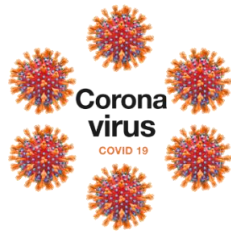




January 2022 Activities

2022



We are limiting our Face-to-Face meetings to outdoor activities. This is because of Covid-19 and our concerns that things like colds and flu might be worse this winter.



We still have lots of activities that you can join using Zoom.
You will need a computer or a smart phone.



You can see how to download and join Zoom on a video on our website at <https://www.one-to-one-enfield.co.uk/how-to-use-zoom/>



If you need more help, please let a member of staff know.
We might be able to help you get access to a smart phone or computer if you don't have one.



If you would like to join an activity, please contact the member of staff you are in contact with,
or email mail@one-to-one-enfield.co.uk



You will need to give us

- your name
- your mobile phone number



One-to-One return from our holiday break on Monday January 10th.

Monday

January

10



Independent Living Support Group

11.30am - 12.30pm on Zoom

Sing
Out!
choir



Let's Sing Out Choir

5 - 6pm on Zoom

Tuesday

January

11



Gardening Group Bush Hill Park

10am - 1pm

Meet at Friends of Bush Hill
Park Hut.



Zumba/Keep Fit to Music

2 - 2.45pm on Zoom

Wednesday

January

12



Special Event

Help us choose our new Chief Executive!

Members, staff and
volunteers are invited to help
our Management Committee
to choose the new Chief
Executive. There will be
presentations and feedback
sessions.

10.30am - 12.30pm on Zoom

Thursday

January

13



This is My Life

2-3pm on Zoom



Quiz Night

6 - 7pm on Zoom

Friday

January

14



**Walking for Health & Fun
Durants Park**

10.15am Meet at Enfield
College

We are closed at the weekends

Monday

January

17



Health Talks

Eye care talk by Seeability

11am - 1pm on Zoom

**Sing
Out!
choir**



Let's Sing Out Choir

5 - 6pm on Zoom

Tuesday

January

18



**Gardening Group
Bush Hill Park**

10am - 1pm Meet at Friends
of Bush Hill Park Hut.



Zumba/Keep Fit to Music

2pm - 2.45pm on Zoom

Wednesday

January

19



Chat & Relax

11am - 12pm on Zoom



Health & Wellbeing

2pm - 3.30pm on Zoom



Management Committee

2.30pm on Zoom

Thursday

January

20



Virtual Disco

2 - 3.30pm on Zoom

Friday

January

21



**Walking for Health & Fun
Albany Park**

10.15am Meet at Albany
Leisure Centre

We are closed at the weekends

Monday

January

24

**Sing
Out!
choir**



Let's Sing Out Choir

5 - 6pm on Zoom

Tuesday



**Gardening Group
Bush Hill Park**

10am - 1pm Meet at Friends
of Bush Hill Park Hut.

January

25



Zumba/Keep Fit to Music

2pm - 2.45pm on Zoom

Wednesday

January

26



Chat & Relax

11am - 12pm on Zoom

Thursday

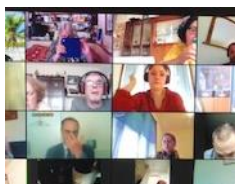
January

27



Virtual Trip

1 - 2pm on Zoom



Quiz Night

6 - 7pm on Zoom

Friday

January

28



**Walking for Health & Fun
Enfield Town Park**

10.15am Meet at Enfield
Town Library

Monday

January

31



Special Event

Annual General Meeting

A meeting to talk about what we did in the last year and what we want to do in the future. Open to all.

11am - 12.30pm on Zoom

**Sing
Out!**
choir



Let's Sing Out Choir

5 - 6pm on Zoom