

# MEETUP LOCATION AND ACTIVITY PLAN

## A very warm welcome



*All activities and events are carer-supported*

**When you arrive, look for your activity leader. They will be:**

- holding a bright YELLOW umbrella
- wearing a BLUE hi vis vest with 'Dalight Connections Care' Name and Logo on it



- OR
- With a photo ID badge

Aim to arrive **15mins before the start time** so we can get through check-ins quickly and get right to having a great time!

If you'd be running up to 15mins late, please call your activity leader for the day (as seen on the activity plan you received). Any later than 15mins past the start time and we can't guarantee your spot for the day 😞 and may have to reschedule for another day. Rescheduling a missed session is subject to availability and our discretion. Please endeavor to arrive early 👍

Do wear weather appropriate clothing and footwear. Remember to pack something extra if you think you might need it. Don't forget there might be lots of dancing, walking and movement so dress comfortably for maximum fun!

Bring extra cash for food, snacks and drinks. We are happy to support you with a petty cash account.

***And of course come with the attitude to have a great time with some amazing people such as yourself!***

## LOCATION

### Camden

Regent's Place, London NW1 3DP

- In front of the Starbucks
- Meet your Activity Leader in front of the big screen (TV) in between the Starbucks (to your left) and the giant Santander building (to your right)

**Nearest Stations:** Warren Street, Great Portland Street, Goodge Street, Regents Park

**We look forward to seeing you soon!**

## Activity Plan

| AM<br>9.30 am - 3.30 pm |                                                                                                         | Lunch                   | (May to August)<br>AM<br>9.30 am - 3.30 pm                | PM Events<br>4 pm - 9 pm                                 |
|-------------------------|---------------------------------------------------------------------------------------------------------|-------------------------|-----------------------------------------------------------|----------------------------------------------------------|
| Monday                  | <u>Session 1:</u><br><br>Knowledge and Literacy<br>(Tech, Maths, English, Money, Budgeting and Banking) | Cuisine:<br><br>Italian | <u>Session 1:</u><br><br>Cinema Experience and Discussion | <u>Activity:</u><br><br>Cinema Experience and Discussion |
|                         | <u>Session 2:</u><br><br>Cinema Experience and Discussion or Board and Video Games Galore               |                         | <u>Session 2:</u><br><br>Food Tour                        | <u>Cuisine:</u><br><br>Asian                             |

| AM<br>9.30 am - 3.30 pm |                                                                              | Lunch                 | (May to August)<br>AM<br>9.30 am - 3.30 pm                                                                       | PM Events<br>4 pm - 9 pm                                                                                                                |
|-------------------------|------------------------------------------------------------------------------|-----------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| Tuesday                 | <u>Session 1:</u><br><br>Book Club (with writing, reading and story telling) | Cuisine:<br><br>Asian | <u>Session 1:</u><br><br>Discover London!<br>(visiting various exciting locations and landmarks in the big city) | <u>Activity:</u><br><br>Fitness or Dance Classes<br>(Boxing workout, Aerobics, Yoga, Zumba, Hip-hop, Afrobeat, Bollywood, Ballroom etc) |
|                         | <u>Session 2:</u><br><br>Karaoke                                             |                       | <u>Session 2:</u><br><br>Karaoke                                                                                 | <u>Cuisine:</u><br><br>British                                                                                                          |

\* Please be advised that activities are subject to change, to accommodate availability and seasonal activities such as funfairs and winter shows.

\* Please bring cash for your meals, drinks, snacks, alcohol and shopping needs. See our Event Page for more information

## Activity Plan

| AM<br>9.30 am - 3.30 pm |                                                                                                                | Lunch                           | (May to August)<br>AM<br>9.30 am - 3.30 pm                                                             | PM Events<br>4 pm - 9 pm                                |
|-------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| Wednesday               | <u>Session 1:</u><br><br><b>Knowledge and Literacy</b><br>(Tech, Maths, English, Money, Budgeting and Banking) | Cuisine:<br><br><b>American</b> | <u>Session 1:</u><br><br><b>Art and Craft Class</b><br>(Pottery, Painting, Papier Mache, Drawing, etc) | <u>Activity:</u><br><br><b>Arcade and Gaming Heaven</b> |
|                         | <u>Session 2:</u><br><br><b>Bowling / Arcade</b>                                                               |                                 | <u>Session 2: Bowling / Arcade or Amusement / Theme Park</u>                                           | <u>Cuisine:</u><br><br>American                         |

| AM<br>9.30 am - 3.30 pm |                                                                                                                                                 | Lunch                          | (May to August)<br>AM<br>9.30 am - 3.30 pm                                                                                                      | PM Events<br>4 pm - 9 pm                 |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
| Thursday                | <u>Session 1:</u><br><br><b>Fitness or Dance Classes</b><br>(Boxing workout, Aerobics, Yoga, Zumba, Hip-hop, Afrobeat, Bollywood, Ballroom etc) | Cuisine:<br><br><b>African</b> | <u>Session 1:</u><br><br><b>Fitness or Dance Classes</b><br>(Boxing workout, Aerobics, Yoga, Zumba, Hip-hop, Afrobeat, Bollywood, Ballroom etc) | <u>Activity:</u><br><br><b>Pub Crawl</b> |
|                         | <u>Session 2:</u><br><br><b>Art and Craft Class</b><br>(Pottery, Painting, Papier Mache, Drawing, etc)                                          |                                | <u>Session 2:</u><br><br><b>Excursion</b><br>(Zoo / Aquarium / Museum / Art Gallery)                                                            | <u>Cuisine:</u><br><br>An Epic Pub Grub  |

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| AM<br>9.30 am - 3.30 pm |                                                                                                                       | Lunch                   | (May to August)<br>AM<br>9.30 am - 3.30 pm                                                                            | PM Events<br>4 pm - 9 pm                                                                                                                                                                                             |                                             |
|-------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| Friday                  | <u>Session 1:</u><br><br>Shopping or Cooking / Baking Class                                                           | Cuisine:<br><br>British | Beach Day with picnic<br>and outdoor games                                                                            | <u>Activity:</u><br><br>Fun and Games Event<br>(with Sip 'n' Paint, singalongs, karaoke, bingo and bare delightful games and prizes)                                                                                 |                                             |
|                         | <u>Session 2:</u><br><br>Nature Walk or Relaxation and Spa session                                                    |                         |                                                                                                                       | <u>Cuisine:</u><br><br>Continental<br>(Italian / French / Mediterranean)                                                                                                                                             |                                             |
|                         |                                                                                                                       |                         |                                                                                                                       |                                                                                                                                                                                                                      |                                             |
| AM<br>9.30 am - 3.30 pm |                                                                                                                       | Lunch                   | (May to August)<br>AM<br>9.30 am - 3.30 pm                                                                            | PM Events<br>4 pm - 9 pm                                                                                                                                                                                             |                                             |
| Saturday                | <u>Session 1:</u><br><br>5k Event<br>(walk or run at your own pace... or just enjoy a cuppa and catch with friends 😊) | Cuisine:<br><br>Indian  | <u>Session 1:</u><br><br>5k Event<br>(walk or run at your own pace... or just enjoy a cuppa and catch with friends 😊) | <u>Activity:</u><br><br>Dinner, Drinks and Dancing<br>(with Singalongs, karaoke and great music)                                                                                                                     |                                             |
|                         | <u>Session 2:</u><br><br>Shopping or Cooking / Baking Class                                                           |                         | <u>Session 2:</u><br><br>Shopping or Cooking / Baking Class                                                           | <u>Cuisine:</u><br><br>Surprise!<br>(Take your tastebuds on a delicious journey every week. Don't worry we keep it person-centred around here and no one's left behind; there will always be something just for you) |                                             |
|                         |                                                                                                                       |                         |                                                                                                                       |                                                                                                                                                                                                                      |                                             |
| Sunday                  | NO AM SESSION                                                                                                         |                         |                                                                                                                       | <u>Activity:</u><br><br>Bowling / Arcade or Book and Puzzle Club                                                                                                                                                     | <u>Cuisine:</u><br><br>Sunday Roast / Grill |

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