

Monday 24th August - 'Summer Fayre'

Monday

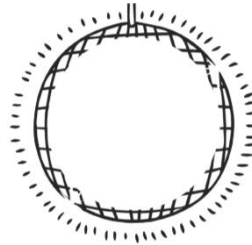
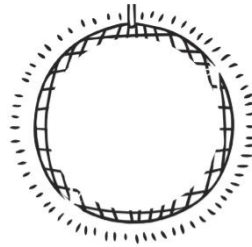
👉 Have a go at some Warm-ups

WARM-UP EXERCISES

BEGIN WITH YOUR NECK:



✍ Let us know your favourite songs at the disco - complete the Disco Workseet



Tuesday

✂ Have a go at the Summer Scene, Cut & Stick Activity



Social Time

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

Zoom Meeting ID = 739 811 9341

Password = cwyp



Wednesday

☺ Art & Craft - Summer Sticky Dot Activity (in your pack)

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

♥ Ice Cream Van Colour in + Design an Ice-cream/Ice Lolly Competition (prize for best design)



Friday



📷 Cupcake Challenge (Box kit in your pack).
Enter our Cake Competition at the Summer Fayre.
Use the box kit or make your own. You need to
send photo/s to enter.

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

Zoom Meeting ID = 379 847 5632
Password = cwyp



Saturday

😊 Are you entering any of the competitions for the Fayre? All entries
need to be in by tomorrow.



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.