)	Activity	Target Group	Organizer /Resource Person	Responsible Officer
Mondays	09.00 –10.00	Keep Fit Exercise	Senior Citizens, Women	Staff	SSWO
	10.00 –13.00	Hand Embroidery/Greeting Cards	Women	Staff	SSWO
	12.00 –13.00	TV Shows	Senior Citizens	Staff	SSWO
	14.00-15.30hrs	Indoor Games	S.Citizens, Women	Staff	SSWO
Tuesdays	09.00- 10.30	Keep Fit	Senior Citizens	Staff	SSWO
	10.30-12.00	Yoga Class	Women & S.Citizens	Staff	SSWO
	12.00-13.00	Adult Literacy	Senior Citizens	Staff	SSWO
	13.00 – 15.30	Indoor Games/TV Shows	Senior Citizens	Staff	SSWO
Wednesdays	08.30-09.30	Keep Fit Exercise	Senior Citizens, Women	Staff	SSWO
	09.30-12.00	H.Economics-Talk & Demonstration	Women	Mrs Mahadewa, Instructor	SSWO
	12.00-14.00	TV Shows	Senior Citizens	Staff	SSWO
	14.00-15.30	Indoor Games	Senior Citizens	Staff	SSWO
Thursdays	08.30-09.30	Keep Fit Exercise	Senior Citizens, Women	Staff	SSWO
	09.30-10.45	Aerobic	Senior Citizens	Instructor & Staff	SSWO
	11.00 – 14.00	Basketry	Trainees	Instructor & Staff	SSWO

	14.00-15.30	TV Show	Senior Citizens	Staff	SSWO
Fridays	9.00 -10.00	Keep Fit Exercise	Senior Citizens, Women	Staff	SSWO
	10.00-12.00	Painting on Cloth	Women	Staff	SSWO
	12.00-14.00	TV Show/Computer Literacy	Senior Citizens, Women	Staff	SSWO
	14.00-15.30	TV Show	Senior Citizens	Staff	SSWO
Saturdays	9.00 - 10.00	Keep Fit Exercise	Senior Citizens, Women	Staff	SSWO
	10.00 – 12.00	TV Shows	Senior Citizens	Staff	SSWO

Special Activities

Date	Time	Activity	Target Group	Resource Person
06.08.09	13.00	Adult Literacy	Senior Citizens	Miss Lalloo-Motivator
11.08.09	09.00	Walk For Health/Light Exercises	Senior Citizens	Mr Seeborun-Instructor
19.08.09	10.30	Yoga Courses	Senior Citizens	Miss Purbhoo-Instructor
27.08.09	15.00	Talk on NCD	Senior Citizens	Officers from the MOHQL

30.07.09

Social Welfare Division

**Activities at Day Care Centre for the Elderly
Bramsthan Day Care Centre**

August 2009

Date	Time (hrs)	Activity	Target Group	Organizer/Resource Person	Responsible Officer
Mondays	9.00 - 10.00	Documentary Programme on TV	Senior Citizens	Miss. Rugbur, DMT	SSWO
	10.00 - 11.00	Keep Fit Sessions	Senior Citizens	Miss. Rugbur, DMT	SSWO
	11.00 - 12.00	Indoor Games	Senior Citizens	Miss. Rugbur, DMT	SSWO
	12.00 - 13.00	TV Show	Senior Citizens	Miss. Rugbur, DMT	SSWO
	13.00 - 14.00	Meeting of SCAs	Senior Citizens	Miss. Rugbur, DMT	SSWO
	14.00 - 15.30	Meeting of SCAs			
Tuesdays	9.00 - 10.00	Walk for Health Exercise with Horse Shoe Structure	Senior Citizens	Miss. Rugbur, DMT	SSWO
	10.00 - 11.00	Adult Literacy by CSO	Senior Citizens	Miss. Rugbur, DMT	SSWO
	11.00-12.00	Indoor Games	Senior Citizens	Miss. Rugbur, DMT	SSWO
	12.00 - 13.00	TV Show	Senior Citizens	Miss. Rugbur, DMT	SSWO
	13.00 - 14.00	Ramayana Chanting by Pandita Ganga	Senior Citizens	Miss. Rugbur, DMT	SSWO
	14.00 - 15.30	Ramayana Chanting (cont)	Senior Citizens	Miss. Rugbur, DMT	SSWO
Wednesdays	9.00 - 10.00	Keep fit exercise	Senior Citizens	Miss. Rugbur, DMT	SSWO
	10.00 - 11.00	Health and Nutrition Club (to confirm)	Senior Citizens	Miss. Rugbur, DMT	SSWO
	11.00 - 12.00	Health and Nutrition Club (to confirm)	Senior Citizens	Miss. Rugbur, DMT	SSWO
	12.00 -13.00	TV Show	Senior Citizens	Miss. Rugbur, DMT	SSWO
	13.00 - 14.00	Card Making Mrs. Soberun (volunteer)	Senior Citizens	Miss. Rugbur, DMT	SSWO
	14.00-15.30	Card Making Mrs. Soberun (volunteer)	Senior Citizens	Miss. Rugbur, DMT	SSWO

Thursdays	9.00 - 10.00	Bible Recital Guylene(Ctte member)	Senior Citizens	Miss. Rugbur, DMT	SSWO
	10.00 - 11.00	Adult Literacy Mrs. Thomson/Ministry of Women's Rights	Senior Citizens	Miss. Rugbur, DMT	SSWO
	11.00 -12.00	Adult Literacy Mrs. Thomson/Ministry of Women's Rights	Senior Citizens	Mrs. S. Sidnam, Volunteer	SSWO
	12.00 - 13.00	TV Show	Senior Citizens	Miss. Rugbur, DMT	SSWO
	13.00 -14.00	TV Show	Senior Citizens	Miss. Rugbur, DMT Mrs. A. Jasmin	SSWO
	14.00 - 15.30	Indoor Games	Senior Citizens	Miss. Rugbur, DMT	SSWO
Fridays	9.00 - 10.00	Keep fit exercise	Senior Citizens	Mrs. G.Bawanypeck	SSWO
	10.00 -11.00	Traditional Cooking Mrs. Soberun (Volunteer)	Senior Citizens	Mrs. G.Bawanypeck	SSWO
	11.00 -12.00	Traditional Cooking Mrs. Soberun (Volunteer)	Senior Citizens	Mrs. Beeharry	SSWO
	12.00 -13.00	TV Show	Senior Citizens	Miss. Rugbur, DMT	SSWO
	13.00 - 14.00	Birthday Celebrations for members attaining their age during the week	Senior Citizens	Mrs. Beeharry	SSWO
	14.00 - 15.30	Birthday Celebrations for members attaining their age during the week	Senior Citizens	Miss. Rugbur, DMT	SSWO
Saturdays	9.00 - 10.00	Walk for health Exercise with Horse Show Structure	Senior Citizens	Miss. Rugbur, DMT	SSWO
	10.00 - 11.00	Adult Literacy by CSO	Senior Citizens	Miss. Rugbur, DMT	SSWO

	11.00 - 12.00	Indoor Games	Senior Citizens	Miss. Rugbur, DMT	SSWO
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Special Activities

Date	Time	Activity	Target Group	Organiser/Resource Person
06.08.09	13.00	Adult Literacy	Senior Citizens	Miss Lalloo-Motivator
06.08.09	09.00	Demonstration on use of Exercises	Senior Citizens	Mrs Augustine-Instructor
11.08.09	09.00	Walk For Health/Light Exercises	Senior Citizens	Mr Seeborun-Instructor
11.08.09	10hrs	Visit to disabled school	Senior citizen	Staff
13.08.09	13hrs	Exchange Program with Suraj Mukhi S.C.A	Senior Citizens	S. Rambojun Chairman S.C.A
19.08.09	10.30	Yoga Courses	Senior Citizens	Miss Purbhoo-Instructor
20.08.09	13hrs	Birthday Celebrations	Senior Citizens	Mr Bahadoor
27.08.09	10hrs	Walk for Health	Senior Citizens	CSO
27.08.09	15.00	Talk on NCD	Senior Citizens	Officers from the MOHQL

Social Welfare Division
Activities at Day Care Centre for the Elderly
Bois Savon DCC

AUGUST 2009

Date	Time (hrs)	Activity	Target Group	Organizer/Resource Person	Responsible Officer
Mondays	9.00 - 11.30	Yoga Session	Senior Citizens	Mrs. Raneer, Yoga Teacher	SSWO/DMT
	11.30 – 1.00	Pétanque (Outdoor Game)	Senior Citizens	Mrs. Appou & Mrs. Gangaram, Presidents of Senior Citizens Clubs	SSWO/DMT
	13.00 – 14.00	Physical Exercise	Senior Citizens	Mr. Clement François, Teacher	SSWO/DMT
	14.00 – 15.30	Indoor Games	Senior Citizens	Mrs. Denise Laroulette (PSC Club)	SSWO/DMT
Tuesdays	09.00- 11.30	Adult Literacy Class	Senior Citizens	Mrs. Bheeka & Mrs. Do, Volunteer	SSWO/DMT
	11.00 - 12.30	Handicraft Class	Senior Citizens	Mrs. Aumerally, ex Dressmaking Teacher.	SSWO/DMT
	12.30-14.00	Training for Dance Coaches	Senior Citizens	Mrs. Denise Laroulette, Volunteer	SSWO/DMT
	14.00-16.00	Indoor Games	Senior Citizens	Mrs. Denise Laroulette, Volunteer	SSWO/DMT
Wednesdays	9.00-12.00	Health and Nutrition Club (Screening, talks, weight, blood tests & BP check-ups)	Senior Citizens	Mr Mamadeally & Mrs Sonea, Nursing Officer	SSWO/DMT

	12.00-13.00	Handicraft Course	Senior Citizens	Mrs. Aumerally, ex Dressmaking Teacher.	SSWO/DMT
	13.00-16.00	Indoor Games	Senior Citizens	Mrs. Denise Laroulette, Volunteer	SSWO/DMT
Thursdays	09.00 – 12.00	Indoor Games	Senior Citizens	Mrs. Denise Laroulette, Volunteer	SSWO/DMT
	12.00-14.00	Cultural Dance Programme	Senior Citizens	Mrs Denise Laroulette, Committee Member.	SSWO/DMT
	14.00 – 16.00	Prayer (Legion de Marie)	Senior Citizens	Mrs. Appou, Senior Citizens	SSWO/DMT
Fridays	9.00 – 10.30	Tai-Chi Exercise	Senior Citizens	Mrs. France Lunk Tun	SSWO/DMT
	10.30–11.30	(Cerceau Exercise)	Senior Citizens	Mrs. Bheeka & Mrs,. Kéblé	SSWO/DMT
	11.30 – 13.00	Indoor Games	Senior Citizens	Ms Kéblé, Volunteer.	SSWO/DMT
	11.30-13.00	Handicraft Course	Senior Citizens	Mrs Aumeerally, Ex Handicraft Teacher.	SSWO/DMT
	1.00- 15.00	Ramayana	Senior Citizens	Pandita Chummun and Volunteers.	SSWO/DMT
	15.00-16.00	Indoor Games	Senior Citizens	Mrs Denise Laroulette, Committee Member.	SSWO/DMT
Saturdays	9.00 – 10.00	Physical Exercises	Senior Citizens	Members of Senior Citizen Association	SSWO/DMT
	10.00 – 12.00	Indoor Games	Senior Citizens	Members of SC Association	SSWO/DMT

Special Activities

Date	Time (hrs)	Activity	Target Group	Organiser/Resource Person
03.08.09 10.08.09 17.08.09 31.08.09	09 hrs	Yoga Session	Senior Citizens	Mrs Rani, Instrutress.
04.08.09 11.08.09 18.08.09 25.08.09	09 hrs 11 hrs	Adult Literacy Course Retro and Cultural Dance	S.Citizens S.Citizens	Miss Ameerally, Instructress Mrs D. Laroulette & Mrs Kebler, Coaches & Cttee Members
05.08.09 12.08.09 19.08.09 26.08.09	09 hrs	Health & Nutrition Club, HBP & Diabetes Check up / Councelling	Senior Citizens	Mrs Soniah and Mr Rajabally, Nursing Officers.
06.08.09	09 hrs	Cultural Dance Programme	S.Citizens	Mrs Keble, Coach & Cttee Member
08.08.09 15.08.09 22.08.09 29.08.09		Parcours de Sante/ Other Physical Exercise/ Walk for Health	Senior Citizens	Mrs Venpin, Mrs Kebler Coachers
17.08.09	10 hrs	Celebration of Assumption Day	Senior Citizens	Mrs Laroulette, Mrs Keble, Committee Members
27.08.09	10 hrs	Exchange programme between Mont Ory, St Pierre SWcs & Bois Savon Dcc	Senior Citizen	SSWOs, SWOs & Committee Members
28.08.09	10 hrs	Visit to Pointe aux Sables Disabled Centre	Persons with disabilities	Mrs Laroulette, Mrs Keble, Committee Members

30.08.09	13 hrs	Bal Masque	Senior Citizens	Mrs Laroulette, Mrs Keble, Committee Members
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30.07.09

Social Welfare Division

Activities at Day Care Centre for the Elderly

Roche Bois DCC

AUGUST 2009

Date	Time (hrs)	Activity	Target Group	Organizer/Resource Person	Responsible Officer
Mondays	08.30 - 12.00	Walk for Health	Senior Citizens	Chairman of SCA	SSWO / CSO
	12.00 – 14.00	Cookery Demonstration	Senior Citizens	Senior Citizen Association	SSWO / CSO
	14.00 – 15.30	Video Game	Senior Citizens	Miss C. Tigresse	SSWO / CSO
Tuesdays	9.00 – 12.00	Tai Chi Course	Senior Citizens	Mrs. Bheeka, Senior Citizens Member.	SSWO / CSO
	12.00 – 13.30	Indoor Games	Senior Citizens	Miss C. Tigresse	SSWO / CSO
	13.30- 15.30	Retro Dance	Senior Citizens	Mrs. E. Soupraya, Volunteer	SSWO / CSO
Wednesdays	9.00 – 12.00	Physical / Recreational Activities	Senior Citizens	Mrs. Paquerette Draux, Volunteer	SSWO / CSO
	12.00 – 14.00	Loto Game	Senior Citizens	Mrs Paula Carver, Chairperson S. Citizen's assn.	SSWO / CSO
	14.00 – 15.30	Film Show	Senior Citizens	Miss. C. Tigresse	SSWO / CSO

Thursdays	9.00 – 12.00	Adult Literacy	Senior Citizens	Mrs Doobooree, Dressmaking Teacher.	SSWO / CSO
	12.00 – 13.00	Breathing Exercise	Senior Citizens	Mrs Saulick, Yoga Teacher from MOH.	SSWO / CSO
	13.00-15.30	Yoga Course	Senior Citizens/Women	Mrs Saulick, Yoga Teacher from MOH.	SSWO / CSO
Fridays	9.00 – 12.00	Physical/Recreational Activities	Senior Citizens	Mr. Clement Francois, Physical Educator.	SSWO / CSO
	12.00 – 13.30	Loto Game	Senior Citizens	Senior Citizens Association	SSWO / CSO
	13.30 – 15.30	Cultural Programme	Senior Citizens	Mrs. E. Soupraya, Volunteer	SSWO / CSO
Saturdays	9.00 – 12.00	Light Exercises / Indoor Games	Senior Citizens	Senior Citizen Association	SSWO / CSO

Special Activities

Date	Time (hrs)	Activity	Target Group	Organiser/Resource Person
03.08.09	13 hrs	GAGs Members Meeting Fun Games	GAGs Members Senior Citizens	Chairman of Senior Citizens Association
04.08.09 11.08.09 18.08.09 25.08.09	10 hrs	Walk for Health	Senior Citizens	CSO, Chairman of Senior Citizen Association
06.08.09	10 hrs	Social Visit	Senior Citizens & Disabled	Community Support Group, GAGs Members'

07.08.09	09 hrs	Monthly Foire Artisanale	Senior Citizens	Local Committee, Senior Citizens Assn, SSWO, SWO
17.08.09	13 hrs	Social Gathering icw Fete de l'Assomption	GAGs Members & Senior Citizens	CSO & GAGs Members
28.08.09	13 hrs	Talk on Elderly Protection	Senior Citizens	Officers from Elderly Protection Unit

17.07.09

Social Welfare Division

Activities at Day Care Centre for the Elderly

Camp Yoloff DCC

AUGUST 2009

Date	Time (hrs)	Activity	Target Group	Organizer/Resource Person	Responsible Officer
Mondays	9.00 – 11.30	Walk for Health	Senior Citizens	Mrs. Abbas Mammode	SSWO
	11.00 – 13.00	Adult Literacy	Senior Citizens	Mrs. Manisha, Extra Assistant.	SSWO
	13.30 – 15.30	TV Show and Newspaper Reading	Senior Citizens	Mrs Manisha, Extra Assistant	SSWO
	15.30 - 17.30	Indoor Games	Senior Citizens	Warden/TV Operator	SSWO
Tuesdays	10.00 - 11.30	Breathing Exercise	Senior Citizens	Mrs Terrumalai, Dressmaking Teacher.	SSWO
	11.30 – 15.30	TV Show & Indoor Games	Senior Citizens	Warden/TV Operator	SSWO
	15.30 –	Indoor Games	Senior Citizens	Warden/TV Operator	SSWO

	17.30				
Wednesdays	9.00 – 11.00	Walk for Health and Physical Exercises, Health club talks, Check-ups	Senior Citizens	Mrs S. Abbasmamode – Ex- Nursing Officer	SSWO
	11.00 – 15.00	Health and Nutrition Club (Screening, Talks, Weigh Management, Blood Tests & BP Check Up)	Senior Citizens	Mrs. Abbas Mammode	SSWO
	15.30 – 17.30	Indoor Games TV Show	Senior Citizens	Warden/TV Operator	SSWO
Thursdays	10.00	Breathing Therapy	Senior Citizens	Mrs. Tirumalai, DMT	SSWO
Fridays	9.00 – 12.00	Handicraft/Greeting Cards	Senior Citizens	Mrs. Tirumalai, DMT	SSWO
	12.00 – 14.00	Talk on Health Issues	Senior Citizens	Mrs. Lamohamud, Nursing Officer	SSWO
	12.00- 15.30	Exchange of Ideas	Senior Citizens	Mrs. Tirumalai, DMT	SSWO
	15.30 – 17.30	Indoor Games/TV Show	Senior Citizens	Warden/TV Operator	SSWO
Saturdays	9.00 – 10.00	Physical Exercises	Senior Citizens	Warden/TV Operator	SSWO
	10.00 – 12.00	Indoor Games/TV Show	Senior Citizens	Warden/TV Operator	SSWO
	15.30 – 17.30	Indoor Games / TV Show	Senior Citizens	Warden/TV Operator	SSWO

Special Activities

Date	Time (hrs)	Activity	Target Group	Organiser/Resource Person
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03.08.09 10.08.09 17.08.09 31.08.09	09 hrs	Adult Literacy Course	Senior Citizens	Mrs M.Seebaluck, Extra Assistant.
04.08.09 11.08.09 18.08.09 25.08.09	08 hrs	Health & Nutrition Club	Bedridden (Vulnerable Group)	Mrs Abbas Mammode, Retired Nurse.
05.08.09	10.30 hrs	Social Visit	Senior Citizens/ Disabled	Mrs Abbasmamode, President of Senior Citizens Assn
05.08.09 19.08.09	08 hrs	Walk for Health	Senior Citizens	Mrs Abbasmamode, President of Senior Citizens Assn, SSWO, SWO
12.08.09	10 hrs	Talk on Casseur Budget Familiale	Senior Citizens	Officers from APEA
26.08.09	10 hrs	Foire Artisanale	Senior Citizens/ Women/ Disabled	SSWO, SWO, members of Associations & Committee members, DMTs

30.07.09

**Social Welfare Division
Activities at Day Care Centre for the Disabled
Petite Rivière DCC**

AUGUST 2009

Date	Time (hrs)	Activity	Target Group	Organizer/Resource Person	Responsible Officer
Mondays	9.00 –12.00	Indoor Games/TV Shows	Disabled Persons	CSO Caretaker	SSWO
	12.30 – 15.30	Handicraft	Disabled Persons	Mrs. S. Lilyman	SSWO

Tuesdays	9.00 – 12.00	Keep Fit Exercises	Disabled Persons	Mrs. M. Berthelot	SSWO
	12.30 – 15.30	Painting on Fabrics	Disabled Persons	Miss K. Nunkoo	SSWO
Wednesdays	9.00 – 12.00	Literacy Classes	Disabled Persons	Mrs. N. Ramlowat	SSWO
	12.30 – 15.30	Greetings Cards	Disabled Persons	Mrs. S. Lilyman	SSWO
Thursdays	9.00 – 12.00	Indoor Games/ TV Shows	Disabled Persons	CSO Caretaker	SSWO
	12.30 – 15.30	Talks/KeepFit Exercises	Disabled Persons	Mrs. M. Berthelot	SSWO
Fridays	9.00 – 12.00	Indoor Games	Disabled Persons	CSO Caretaker	SSWO
	12.30 – 15.30	Basketry Course	Disabled Persons	Mrs. Hurdoyal	SSWO
Saturdays	9.00 – 12.00	Initiation to Computer	Disabled Persons	Miss. S. Gopaul	SSWO

Special Activities

Date	Time (hrs)	Activity	Target Group	Organiser/Resource Person
28.08.09	10.00	Monthly Foire Artisanale	Disabled Persons, Senior Citizens, Women, Trainees	Members of Senior Citizens Assn, SSWO, SWO, CSO and Committee Members