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Monday	Tuesday	Wednesday	Thursday	Friday
 <p>All Day London Community Trip</p>  <p>Multi-Cultural Arts & Craft in the Lodge Activity inspired by the many cultures around the world</p>  <p>Swimming in the morning followed by Mixed Sports in the afternoon</p>  <p>Independent Skills New activity where customers are taught to understand the basics and applying them to gain new found independence</p>	 <p>Mindfulness Session in Perivale Community Centre A new activity focusing on breathing techniques and awareness to relieve anxiety and pressure</p>  <p>Gym Fitness in Gurnell Leisure Centre in the morning followed by Outdoor Sports in the afternoon</p>  <p>All day Bowling/Cinema Club in Park Royal! (Fees will apply)</p>  <p>Music and Dance from different cultures followed by Makaton. Activities based on learning and understanding other individuals culture through the means of music and communication</p>	 <p>All Day Local and Community Outings</p>  <p>Multi Cultural Arts & Crafts Activity inspired by the many cultures around the world</p>  <p>Survival Cooking Activity educating customers on the basics principles and fundamentals of an everyday kitchen</p>  <p>Growing Plants in the afternoon Activity based here at the Lodge's allotment, encouraging our customers to positively take.</p>	 <p>All day 'Staying safe' session in Perivale Community Centre New activity promoting the importance and teaching customers how to stay safe when out in the community</p>  <p>Movement to music in the Lodge.</p>  <p>Food Shopping Giving the customers the opportunity to shop for ingredients and actively understand the value of money</p>  <p>Garden Maintenance Activity based here at the Lodge's allotment, encouraging our customers to positively take on responsibility.</p>	 <p>Friday Lunch Cooking Session A popular choice here at the Lodge, encouraging customers to participate & learn how to cook!</p>  <p>All Day Community Outings</p>  <p>Music from different cultures Activity where music is the focus, understanding and appreciating different genres from different cultures.</p>  <p>Multi Activity Sports Sessions Activity based on group participation, giving the customers the chance to wind down after a busy week and socialise with friends.</p>

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