

# STOCKBRIDGE ACTIVITY BASE

## Activities held each week at Stockbridge Activity Base

Days	Activities
Monday	Swimming, Arts & Crafts, Boccia, Sewing/Games, Healthy Eating, Signing, Nail Polish & Massage, Baking and Music Quiz
Tuesday	Golf Session, Sports Session, Quiz, Healthy Eating, Sit Fit, Crafts, Bingo, Relaxation, Film Club and Table Top Games
Wednesday	Sit fit, Dance and Drama Session, Gardening, Table Top Games, Games Session, Bowling and Sensory Session
Thursday	Healthy Eating, Swimming, Arts & Crafts, Pampering Session, Games Session, Strolling Group, Bingo and Relaxation Session
Friday	Wheels 4 All, Gardening, Karaoke, Film Club, Sensory Session, Computer Session, Dance Session and Bingo