





# Happy new Year

## January 2021 Virtual Activities

<p><b>Monday</b></p> <p>January</p> <p><b>4</b></p>		<p><b>WhatsApp</b></p> <p>10am-12noon</p> <p>This session is open to all members.</p>
<p><b>Tuesday</b></p> <p>January</p> <p><b>5</b></p>		<p><b>Read and Learn</b></p> <p>1pm - 2pm</p> <p>Pantomime rehearsal.</p> <p>This session is open to all members.</p>
<p><b>Wednesday</b></p> <p>January</p> <p><b>6</b></p>		<p><b>Zumba</b></p> <p>2.30pm -3.15pm</p> <p>This session is open to all members, staff and volunteers</p> <p>Wear comfortable trainers or plimsolls and light clothing, suitable for exercise.</p> <p>Make sure you have good clear space around you to move about safely and a bottle or glass of water.</p>
<p><b>Wednesday</b></p> <p>January</p> <p><b>6</b></p>		<p><b>Chat and Relax</b></p> <p>11 am-12 noon</p> <p>This session is open to all members.</p>

**Thursday**



**WhatsApp**

10am-12noon

This session is open to all members.

**Friday to Sunday : One-to-One closed**

**Monday**



**WhatsApp**

10am-12noon

This session is open to all members.



**Trustee's Training**

Starts at 11am.

"Want to be a member of the Management Committee?"

You must Attend this training if you are standing for election for the management committee at the AGM, Annual General Meeting.



**Let's Sing Out Choir**

5:30pm - 6:30pm

This session is open to all members.

**Tuesday**



**Exercise to Music**

2.30pm - 3.15pm

This session is open to all members, staff and volunteers

Wear comfortable trainers or plimsolls and light clothing, suitable for exercise.

Make sure you have good clear space around you to move about safely and a bottle or glass of water.

**Wednesday**

January

13



**Chat and Relax**

11am-12noon

This session is open to all members.



**Health and Wellbeing**

2pm - 3pm

This session is open to all members.

**Thursday**

January

14



**WhatsApp**

10am-12noon

This session is open to all members.



**Quiz Night**

Starts at 6pm

This session is open to all members.

**Friday to Sunday : One-to-One closed**

**Monday**

January

18



**WhatsApp**

10am-12noon

This session is open to all members.



**Independent Living Peer Support Group**

11:30 am - 12:30 noon

Open to all members



**Let's Sing Out Choir**

5:30pm - 6:30pm

This session is open to all members.

**Tuesday**

January

**19**



**Zumba**

2.30pm -3.15pm

This session is open to all members, staff and volunteers

Wear comfortable trainers or plimsolls and light clothing, suitable for exercise.

Make sure you have good clear space around you to move about safely and a bottle or glass of water.

**Wednesday**

January

**20**



**Chat and Relax**

11am-12noon

This session is open to all members.



**Virtual Disco.**

2 pm - 3:20 pm

This session is open to all members.

Come along and dance the afternoon away with us.

**Thursday**

January

**21**



**WhatsApp**

10am-12noon

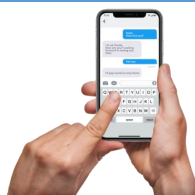
This session is open to all members.

**Friday to Sunday : One-to-One closed**

**Monday**

January

**25**



**WhatsApp**

10am-12noon

This session is open to all members.



**Health and Wellbeing**

2pm - 3pm

This session is open to all members.



**Let's Sing Out Choir**

5:30pm - 6:30pm

This session is open to all members.

**Tuesday**

January

**26**



### **Annual General Meeting (AGM)**

Starts at 11 am

Join us have your say,  
choose new Management Committee.  
Learn about One-to-One past and future projects.



### **Exercise to Music**

2.30pm -3.15pm

This session is open to all members, staff and volunteers  
Wear comfortable trainers or plimsolls and light clothing, suitable for exercise.  
Make sure you have good clear space around you to move about safely and a bottle or glass of water.

**Wednesday**

January

**27**



### **Chat and Relax**

11am-12noon

This session is open to all members.

**Thursday**

January

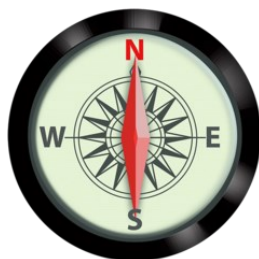
**28**



### **WhatsApp**

10am-12noon

This session is open to all members.



### **Virtual trip - Exploring the world**

1 pm—2pm

This session is open to all.



### **Quiz Night**

Starts at 6pm

This session is open to all members.

**Friday to Sunday : One-to-One closed**