



# FRIDAY

The LIFE Project Programme –  
 May 2026  
 9.30am – 3.30pm Activity Room Parkside



## Life Skill Focus: Helping each other succeed

DATE	MORNING	AFTERNOON
<b>8<sup>th</sup> May</b>  <b>LP PLUS GROUP A</b>	June Programme planning, SMART target setting. Visit to Runfold Ridge to complete the trail  Complete a Treasure Trail working together as a team at Alice Holt	Swimming at Aldershot pools  Zumba with Smiley Jo
<b>15<sup>th</sup> May</b>  <b>LP PLUS GROUP B</b>	As a group complete the Beech trail at Rushmoor Bottom  Complete a Treasure Trail working together as a team at Alice Holt	In teams play a Disney Music Quiz  Zumba with Smiley Jo
<b>22<sup>nd</sup> May</b>  <b>LP PLUS GROUP C</b>	Working together complete the Aldershot Park Scavenger hunt  Complete a Treasure Trail working together as a team at Alice Holt	With your teammates make a bridge out of arts & crafts resources  Zumba with Smiley Jo
<b>29<sup>th</sup> May</b>  <b>No Packed lunch required</b>	Visiting the Cinema for Mattias Birthday	Enjoy a lunch out at the Gloster

For each session bring sun cream and a packed lunch unless stated otherwise, plus your £5 Activity Fee

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