

Week commencing: 19/10/2020	Monday	Tuesday	Wednesday	Thursday		Friday	Saturday	Sunday
10am-12pm	<b>SMILE</b> sessions with Gareth & Anna  <i>Sports, Games, learning &amp; support</i>	<b>VIP DAY</b> with Amy & Anna  <i>Inclusive sports, exercise, dance, yoga, arts &amp; crafts, meditation etc</i>	<b>DAISY STUDIOS</b>  <i>Learning instruments and singing</i>	<b>DELIVERY PREP</b>  <i>Preparing to deliver food to vulnerable people in the community</i>	<b>ZOOM MEETING</b> with Amy  <i>Yoga, meditation and aerobics</i>	<b>DELIVERY DAY</b>  <i>(Doors open for anyone that needs support)</i>		
Lunch Time								
1pm – end of day	<b>SMILE</b> sessions with Gareth & Anna  <i>Sports, Games, learning &amp; support</i>	<b>VIP DAY</b> with Amy & Anna  <i>Inclusive sports, exercise, dance, yoga, arts &amp; crafts, meditation ect</i>	<b>SMILE</b>  <i>Independent living</i>	<b>SMILE</b>  <i>Sports, Games, learning &amp; support</i>	<b>ZOOM MEETING</b> with Amy  <i>Yoga, meditation and aerobics</i>	<b>DELIVERY DAY</b>  <i>(Doors open for anyone that needs support)</i>		

