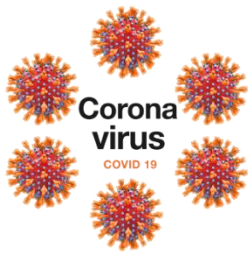


# One-to-One (Enfield) - May Virtual Activities



Due to the Coronavirus and government guidelines, we are still unable to meet up face to face.



We have decided to put on some virtual activities that you can join through Zoom.

You will need the internet to join these activities.



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.



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](mailto:mail@one-to-one-enfield.co.uk)



You will need to provide us with

- your name
- your mobile phone number



# Important May updates



## New in June - Let's Sing-along

We will have a new activity called **Let's Sing-along** starting on Monday 7<sup>th</sup> June to replace Let's Sing Out choir while Camilla goes on Maternity Leave.



## Let's Sing Out Choir

May 24<sup>th</sup> will be the last session for the summer, so there will be no choir until Monday 27<sup>th</sup> September.



**Independent Living Support Group** will not meet in May. The next session will be Monday 14<sup>th</sup> June 11.30am - 12.30pm.



**Management Committee** will not meet in May.



**IT Sessions** will not meet in May. Let us know if you have an idea for a topic for an IT Session!



**Read and Learn** will not meet in May. The next session will be on Monday 7<sup>th</sup> June 1pm - 2pm.



**Fundraising Committee** will not meet in May. The next Fundraising Committee meeting will be 15<sup>th</sup> June 10am - 11am.

# May Activity Calendar

Monday

May

3



**Bank holiday**

Tuesday

May

4



**Zumba**

2.30pm - 3.15pm

This session is open to all members, volunteers and staff.

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

May

5



**Chat and Relax**

11am - 12 noon

This session is open to all members.

Thursday

May

6



### Death Café

2pm - 3pm

This is for a set group of members. If you are interested in joining, please let us know.



### Podcast Group

4.30pm - 5.30pm

This session is for a set group of people.

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

Monday

May

10



### Let's Sing Out Choir

5:30pm - 6:30pm

This session is open to all members.

Tuesday

May

11



### Exercise to Music

2.30pm - 3.15pm

This session is open to all members, volunteers and staff.

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

May

12



### Chat and Relax

11am - 12 noon

This session is open to all members.

Thursday

May

13



### Podcast Group

4.30pm - 5.30pm

This session is for a set group of people.



### Quiz Night

Starts at 6pm

This session is open to all members.

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

Monday

May

17



### Let's Sing Out Choir

5:30pm - 6:30pm

This session is open to all members.

Tuesday

May

18



## Zumba

2.30pm - 3.15pm

This session is open to all members, volunteers and staff.

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

May

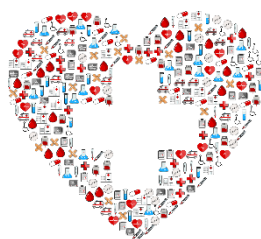
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## Chat and Relax

11am - 12 noon

This session is open to all members.



## Health Talks

2.30pm - 4pm

**New for May!**

This month's topic is Dental and Mouthcare. A Community Nurse will talk to us about taking care of our teeth.

This session is open to all members.

Thursday

May

20



### Virtual Disco

2pm - 3.30pm

This session is open to all members.

### Podcast Group

4.30pm - 5.30pm

This session is for a set group of people.



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

Monday

May

24



### Learning Difficulties and Autism Council

10.30am - 12.30pm

This session is for a set group of members.



### Let's Sing Out Choir

5:30pm - 6:30pm

The last session of Let's Sing Out Choir until 27th September.

This session is open to all members.



Tuesday

May

25



## Exercise to Music

2.30pm - 3.15pm

This session is open to all members, volunteers and staff.

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

May

26



## Chat and Relax

11am - 12 noon

This session is open to all members.



## Health and Wellbeing

2pm - 3.30pm

This session is open to all members.



Thursday

May

27



## Virtual Trip - Globetrotting Jetski Giraffes

1pm - 2pm

Three themes voted for by our members!

1. Extreme Sports
2. Animals
3. Travel

This session is open to all members.



## Podcast Group

4.30pm - 5.30pm

This session is for a set group of people.



## Quiz Night

Starts at 6pm

This session is open to all members.

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

Monday

May

31



**Bank holiday**