

## [Day Centre for Elderly](#)

Day Centre is targeted for both elderly men and woman. The session takes place every [Tuesday between 10 am and 2 pm](#) and includes exercises, yoga, health lessons, dance lessons and other fitness exercises. We also provide a healthy vegetarian lunch for all those attendees, which is currently by generous sponsorship from some of our well- wishers. We are looking forward to expand this activity and looking for some funding opportunities.