



Caxton Activities Timetable for Young People with Learning Disabilities February Half-Term 2021

Day	Activity	Time	Where	What
Monday 15/2/2021	Multi-Sports With Debbie	6.25-7.10pm	Zoom	Try out different types of sports such as basketball or aerobics
Tuesday 16/2/2021	Woman's Group	5pm-5.50pm	Zoom	Young women with learning disabilities explore their identity, thoughts and feelings about issues affecting their lives.
	Virtual Tours	5.55pm-6.25pm	Zoom	Taking a trip around the world- to the pyramids, Buckingham palace or a beautiful beach
	Dance With Sasha	6.25pm-7.10pm	Zoom	Fun, interactive dance, learning new moves

Wednesday 17/2/2021	Love Fest! Fancy dress party	5pm-6.25pm	Zoom	Games and fun fancy dress party How we do and show love for ourselves and other people
	Art With Jill	6.25-7.10pm	Zoom	Creative and colourful art themed around LOVE
Thursday 18/2/2021	Movie Night	5pm-6.20pm	Zoom	Bring your popcorn and get comfy to enjoy a movie
	MMA With Seb	6.25-7.10pm	Zoom	Energetic, fast, and fun styles of Mixed Martial Arts
Friday 19/2/2021	Yoga With Eli	6.25pm-7.10pm	Zoom	Relaxing and mindful yoga. Breathing exercises and visualisations

Please contact rose@caxtonyouth.org for more information or if you would like to join. Zoom details provided on referral.