

### Monday 10<sup>th</sup> August - 'VJ Day'

#### Monday

'Y' Get Moving with some WW2 Music – marching gets the heart pumping and burns calories, try songs like 'Wish me luck as you wave me goodbye' and (We're Gonna Hang Out) the Washing on the Siegfried Line.



#### Tuesday

✂ Poppies of Remembrance – Colour in Sheets (Prize for best design) **Worksheet in your pack**

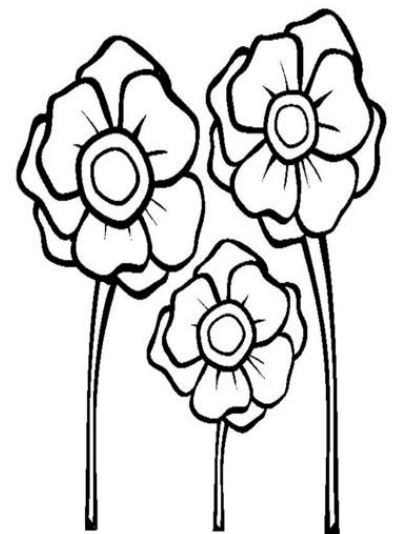
#### Social Time

🕒 17:30 Age 15+ Zoom  
Activity with Lucy & Lisa

Zoom Meeting ID = 739 811 9341  
Password = cwyp



*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*



## Wednesday

- 🚶 Walking Wednesday – Can you spot any Poppies while you are out and about today?
- 👍 Well Done Wednesday – what can you do to help out around the house today?



### Social Time

#### 🕒 6.00pm Ladies & Girls Zoom Activity with Lucy & Robyn

Zoom Meeting ID = 739 811 9341

Password = cwyp

#### 🕒 6.00pm Mens & Lads Zoom Activity with Bryce & Erika

Zoom Meeting ID = 379 847 5632

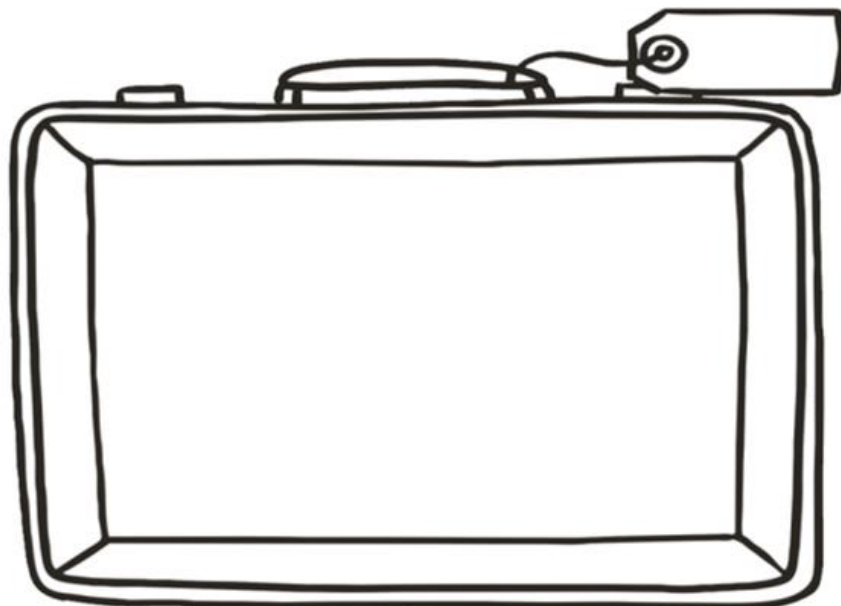
Password = cwyp



## Thursday

- ✂ Empty Suitcase Activity – some people were left with very little after WW2. Have a go at putting 6 items in the empty suitcase that would be really important to you. **Worksheets in your pack**

### Empty Suitcase Activity



## Friday

### 🍲 Food from WW2 – Broth making

Food was rationed for a long time after the end of WW2 and many people grew their own vegetables. Have a go at making your own broth.



### 🕒 6.00pm - Younger Members Fun Zoom Activity Session with Bryce

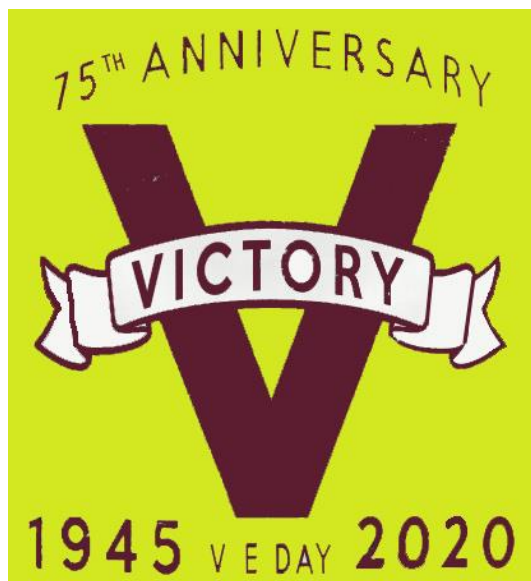
Zoom Meeting ID = 379 847 5632

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## Saturday

♥ Its VJ Day Celebrate with family today, 75 years since the final end of WW2 – raise a glass to everyone who was in WW2



## Sunday

♥ Take time out for yourself today 'Stress Free Sunday'

Enjoy your day - ready for the new timetable tomorrow



*We hope you enjoy this week's activities  
If you need any support with them  
Please just get in touch*

*If you haven't received the activity pack that goes with the timetable of activities let us know and we can arrange to get one to you.*