



People in **Action**

Day Opportunities

ACTIVITIES

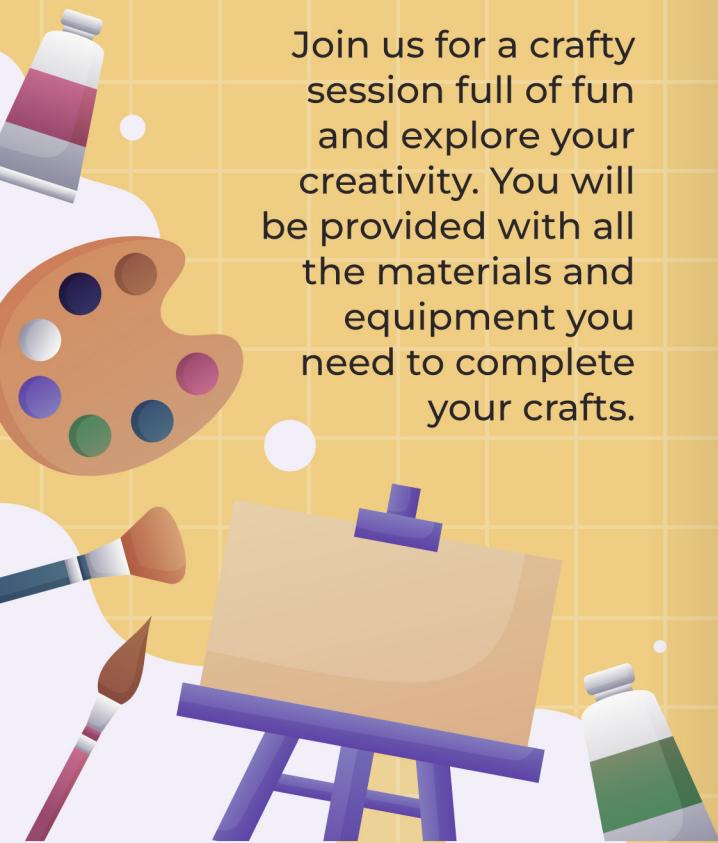
Timetable

# ARTS & CRAFTS

**Monday Morning**  
**10:30 - 12:30**

**£10 per person**

Join us for a crafty session full of fun and explore your creativity. You will be provided with all the materials and equipment you need to complete your crafts.



## WELL-BEING SESSION

**Monday Afternoon**

**1:30 - 3:30**

**£10 per person**

Enjoy a calm, creative space where you can choose whatever activity feels right - pottery, colouring, or simply relaxing. This is your time to unwind and do what brings you ease.



# DRAMA CLASS

**Tuesday Morning**  
**10:30 - 12:30**

**£10 per person**

In this exciting Drama Class we will work together to create spectacular shows! There will be warm ups, singing, rehearsing lines, solo performances and performing on stage with audience present.



# QUIZ TIME

**Tuesday Afternoon**  
1:30 - 3:30

**£10 per person**

This puzzling session will test your brain power and there are secrets within the quiz that can earn you extra points. There are fun categories to choose from and prizes to win!



## KARAOKE CLUB

**Wednesday Morning**  
10:00 - 12:30

**£8 per person**

Join us for this entertaining session and sing your favourite songs! It's time to have fun and dance with your friends singing solos or in group using our karaoke set accompanied by lights.

## FITNESS FOR ALL SESSION

**Wednesday Afternoon**  
1:30 - 3:30

**£10 per person**

Join a fun bootcamp class with full-body workouts, cool equipment, and sit-down options for everyone. Spend two minutes per activity, wear comfy clothes and shoes, and bring a drink. We'll end with a relaxing cool down.



# Prize **BINGO** Session



# Thursday Morning

## 10:30 - 12:30

**£10 per person**

Welcome to our very popular bingo session where you can win a variety of prizes. It's a lively and social game filled with friendly competition and plenty of moments that keep everyone smiling.



# CAKE DECORATING



# Thursday Afternoon

## 1:30 - 3:30

**£10 per person**

Every week brings you a new theme to work with on your cake and all the ingredients are waiting for you when you get here. Make sure to bring a container to take your amazing creation back home!



# Join the **CARNIVAL COMMITTEE**

## Friday Morning

**10:30 - 12:30**



**£10 per person**

**Starts in February 2026!**

During our fun Carnival Workshop we set a theme for upcoming Carnival and start preparing props and set for our float. Learn new crafting skills, help decorate your own costumes and work along friends to create new ideas for the float!



# BOWLING Session

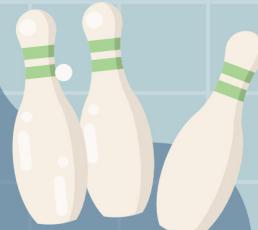


**Friday Afternoon**  
**1:30 - 3:30**

**£12 per person**

Join us on Friday afternoon for a fun adventure at Nuneaton Bowl, where you can enjoy a game of bowling or golf with all your friends!

After the games, you can enjoy an activity of your choice back at our Day Opportunities room.



## Enjoy GAMES ROOM

Play games and have fun!



Jump into the fun at Day Opportunities' Games Room! Enjoy pool table, basketball, and a range of other exciting activities in a lively and welcoming atmosphere.



## ANIMAL CORNER

Meet the animals !

Take a break and say hello to our giant African land snails and yellow-bellied terrapin named Bobby-Raj!

The giant snails thrive in hot and humid environment that we have recreated here! Bobby-Raj has also been given suitable habitat with water to swim in and a dietary plan.



# HOW TO BOOK YOUR SESSIONS

1. Look through our Activities Timetable!
2. Select any sessions that interest you.
3. Call or email us for more info and to book your spot.

It's that easy!



024 7664 3776



dayopps@people-in-action.co.uk

**Address:**  
People in Action, St Davids Way,  
Bermuda Park Nuneaton, CV10 7SD



# TIMETABLE

## Monday

**AM**  
10:30 - 12:30  
Arts & Crafts

**PM**  
1:30 - 3:30  
Well-being

## Tuesday

**AM**  
10:30 - 12:30  
Drama Class

**PM**  
1:30 - 3:30  
Quiz Time

## Wednesday

**AM**  
10:00 - 12:30  
Karaoke Club

**PM**  
1:30 - 3:30  
Fitness for All

## Thursday

**AM**  
10:30 - 12:30  
Prize Bingo

**PM**  
1:30 - 3:30  
Cake Decorating

## Friday

**AM**  
10:30 - 12:30  
Well-being & Carnival Workshop

**PM**  
1:30 - 3:30  
Bowling



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