

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRI

SAT

SUN



APRIL ACTIVITIES



1
ART 10:00am - 11:15am
St Aldhelm's Church

CREATE AND CONNECT 11.30am - 2:00pm
St Aldhelm's Church

*Art for Autistic members only with Joe
11.30am - 1:00pm



2
ACTIVITY SIGN UPS 12.30-1.30pm
2 Farm Road, Office

ALL ABOUT YOU/TALK SHOW WITH DESI AND REN
11:00am-12:00pm
Ridgeway Tavern

WALKING GROUP WITH DESI 12.15-1.15pm
Enfield Town Park



3

4

5

6

NO

ACTIVITIES

THIS WEEK

10

11

12

13
CHOIR WITH CAMILLA 10:30am-12pm
Enfield Baptist Church



SPORTS PICK AND MIX WITH REN 2:15pm-3:15pm
TRAVEL GROUP: From OFFICE, 2 FARM ROAD N21 3JA at 1.30pm to SOUTHGATE COLLEGE



14
GARDENING WITH BOB 10:00am-1:00pm
Bush Hill Park



SUPER CIRCUITS WITH REN 10:30am-11:30am
Firs Farm Community Hub



COOKERY CLASS 1:00pm-3:00pm
St Aldhelm's Hall



PUB NIGHT WITH ROWAN 7:00pm-8:30pm
Ridgeway Tavern



15
ART 10:00am - 11:15am
St Aldhelm's Church



CREATE AND CONNECT 11.30am - 2:00pm
St Aldhelm's Church



*Art for Autistic members only with Joe
11.30am - 1:00pm



16
STAFF TRAINING DAY - NO ACTIVITIES

17

18

19

20
CHOIR WITH CAMILLA 10:30am-12pm
Enfield Baptist Church



*Free Flow Music with Camilla (by invitation only) 1pm-2pm

SPORTS PICK AND MIX WITH REN 2:15pm-3:15pm
TRAVEL GROUP: From OFFICE, 2 FARM ROAD N21 3JA at 1.30pm to SOUTHGATE COLLEGE



21
GARDENING WITH BOB 10:00am-1:00pm
Bush Hill Park



FLEXERCISE WITH REN 10:30am-11:30am
Firs Farm Community Hub



COOKERY CLASS 1:00pm-3:00pm
St Aldhelm's Hall



22
ART 10:00am - 11:15am
St Aldhelm's Church



CREATE AND CONNECT 11.30am - 2:00pm
St Aldhelm's Church



*Art for Autistic members only with Joe 11.30am - 1:00pm



23
TRIP TO ROWANS BOWLING WITH DESI AND JANE
Meet at COMMUNITY HOUSE, 10am

Members to pay on arrival,
Tickets are £7.60
per player, per game



24

25

26

27
CHOIR WITH CAMILLA 10:30am-12pm
Enfield Baptist Church



*Free Flow Music with Camilla (by invitation only) 1pm-2pm

SPORTS PICK AND MIX WITH REN 2:15pm-3:15pm
TRAVEL GROUP: From OFFICE, 2 FARM ROAD N21 3JA at 1.30pm to SOUTHGATE COLLEGE



28
ACTIVITY SIGN UPS 12.30-1.30pm
2 Farm Road, Office



GARDENING WITH BOB 10:00am-1:00pm
Bush Hill Park



SUPER CIRCUITS WITH REN 10:30am-11:30am
Firs Farm Community Hub



COOKERY CLASS St Aldhelm's Hall 1:00pm-3:00pm



29
ART 10:00am - 11:15am
St Aldhelm's Church



VOLUNTEERING AT ST ALDHELM'S 1:00pm-2:30PM
St Aldhelm's Church



*Art for Autistic members only with Joe 11.30am - 1:00pm

30
CYCLING WITH PETE & DESI 10:00am-12:00pm
Bush Hill Park



PUB DISCOVERY WITH REN 7:00pm-8:30pm
Little Green Dragon



27



ACTIVITY INFORMATION



NEW SUBSCRIPTIONS FOR ACTIVITIES WILL START IN APRIL

MORE INFORMATION TO FOLLOW

PLEASE DO NOT ARRIVE TOO EARLY FOR EVENTS

It is important to arrive no more than 10 minutes before activities start. This keeps members safe and stops us being overcharged for longer venue hire.

Sports Pick and Mix
Activity Lead - Ren
Southgate College,
Southgate, N14 6BS
2:15pm-3:15pm
Keep your mind and body fit with some sport activities in a friendly supportive environment. **Travel group will leave the office at 1:30pm**



Pub Night
Activity Lead - Rowan
Ridgeway Tavern, 76 The Ridgeway, EN2 8JF
7pm-8:30pm.
Enjoy an evening of socialising, relaxing and catching up with others
Bring money to by your drink/ food



Cookery class
Activity Lead - Jane
St Aldhelm's Hall, Windmill Road, London N18 1PA
1pm-2:30pm.
Enjoy a fun session of cooking and socialising!



Trip Rowan's Tenpin Bowling
Activity Lead - Desi and Jane
Meet at Community House at 10am
311 Fore Street N9 0PZ To travel to Rowans Tenpin Bowling 10 Stroud Green Road N4 2DF
Join us for a Bowling trip, We will travel together from Community House by public transport. Enjoy a fun day out of socialising and perfecting your bowling skills!
Please bring money for the bowling and travel, bowling is £7.60 per member per game.



Cycling
Activity Lead - Desi and Pete
99 Lincoln Road, Enfield EN1 1JX
10am-12pm.
Come and enjoy a cycle around the local area with your peers and build your confidence on your bike!



Walking Group
Activity Lead - Desi
Enfield Town Park, Cecil Road, EN2 6LE
approx. 12:15pm-1:15pm
*Desi will be travelling to the park from The Ridgeway Tavern on public transport. Please be patient as you wait for her to arrive. **WEAR SENSIBLE WALKING SHOES**



Activity sign ups in office
One To One Office, 2 Farm Road, N21 3JA
12.30pm-1.30pm
Come along to book and pay for activity sessions, ask questions and find out more about what's on the calendar
We accept cheque, cash and card payments.



Gardening
Activity Lead - Bob
99 Lincoln Road, Enfield EN1 1JX
10am-1:00pm
Meeting by the bike sheds for gardening and a cup of tea!



All About you/Talk show
Activity Lead-Desi and Ren
Ridgeway Tavern, 76 The Ridgeway, EN2 8JF
11am-12pm.
Come and join us for a friendly chat and relax session to discuss what it means to live with autism amongst friends, to celebrate ourselves on World Autism Awareness Day.



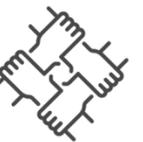
Create & Connect
Activity Lead - Ren
St Aldhelm's Church, Windmill Road, London N18 1PA
11.30am -2.00pm
Join us for a friendly, creative, and totally relaxed gathering where everyone's welcome! Enjoy good company and create new ideas together.



Sing Out Choir!
Activity Lead - Camilla (choir lead)
Enfield Baptist Church, Cecil Road EN2 6TG
10:30am-12pm



Volunteering at St Aldhelms
Activity Lead - Ren
St Aldhelms, Windmill Road, London N18 1PA
1pm-2:30pm
Open to all to help Nikki with Food bank preparation, sweeping and other jobs in the church.



Pub Discovery
Activity Lead - Ren
The Little Green Dragon
928 Green Lanes, N21 2AD
7pm-8:30pm.
Enjoy an evening of socialising, relaxing and catching up with others pm



Autism Art
Activity Lead - Joe
St Aldhelm's Church, Windmill Road, London N18 1PA
11:30am-1pm
Open to all skill levels, a welcoming space for creativity & community. Create and share art!



Art Group
Activity Lead - Ren
St Aldhelms, Windmill Road, London N18 1PA
10am-11:15am
Open to all skill levels, a welcoming space for creativity and community. Create and share art pieces!



Free Flow Music
Activity Lead- Camilla
Enfield Baptist Church, Cecil Road, EN2 6TG **By invitation only (for our autistic members).**
1pm-2pm.
Come and enjoy some free flow music in a friendly and supportive environment.



Super Circuits
Activity Lead - Ren
Firs Farm Community Hub, Firs Lane N21 2PJ
10:30am-11:30am
Come and join us for a fun fitness class with a mix of cardio and resistance training to increase overall fitness levels, build strength and improve endurance



Flexercise
Activity Lead - Ren
Firs Farm Community Hub, Firs Lane N21 2PJ
10:30am-11:30am
Come and join us for a combination of strength, balance and flexibility. Improve joint mobility and function, reduce tension and stiffness in the body.

