

Friday afternoon: 'Street Party'

To celebrate the Queen's 90th Birthday. Weather permitting we will enjoy an outside 'street party' with a variety of food.

£3 per person for this session

Book your place now with Maureen Greaves

on 0114 2844003

All are welcome!



Primetime

For Adults who want to enjoy their Later Years

Holiday at Home

Monday 30th May to Friday 3rd June 2016
St Saviour's Church Hall, Mortomley Lane

Morning sessions are 10.00am to 12.00pm
Afternoon sessions are 1.00pm to 3.00pm

Programme

As you can see, we are going to put on a number of various activities during the week and you can attend as many as you want. All are free except the Queen's birthday party. Each session will finish with a short meditation

Monday morning: Let's be Crafty

A variety of crafts from card decorations, art and scrap-booking for making memories. Bring a photo or two to get started.

Leader: Jean Watts

Monday afternoon: Bake Off

5 contestants will decorate a cake to celebrate the Queen's 90th birthday. We will all have a chance to taste and decide on which is best

Leader: Glennis Foweather

Tuesday morning: Music feeds the Soul

Vic and John will introduce lots of musical activities. Try a variety of percussion instruments and sing some well known songs with the High Green Singers

Leader: Victoria Bowden

Tuesday afternoon: Soup it Up!

Homemade soups can be one of the easiest, cheapest and most nutritious foods to prepare. We will cook and taste

Leader: Sylvia Charles

Wednesday morning: De-Stressing

We will practice various techniques which may be of help when we feel stressed

Leader: Dawn Young

Wednesday afternoon: Enjoying Conversations

Let's share our stories over a glass of wine. If you have a spare bottle please feel free to bring it along.

Leader: Maureen Greaves

Thursday morning: Keep Fit

Keep fit as we Zumba the morning away. We will try various movements for fun and fitness.

Leader: Jo Cattle

Thursday afternoon: Gardening as you get Older

Our gardens can still be a real enjoyment to us at whatever age. Come and see

Leader: Sylvia Charles

Friday morning: Going with the Grain

Let's get creative with wood. We'll make something together for St Saviour's allotment or something to take home for our own gardens

Leader: Grace Stead

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