


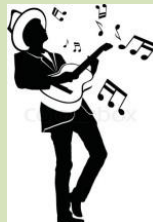


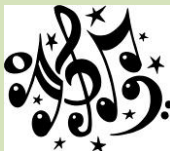














Phoenix Activity Plan

The following activities have set times each week:				
<p>Monday- Sewing 10am -3pm</p> 	<p>Tuesday- Dance Group 1.30- 2.30</p> 	<p>Wednesday- Karaoke 10am -11</p> 	<p>Friday- Sing & Dance 10.30-11.30</p> 	
<p>Tuesday- Sewing & Art 10am -3pm</p> 	<p>Tuesday- Reflexology 1.30-2.30</p> 	<p>Thursday- Music & sensory 1.30-2.30</p> 	<p>Friday- Craft workshop 10am -3pm</p> 	
Other activities available throughout the week include the following:				
<p>Sound beam</p> 	<p>Aqua Massage</p> 	<p>Relaxation & Pamper</p> 	<p>Sensory Room</p> 	<p>Dramatic Story Telling</p> 
<p>Food skills</p> 	<p>Games</p> 	<p>Volunteering in Pittville</p> 	<p>Shopping</p> 	<p>Freestyle music</p> 
<p>Trips out to concerts, pubs and local festivals</p>				

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

