























Phoenix Activity Plan August 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Massage 10.30-11.30 	Food skills 10- 1pm 	Karaoke 10am -11 	Art 10am-3pm 	Sing & Dance 10am -11 
Food skills 10- 1pm 	Sewing & Art 10am -3pm 	Food skills 10- 1pm 	Food skills 10- 1pm 	Craft workshop 10am -3pm 
Sewing 10am -3pm 	Dance Group 1.30- 2.30 	Volunteering in Pittville 	Volunteering in Pittville 	Volunteering in Pittville 
Sound beam & sensory session 1.30-2.30 	Reflexology 1.30-2.30 	Relaxation & Pamper 1.30- 2.30 	Music & sensory 1.30-2.30 	Games 1.30-2.30 

Sensory Room, Dr Detox, Aqua-massage available throughout the day.

Most of these activities can be booked as individual sessions or as part of a day, with support or without. Please contact staff at Phoenix 01242 237099.

Keep up to date with all our activities and events on our website www.stvsandstgs.co.uk