



## Friday

### The LIFE Project Programme – February 2026

#### Life Skill Focus: Appreciating Cultures Around the World

9.30am – 3.30pm Activity Room, Parkside GU12 4BP

<b>6<sup>th</sup> February</b> <b>No packed lunch required</b>	<b>Mexico</b> <b>AM</b> – March programme planning, setting SMART targets Making Day of the Dead Masks <b>PM</b> – Lunch at Chiquito's restaurant
<b>13<sup>th</sup> February</b>	<b>Spain</b> <b>AM</b> – Research the different festivals celebrated in Spain <b>PM</b> – Learn the Flamenco Dance
<b>20<sup>th</sup> February</b>	<b>Belgium</b> <b>AM</b> – Shopping for ingredients, cooking Belgium waffles <b>PM</b> – Research Gothic Architecture famous in Belgium and making an art and craft that is related to the topic
<b>27<sup>th</sup> February</b> <b>No packed lunch required</b>	<b>Greece</b> Review SMART targets <b>AM</b> – Research traditional Greek dances and what they may wear <b>PM</b> – Lunch at 'Go Greek' restaurant ***Shopping for SMART target reward ***

**Please bring a packed lunch to every session unless otherwise stated and your £5.00 Activity Fee.**

For any comments suggestions or queries regarding the activity programme please contact the Club Leader, Leanne Court or the Deputy Manager, Angie Morris Tel: 01252 313103 or email [Leanne.court@parksidealdershot.co.uk](mailto:Leanne.court@parksidealdershot.co.uk) or [angie.morris@parksidealdershot.co.uk](mailto:angie.morris@parksidealdershot.co.uk)

**A kind reminder: When parents or carers need to reach the LIFE Project staff, please contact Parkside's main telephone number. The admin team can promptly relay your message within office hours.**

