



## MAY 2007 Holiday Planner 'HEALTHY LIVING'

Tuesday 29 <sup>th</sup> May	Wednesday 30 <sup>th</sup> May	Thursday 31 <sup>st</sup> May	Friday 1 <sup>st</sup> June	Saturday 2 <sup>nd</sup> June
<b>RELAXATION DAY</b>	<b>MUSIC AND MOVEMENT</b>	<b>HEALTHY EATING</b>	<b>SPORTS DAY Community day</b>	<b>WATER PLAY</b>
<p style="text-align: center;"><b>CANDLEMAKING WORKSHOP</b> 11am - 2pm</p> <p style="text-align: center;">Also..... <i>Pampering Sessions</i> with</p> <ul style="list-style-type: none"> <li>▪ hand and foot massages</li> <li>▪ foot spas</li> </ul> <p style="text-align: center;"><b>Summer Screen 07</b></p> <p>Come and meet the director/writer for this year's film making opportunities at Thomley!</p>  <p>Please see overleaf for details.</p>	<p>Come and join in our...</p> <p style="text-align: center;"><b>BEND AND STRETCH AEROBICS SESSIONS</b> 11am/1pm/2pm</p> <p style="text-align: center;">Also.....</p> <p>Try on your dancing feet in the art room and help us create large wall art by dancing to music on paper with painted hands and feet!!</p> <p>(Please bring old clothes for this activity)</p> 	<p style="text-align: center;"><b>SPLAT SUMMER FRUIT COOKING WORKSHOPS</b> 11am-1pm <i>(Limited spaces so booking is essential)</i></p>  <p style="text-align: center;">Also.....</p> <ul style="list-style-type: none"> <li>▪ Make your own placemat</li> <li>▪ Create your own fruit smoothie</li> </ul> 	<p>Come and join in our...</p> <p style="text-align: center;"><b>THOMLEY SPORTS DAY</b></p> <p>We will be having  different activities organised throughout the day including;</p> <ul style="list-style-type: none"> <li>▪ assault courses</li> <li>▪ parachute games</li> <li>▪ throw the welly</li> <li>▪ ball games</li> </ul> <p>Or join us in the art room to make.....</p> <ul style="list-style-type: none"> <li>▪ Medals </li> <li>▪ Bean bags</li> </ul>	<p>Join us for a day of water play and exploration with:</p> <ul style="list-style-type: none"> <li>▪ Painting ideas with water</li> <li>▪ Rain painting</li> <li>▪ Bubble art</li> </ul>  <p style="text-align: center;">Also.....</p> <p>Experiment with different types of water play.</p>

Please book on 01844 338380 or email [bookings@thomleyhall.org](mailto:bookings@thomleyhall.org)  
All workshops are on a first come first served basis, early booking is advised.