



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 nd February No packed lunch required	India AM – March programme planning, setting SMART targets Research traditional Indian weddings and the foods they may eat PM – Shopping for an Indian curry and sides to sample for lunch
9 th February	Brazil AM – Watch the Rio Carnival celebration PM – Learn some everyday Brazilian phrases and dance moves Swimming at Aldershot Pool
16 th February	China AM – Research your Chinese New Year symbol and what it means PM – Shopping for Chinese snacks and sauces then sampling
23rd February No packed lunch required	Italy All Groups Reunite This Week AM – Review SMART targets, Discuss and review what we have learned this month PM – An Italian lunch at Danieles 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@parksidealdershot.co.uk or Jade.letham@parksidealdershot.co.uk or 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.

