



THRIVE

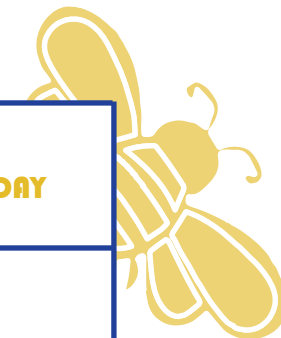
AT

THE

HIVE

WEEK

01



| DAY                                      | MONDAY                        | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY | SATURDAY                  | SUNDAY                                    |
|--|-------------------------------|--|--|---|--------|---------------------------|---|
| <b>AM SESSION<br/>(9.30 - 12.30PM)</b>   | BAKING AND LIVING SKILLS      | KEY LIFE SKILLS (BANKING, PUBLIC TRANSPORT, IT SKILLS, MONEY SKILLS LIBRARY VISITS). | ARTS AND CRAFTS SESSION ROTATION (POTTERY FIRST 4 WEEKS) OR MESSY SENSORY ACTIVITY | CHAIR EXERCISE<br><br>THROWBACK THURSDAY MUSIC, MAGAZINES, NEWSPAPERS AND MEMORABILIA |        | ADULT EDUCATION AND BINGO |   |
| <b>PM SESSION<br/>(12.30PM - 3.30PM)</b> | TRAMPOLINING @ PLANET LEISURE | BOWLING @THE DOLPHIN CENTRE  | IN HOUSE MUSIC THERAPY SESSION   | TEA DANCE   |        | DANCE SESSION             |   |
| <b>EVENING SESSION<br/>(TIMES TBC)</b>   |                               |  |  |   |        |                           | FILM NIGHT WITH POPCORN AND HOT CHOCOLATE |

Before every session everyone will be encouraged to take part in a welcome stretch to get the blood flowing and mind open.

At the end of every session, we encourage everyone to take 5 minutes of calm and quiet to breath and process their thoughts.

Open

AUGUST

2023

For Details Contact the Queen Bees

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