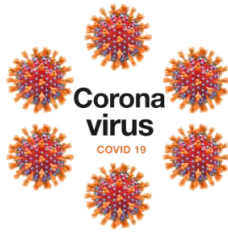




May 2022 Activities

2022



Due to Covid-19 most activities are online but now we have more activities and events in person and outdoors.



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 a member of staff. You can message/WhatsApp Kanwal on 07368821550 (Monday-Wednesday), or email mail@one-to-one-enfield.co.uk



You will need to give us

- your name
- your mobile phone number

Tuesday

May

3



**Gardening Group
Bush Hill Park**

10am - 1pm meet at Friends of Bush Hill Park Hut.
Leader: Bob



Zumba / Keep Fit to Music

1pm - 1.45pm on Zoom
Leader: Usha

Wednesday

May

4



Chat & Relax

11am - 12pm on Zoom
Leader: Liz



**Walking for Health & Fun
Enfield Town**

1pm meet outside Enfield Town Library
Leader: Karen

Thursday

May

5



This is My Life

2 - 3pm on Zoom
Leader: Nusrath



Management Committee

10.30am - 12.30pm on Zoom
Contact: Kanwal

We are closed at the weekends

Monday

May

9

Sing
Out!
choir



Let's Sing Out Choir

5 - 6.30pm at Enfield Baptist Church

Leader: Usha

Tuesday

May

10



Gardening Group Bush Hill Park

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

Leader: Bob



Walking for Health & Fun Albany Park

10.15am Meet outside Leisure Centre

Leader: Karen

Wednesday

May

11



Chat & Relax

11am - 12pm on Zoom

Leader: Liz



Health & Wellbeing

2.30pm - 4pm on Zoom

Leaders: Nusrath and Brian

Thursday

May

12



Quiz Night

6 - 7pm on Zoom

Leader: Karen

We are closed at the weekends

Monday



Sing
Out!
choir

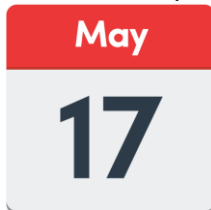


Let's Sing Out Choir

5 - 6.30pm at Enfield Baptist Church

Leader: Usha

Tuesday



**Gardening Group
Bush Hill Park**

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

Leader: Bob



**Walking for Health & Fun
Finsbury Park**

10.15am Meet outside Edmonton Green train station

Leader: Karen

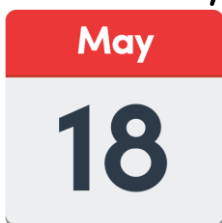


Zumba / Keep Fit to Music

1pm - 1.45pm on Zoom

Leader: Usha

Wednesday

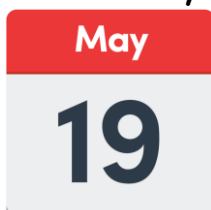


Chat & Relax

11am - 12pm on Zoom

Leader: Liz

Thursday



We are closed at the weekends

Monday

May

23

Sing
Out!
choir



Let's Sing Out Choir

5 - 6.30pm at Enfield Baptist Church

Leader: Usha

Tuesday

May

24



**Gardening Group
Bush Hill Park**

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

Leader: Bob



Fundraising Committee

10.30am - 11.30am on Zoom

Leader: Nusrath

Wednesday

May

25



**Walking for Health & Fun
Pymmes Park**

1pm Meet outside Silver Street train station

Leader: Karen



Chat & Relax

11am - 12pm on Zoom

Leader: Liz

Thursday

May

26



Virtual Trip

1 - 2pm on Zoom



Learning Difficulties and Autism Council

2pm - 4pm at Community House

Contact: Nusrath/Kanwal



Quiz Night

6 - 7pm on Zoom

Leader: Karen

We are closed at the weekends

Monday

May

30

Tuesday

May

31



Gardening Group Bush Hill Park

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

Leader: Bob



Money Managing Group

New in May!

1pm - 3pm at Community House