

Activity Plan for January 2018

Showing morning and afternoon activities



Morning / Afternoon	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Leisure and Life Skills Programme</i>					
Morning 10:30 a.m. to 12:30 p.m.	Cooking – healthy snacks	Famous people quiz	Discussion group	Newsletter	Fit and fun
	Board Games	Word Games	Arm chair travel	1:1 Cook and go	Bingo
	Wonders of the world	Beauty and pampering	Music group	Fit and fun	Quiz group
Afternoon 2:00 p.m. to 3:30 p.m.	Newsletter	Chill out	Newsletter	Chill out	Craft
	Bingo	Boccia	Wonders of the world	Weird world	Puzzles and brainteasers
	Food Trivia	Messy art	Magic memories	Boccia	Boccia
<i>Creative Arts Programme – Mornings Only</i>					
Morning 10:30 a.m. to 12:30 p.m.	Mosaic	Open Art	No session	Painting conflict: Artists in the first world war	Creative textiles
<i>Seated Fitness – Friday Afternoons Only</i>					
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 – slyle@whitelodgecentre.co.uk
 Rendezvous reception – 01932 577 996
 Direct Line – 01932 577 980

Description of Activities: January 2018



Leisure And Life Skills Activity Descriptions		
ARMCHAIR TRAVEL - 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.	BEAUTY AND PAMPERING - 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. There will be a small charge to cover the cost of any products used in the group.	BINGO – the well-known game of chance in which each player has one or more cards printed with differently numbered squares on which to place markers when the respective numbers are drawn and announced by a caller. The first player to mark a complete row or other pattern of numbers is the winner
BOARD GAMES – a variety of table top games involving the movement of counters or pieces: compete against others and have fun playing a variety of games including chess, Triominoes, Rummikub, Connect 4 etc. Some sessions will involve using I Pads.	BOCCIA - 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	CHILL OUT - 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
COOKING: HEALTHY SNACKS - – learn how to make some healthy snack from hummus to scotch eggs!	COOKERY – Cook and Go 1:1 – this is a session where you bring in your own ingredients and we will support you to make a dish of your choice to take home.	DISCUSSION GROUP – various themes discuss the decades, let's talk cards.
FAMOUS PEOPLE QUIZ - a range of quizzes on Famous People, either traditional question and answer or multiple choice. Some groups will have a particular theme; others will be general knowledge.	FIT AND FUN – take part in various games to keep you fit and healthy.	FOOD TRIVIA – fun facts about food, cookery and dining. A challenge of general knowledge plus new and interesting trivia.
MAGIC MEMORIES - 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.	MESSY ART – art based activities using a range of craft tools and materials and found items. These will be 'hands-on' activities and possibly a little 'messy!' Aprons will be provided.	MUSIC GROUP - 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
NEWSLETTER - INCL PHOTOGRAPHY: work towards completing the latest addition of Rendeznews – write articles, interview people, take pictures and assist with layout on the computers.	WEIRD WORLD – explore fascinating facts about the world we live in, looking at important, funny, strange, amazing, entertaining and scary facts	WONDERS OF THE WORLD – take a look at various wonders of the world from natural phenomena to engineering masterpieces.
WORD GAMES - fun with word games such as Scrabble, Anagrams and Hangman		
Creative Arts Activities		
Mosaics for the Home 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.	Open Art 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.	Painting Conflict: Artists in the First World War To mark the centenary of the end of the First World War, we will look at paintings by artists who served at the Western Front or worked as official War Artists. The broader questions of <i>why</i> and <i>how</i> to make art relating to conflict will inform our approach to painting.
Creative Textiles In these sessions, we will explore the use of shape, colour and texture in textile art. We will be look at the work of creative artists who have worked with textiles. From this starting point, we can do individual or group projects, depending on people's interests. These will make use of found objects as well as traditional textile materials. No sewing experience needed, but openness to inspiration essential!		
Fitness Activities		
SEATED EXERCISE GROUP - 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! If you are uncertain if the group is suitable for you please speak to Lisa Elliot (Therapy Assistant / Sports Facilitator) before signing up.		