

# Activity Plan for February 2018

## Showing morning and afternoon activities



Morning / Afternoon	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b><i>Leisure and Life Skills Programme</i></b>					
<b>Morning 10:30 a.m. to 12:30 p.m.</b>	Winter quiz	Arm chair travel	Café club	Arm chair travel	Cookery – soups and snacks
	Beauty and pampering	Wii Games	Craft	Jewellery making	Memory skills
	Active games	Cookery – soups	Discussion group	80's / 90's quiz	Card games
<b>Afternoon 2:00 p.m. to 3:30 p.m.</b>	Craft	Chill out	Trivia	Chill out	Craft
	Memory lane	Word games	Boccia	Wonders of the world	Wonders of the world
	Music group	Movies and musicals quiz	IPads for all	Communication games	Movie afternoon
<b><i>Creative Arts Programme – Mornings Only</i></b>					
<b>Morning 10:30 a.m. to 12:30 p.m.</b>	Open Art	Mosaics	No session	Card Craft	Form and Feeling: Painting with The Fauves
<b><i>Seated Fitness – Friday Afternoons Only</i></b>					
Seated Fitness in the Therapy Gym: every Friday from 3:00 p.m. to 3:30 p.m.					

For further information or to book some sessions please contact Sarah Lyle (Rendezvous Coordinator)  
 Email – [syle@whitelodgecentre.co.uk](mailto:syle@whitelodgecentre.co.uk)  
 Rendezvous reception – 01932 577 996  
 Direct Line – 01932 577 980

# Description of Activities: February 2018



Leisure And Life Skills Activity Descriptions		
<b>ACTIVE GAMES</b> - a variety of games including Wii Sports, giant Connect 4, bowling, curling, badminton, table top games.	<b>ARMCHAIR TRAVEL</b> - Visit various countries from the comfort of your chair – Each week we will visit a different country – looking at famous landmarks, food, culture, famous events, learn some words in the language - Become immersed in the chosen country for a few hours	<b>BEAUTY AND PAMPERING</b> - Learn how to look after your skin using products that are shop bought and homemade. We will demonstrate and perform manicures and lower arm and hand massage too. We'll look at different skin types and skin disorders also. <b>There will be a small charge to cover the cost of any products used in the group.</b>
<b>BOCCIA</b> - learn to play Boccia ( a ball sport, similar to bocce, and related to bowls and pétanque) and take part in a fun way to increase movement	<b>CAFÉ CLUB</b> - a mixture of everyone's favourites in the social environment of Café Bradbury; could include – games, puzzles, Wii, sewing, chatting, quizzes and much more!	<b>CARD GAMES</b> – exactly what it says! Compete against others in all the favourite card games.
<b>CHILL OUT</b> - a chance to relax and unwind in our sensory room. Use the water bed, mats or relax in your wheelchair in dimmed lighting with some light sequences, bubble tubes and relaxing CDs	<b>COMMUNICATION GAMES</b> - talk about different subjects within a group, use the question ball, learn some other forms of communication such as some Makaton	<b>COOKERY – Soups:</b> Have fun making various soups - try out different flavour combinations.
<b>COOKERY: SOUPS AND HEALTHY SNACKS</b> – Have fun making various soups - try out different flavour combinations. Also learn how to make some healthy snack from hummus to scotch eggs!	<b>CRAFT GROUP</b> - an opportunity to try a variety of craft activities to give as gifts or for yourself or to be part of a display. <b>There will be a small charge for materials for items taken home.</b>	<b>DISCUSSION GROUP</b> – various themes discuss the decades, let's talk cards.
<b>IPADS FOR ALL</b> – discover the fun of I Pads, use various apps in groups or individually and enjoy learning to use up to date technology. <b>Wii GAMES</b> - sports games to develop coordination and balance and have fun! #	<b>JEWELLERY GROUP</b> - make jewellery to give as presents or keep for yourself. Some groups will include hair band making. <b>There will be a charge for materials used.</b>	<b>MEMORY LANE</b> - take a trip down memory lane looking at different periods of time, share your own past experiences with the rest of the group: maybe a funny story, a childhood recollection or simply somewhere you have enjoyed visiting. Listen to some music from different eras, make some traditional crafts, look at some old recipes.
<b>MEMORY SKILLS</b> - a range of activities, including games to improve memory and mental acuity	<b>MOVIE AFTERNOON</b> – relax whilst watching various different films. <b>MOVIES AND MUSICAL QUIZ</b> - a variety of movie and music based quizzes, including: - Name that movie or tune - Guess the introduction / artist / actor	<b>MUSIC GROUP</b> - a variety of music sessions some with a theme and others more general. A listening, exploring and interaction session. - Classic songs – looking at what makes a hit, what were the biggest hits through the decades. - Looking at particular genres Making your own music
<b>QUIZ GROUP</b> - a variety of quizzes either traditional question and answer or multiple choice. Some groups will have a particular theme; others will be general knowledge. Themes will include <b>Winter</b> , the <b>80's / 90's</b> and <b>Trivia</b>	<b>WONDERS OF THE WORLD</b> – take a look at various wonders of the world from natural phenomena to engineering masterpieces.	<b>WORD GAMES</b> - fun with word games such as Scrabble, Anagrams and Hangman

Creative Arts Activities		
<b>Open Art</b> These sessions are for people who want to pursue their own visual art projects. A wide range of media is available, including drawing and painting in different media, collage, mosaics and textile art. Practical advice and assistance is available when needed. Participants can explore the work of artists from the past and present through books and online resources. Open Art is also an excellent opportunity to finish art work from the previous month's art sessions.	<b>Mosaics for the Home</b> Mosaics have been used in the home since the Romans lived in Britain! This is an opportunity to create mosaic art for your own home. You could decorate a tile for resting tea-pots or pans on, cover a plain box with a mosaic pattern, or put a mosaic border around a mirror. All mosaic materials will be supplied, but please bring any objects you would like to cover with mosaic. Prices to take home work will only reflect the cost of mosaic materials.	<b>Card Craft</b> This is an opportunity to create beautiful, hand-made cards from high-quality materials. In <b>February</b> the focus will be on exploring different card-making techniques.
<b>Form and Feeling: Painting with The Fauves</b> We will explore the paintings of <i>The Fauves</i> , a small, but very influential, group of painters who came after the French Impressionists. If you enjoy expressing yourself through colour, this is for you!		
Fitness Activities		
<b>SEATED EXERCISE GROUP</b> - A 30 minute seated group exercise session of moderate intensity for people who have use of their upper body. The aim is to increase fitness and strength and have some fun! <b>If you are uncertain if the group is suitable for you please speak to Lisa Elliot (Therapy Assistant / Sports Facilitator) before signing up.</b>		