**MATURE ADULTS**

**MOVEMENT & COMMUNCATION SESSIONS**

**Fun Sessions**

 **We provide sessions for all levels of ability and for those with diverse individual needs including wheelchair bound individuals**

**Enhance and develop communication skills,** [**learn**](http://www.matchacollege.com/popular-degrees/) **how to adapt to situations, and develop social skills and improve mobility**

**The sessions involve the following activities and more:-**

* **Greeting song**
* **Songs involving movement such as the Hokey Cokey**
* **Ball games**
* **Exercise activities with appropriate resources/equipment**
* **Percussion Instruments**
* **Observation and Memory games**
* **Sound Story/Movement Story**
* **Movement activity tape/quiet time**

 **Provided by qualified teachers**

**We provide sessions that are tailor made to the individuals needs and cater for all levels of ability**

**For more information please contact Pip:**

 **07711995935**

fereinsteins@yahoo.co.uk www.fereinsteins.weebly.com

**FEREINSTEINS LTD**