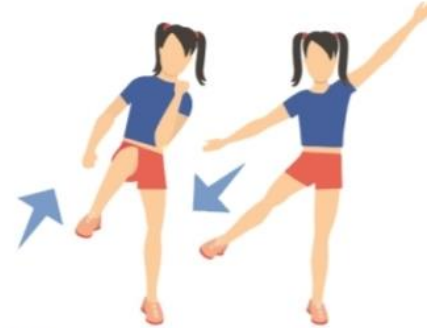


Monday

Fun Fit Time - Get ready to take on the rest of the week, warm up & get Boxing!

1. Exercise 1: Squat for 30 seconds



2. Exercise 2: Elbow to knee for 30 seconds, then repeat with the other leg

3. Exercise 3: Hands on floor or desk, and pull alternate knees into your chest



Boxing Arms

What You Need

- Space to move in

What You Do

1. Stand with your feet shoulder-width apart.
2. Bend your knees slightly.
3. Make a fist and punch forwards with alternative arms one at a time.



How to Make the Activity Less Challenging

Make 5 punches and rest.

How to Make the Activity More Challenging

Increase the speed at which you punch.

Top Tip: keep your back straight and stomach muscles tight.

Skills Day

✂ A national holiday was declared on 8th May 1945 and red, white and blue bunting could be bought without ration coupons. Make your own bunting to use on your VE Day celebrations. Why not put a 'Make Do and Mend' twist on your bunting by using recycled fabrics or old clothes?

ASDAN History & Pawprints

✂ Make a peace dove. Find out why the dove is an internationally recognised symbol of peace. You could create your own from paper, card or clay. Get creative! **ASDAN History & Pawprints**

🎵 Choose a song from one of our past Music Shows that you really liked - do the dance for it or sing the song. If you are not part of Making Music just choose a song that makes you happy or is one of your favourites.



Social Time

- 🕒 **17:30 - 18:00 All Ages Zoom Activity with Lucy BINGO** - you will need to download the 'Zoom' App to your PC, Laptop, Tablet or Phone. Please text 07808 842 205 to book in. **IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT**

Wednesday

Walking Wednesday

- 🚶 Yes, it's that day of the week again! Time to get out for a walk and share your photos. Remember if you can't get out have a look around the garden or go up and down the stairs. Let's walk to better Well-being.
- 🚶 Remembering others - why not visit your local war memorial during your walk, or have a look out for any VE Day Bunting or Flags. If you can't get out do you know where your local war memorial is or does your local church have war graves there? **ASDAN History & Pawprint**

Well Done Wednesday

- 👍 Give a hand around the house and garden. What will you do to deserve a thumbs up and a big well done? We have been impressed with everything you have been doing! **ASDAN Independent Living**

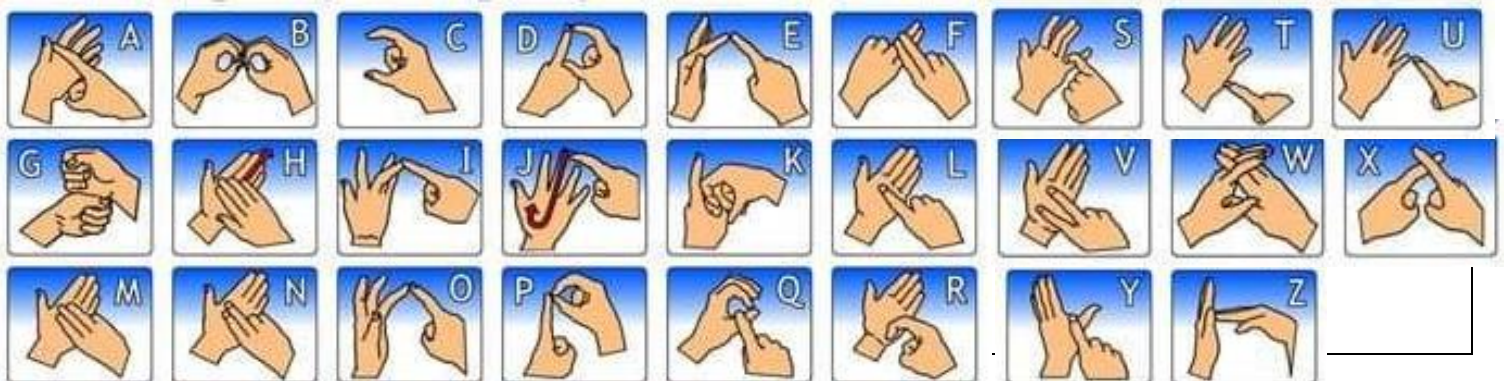
Social Time

- 🕒 **WhatsApp Chat Session 15-20 minute slots between 5pm and 6pm for 3 members at a time with a member of staff**
- You will need to download the 'WhatsApp' App to your, Tablet or Phone. Limited Places. Please text 07808 842 205 to book in by Tuesday. An opportunity to chat with friends and have fun. **IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT.** You will receive a WhatsApp message on Wednesday Morning.

Thursday

Skills & Learning

- 👍 Have a go at Sign Language - Can you Spell out your name? **ASDAN Independent Living (learning a new skill/Communication)**





VE Day Teacup Design

Victory in Europe (VE) Day took place on 8th May 1945. It marked the end of the Second World War in Europe.

VE Day was commemorated in many ways, including the production of special cups.

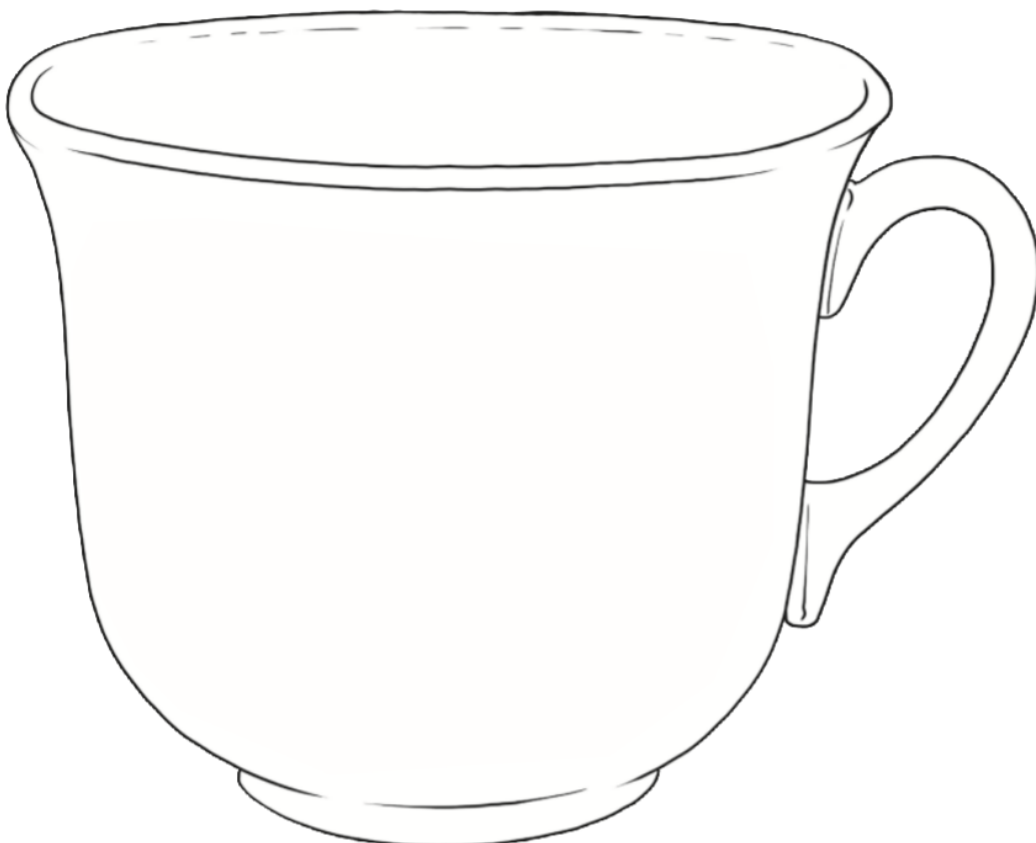


- Do you recognise the people on the cup? Who are they?
- Why is there a flag on the cup?
- What do you think the slogan on the cup means?
- Why do you think commemorative cups like this were made?

VE Day Teacup Design

Design your own VE Day cup. Think about your design and make sure it is bright and eye-catching.

You could include flags, important buildings or people who were involved in the Second World War.



Social Time

① WhatsApp Chat Session 15-20 minute slots between 5pm and 6pm for 3 members at a time with a member of staff

- You will need to download the 'WhatsApp' App to your, Tablet or Phone. Please text 07808 842 205 to book in. **IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT.** You will receive a WhatsApp message on Wednesday Morning.

Friday VE DAY

VE Day Celebrations Today it is 75 years since the guns fell silent in Europe marking the end of World War II. **ASDAN History & Pawprint**

- Put up your bunting, flags and poster to celebrate the day
- Wear something red, white & blue (or all 3 colours!)
- Enjoy the day with your family. Are you doing anything special to celebrate? A party tea? Share your celebration with us.
- Take part in VE DAY75's 'Nation's Toast to the Heroes of WW2' at 3pm. Stand up and raise a glass of refreshment of your choice and undertake the following 'Toast' – **"To those who gave so much, we thank you,"** using this unique opportunity to pay tribute to the many millions at home and abroad that gave so much to ensure we all enjoy and share the freedom we have today.
- The Royal British Legion are asking for a UK-wide rendition of Dame Vera Lynn's 'We'll Meet Again' to mark the 75th anniversary of VE Day at 9pm but you could sing along at any time of the day – the song is very relevant to the situation we are all in at the moment.

Saturday

Act of Kindness Day

♥ Be Kind to yourself today;

- Do something that makes you feel happy, relaxed, safe, or that you just enjoy – what will you choose? Watch a movie, listen to music, go on your ipad or phone, colour in, play a board game, go on your Xbox or Playstation...
- Spend time with family or friends – do something with the people you live with or get in touch with family or friends

Challenge - Catch coins from your elbow!

You need to rest the back of your hand on the same shoulder, so your elbow should be pointed out and the underside of the arm facing up. Place a coin on your arm, just above the elbow. The idea is to quickly draw your elbow into your side so that the coin flies into the air, and at the same time, flip the arm over so that they can catch the coin. It's tough to catch just one coin but you can up the ante by having them catch a stack of coins. **Give it a go!!**

Sunday

Social Time

- ① Telephone 'call in' hour for different groups - a chance to have a chat with staff - please text 07808 842 205 if you would like to receive a phone call (please note the call may be from a different mobile number). Time Slot will be 4pm to 5pm. **IF YOU ALREADY RECEIVE A WEEKLY PHONE CALL YOU WILL AUTOMATICALLY BE ADDED TO THE LIST.**

Pause for Thought! Look back at the week, what were your highlights each day?

A WEEK'S WORTH OF HIGHLIGHTS OF THE WEEK JUST GONE

DAY	DAY	DAY
DAY	DAY	DAY
DAY.		