

BOOKING FORM

Please reserve me a place at Holiday @ Home on:

☐

Tue 12th

☐

Wed 13th

☐

Thu 14th

Single days: Tue or Wed £8, Thu £10

Any two days: £16

All three days: £22

I enclose payment of £ _____

Cheques payable to 'PCC of St Mary Magdalene'

Where possible, we will try to arrange lifts for people who do not have their own transport. If you need a lift or are able to offer one to someone else, please tick either box below:

☐

Lift, please

☐

Can offer

If you have any special dietary requirements, please indicate:

☐

Vegetarian

☐

Coeliac

☐

*Other

**If you have ticked other please tell us what it is:*

NAME (in CAPITALS please):

PHONE NUMBER / EMAIL ADDRESS:

ADDRESS:

Please **DETACH** this portion of the form and return it to the office along with your payment - thank you.

HOLIDAY PROGRAMME

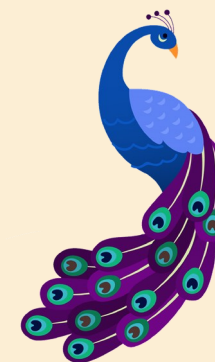
Tues	10:00	Registration and coffee
	10:20	Introduction to the day
	10:30	Thought for the Day
	11:00	Introduction to India Flower arranging
	12:30	Lunch
Wed	13:45	Fire and food Painting Carpet bowls
	15:00	Close
	10:00	Registration and coffee
	10:00	Holy Communion (optional)
	10:45	Introduction to the day
Thur	11:00	The First Canal Bollywood Dancing Painting (continued)
	12:30	Lunch
	13:45	Ghandi and the rise of Modern India Painting (continued) Sing-a-long Bollywood style
	15:00	Close
	10:00	Registration and coffee
Thur	10:20	Introduction to the day
	10:30	Thought for the Day
	11:00	Travelling in India Hand massage
	12:30	Gala Lunch
	15:00	Close

For more details of each session please see inside.

A selection of newspapers, games and jigsaws will also be available in the foyer throughout the holiday.

Holiday @ Home 2019

An activity break for
people over 60 and their
friends and families



Tue 12th Feb - Thu 14th Feb
10am - 3pm

St Mary's Church
44 Moss Lane, Sale, M33 6GD

Come along & beat the winter blues.

Join us on a holiday to India, enjoy the fun and fellowship on offer and dine in style with English food.

To ease registration, please read through the activities we have on offer and start thinking about your choices. You can mark your choices on the programme overleaf to bring with you as a reminder.

Introduction to India

Rev Raj Patta will introduce you to his fascinating home country of India

Flower arranging (*)

Have fun making a flower arrangement to take home, guided by Shiona Fosh

Fire and Food

Simon Hollingworth will share his passion for outdoor cooking with fire

Painting (*)

Try your own hand at painting. For beginners and experts. There are two follow on sessions if you need more time to complete your masterpiece

Carpet bowls

Try your hand at carpet bowls. It's not as easy as it looks

The First Canal

David Shimmings tells the story of the Bridgewater Canal from Worsley to Manchester and Runcorn

Bollywood Dancing

Ever wanted to try Bollywood dancing? Dee Owen will lead us in gentle seated exercise

Gandhi and the Rise of Modern India

Dave Walmsley is back, talking about Gandhi and his part in creating modern India

Sing-a-long Bollywood style

A popular event that encourages you to lift your voices and breathe deeply as you sing songs old and new with fellow travellers. Featuring songs and a quiz that reflect India.

Travelling in India

Avtar and Gladys Diggwa will share their experiences of travelling in India

Hand massage

Enjoy a hand massage from Gill Hart

() Numbers are limited for Flower Arranging and Painting. Please sign up on the first morning.*

Please return your booking form by
Thursday 7th February to:

St Mary's Church Office
44 Moss Lane,
Sale,
M33 6GD

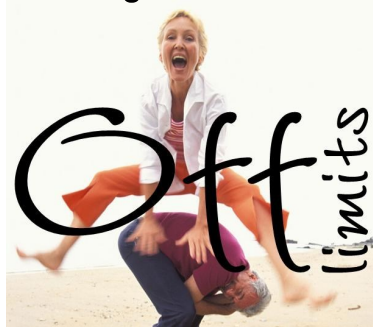
For any enquiries, please contact
St Mary's Church Office:

Tel: 0161 291 9283

Email: office@stmarysaom.org

Web: www.stmarysaom.org

If you like Holiday @ Home,
you might also like...



Off Limits - 50+ Club

Activities, outings and speakers

*Pick up the latest programme in church or look online at
www.stmarysaom.org/offlimits*

Fridays 2-4pm

St Mary Magdalene Church Centre

£2 including refreshments

