



# Monday

## The LIFE Project Programme – February 2026

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

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

2 <sup>nd</sup> February <b>No packed lunch required</b>	<b>India</b> <b>AM</b> – March programme planning, setting SMART targets Research traditional Indian weddings and the foods they may eat <b>PM</b> – Shopping for an Indian curry and sides to sample for lunch
9 <sup>th</sup> February	<b>Brazil</b> <b>AM</b> – Watch the Rio Carnival celebration <b>PM</b> – Learn some everyday Brazilian phrases and dance moves Swimming at Aldershot Pool
16 <sup>th</sup> February	<b>China</b> <b>AM</b> – Research your Chinese New Year symbol and what it means <b>PM</b> – Shopping for Chinese snacks and sauces then sampling
23 <sup>rd</sup> February <b>No packed lunch required</b>	<b>Italy</b> <b>All Groups Reunite This Week</b> <b>AM</b> – Review SMART targets, Discuss and review what we have learned this month <b>PM</b> – An Italian lunch at Daniele's Sicilian *** Shopping for SMART target rewards ***

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

For any comments suggestions or queries regarding the activity programme please contact a Club Leader, Leanne Court or Jade Letham or the Deputy Manager Angie Morris

Tel: 01252 313103 or email [Leanne.court@parksidedaldershot.co.uk](mailto:Leanne.court@parksidedaldershot.co.uk) or [Jade.letham@parksidedaldershot.co.uk](mailto:Jade.letham@parksidedaldershot.co.uk) or [angie.morris@parksidedaldershot.co.uk](mailto:angie.morris@parksidedaldershot.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.**

