




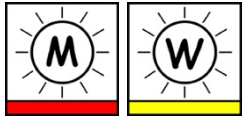
Morning 

Afternoon 

<p>Monday</p>	<p><b>Monday social chat</b> 10.30-11 Gloria and Zina – open</p> <p><b>Gardening</b> 10.45 - 11.15 Massimo</p>	<p><b>Sign-a-song</b> 12 – 12.30 Archana</p> <p><b>Story telling</b> 3 - 3.30 Chipsy and Ejiro</p>
<p>Tuesday</p>	<p><b>Tuesday social chat</b> 10.30-11 Corla and Stella open session</p> <p><b>Chair based exercise</b> 15 minute slots ▶ 11 ▶ 11.15 ▶ 11.30 ▶ 11.45 Chika and Arantes</p>	<p><b>Sign-a-song</b> 12 – 12.30 Archana</p>
<p>Wednesday</p>	<p><b>Wednesday social chat</b> 10.30 - 11 Joao – open</p> <p><b>Gardening</b> 10.45 - 11.15 Massimo</p> <p><b>Zumba exercise</b> 11.30 - 12 OJ and Isaac</p>	<p><b>Sign-a-song</b> 12 – 12.30 Archana</p> <p><b>Music with OJ</b> 1.30 – 2.30 OJ and Yomi</p> <p><b>Story telling</b> 3 - 3.30 Chipsy and Ejiro</p>
<p>Thursday</p>	<p><b>Thursday social chat</b> 10.30-11 Gloria – open</p> <p><b>Wellbeing</b> 11 – 11.30 Alex, Grace and Zina</p>	<p><b>Quiz Time</b> 12- 12.30 Archana, Gloria</p> <p><b>Thursday social chat</b> 2- 2.30 Gloria – open</p> <p><b>Chair based Yoga</b> 3 – 3.40 Corla and Stella</p>
<p>Friday</p>	<p><b>Friday social chat</b> 10.30 - 11 Joao</p> <p><b>Gardening</b> 10.45-11.15 Massimo</p>	<p><b>Sign-a-song</b> 12 – 12.30 Archana</p> <p><b>TACPAC</b> 1.30 - 2 Rebecca and Irina</p>



## Session joining details



### Gardening

ZOOM ID 626 349 4029



**Password** 7CHxVz

Open session - you can work in or outdoors

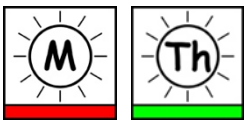


### Zumba exercise

ZOOM ID 865 5890 0796

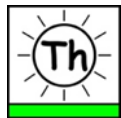
**Password** 0qqkie

Open session - high energy



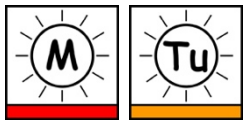
### Social chat with Gloria

ZOOM ID 555 748 7342



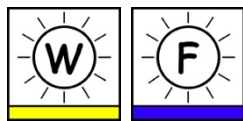
**Password** 4Uw4Bj

Maximum 7 places - open



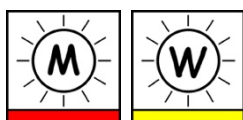
### Sign-a-song with Archana

ZOOM ID 915 2372 4207



**Password** 3gUGX7

Open session - sing and sign with Makaton



### Story telling

ZOOM ID 952 1407 4958

**Password** 8UptZz

Great for people with higher support and sensory needs

Limited availability



## Music with OJ

ZOOM ID 875 6459 1252

**Password** Pb4u17

Open session



## Chair based exercise

WHATSAPP only

Open session - Contact **Tracey** to join

Tracey's number is **020 7974 6031**

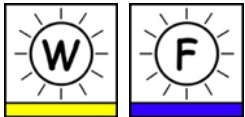


## Social chat with Corla

ZOOM ID 493 131 4481

**Password** 2LuXE7

Open session - get together with your friends

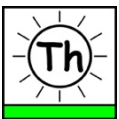


## Social chat with Joao

ZOOM ID 902 895 9649

**Password** not required

Open session - get together with your friends

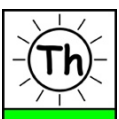


## Wellbeing

ZOOM ID 492 102 9138

**Password** 395144

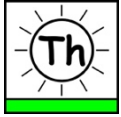
Limited availability



## Quiz time

ZOOM ID 970 640 10440

**Password** 7dCTh5

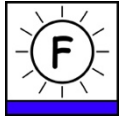


## Chair based yoga

ZOOM ID 992 8337 0182

**Password** 8Z4Tw7

Open session



## TACPAC

ZOOM ID 983 3301 6501

**Password** 8N9dTy

Open session - sensory based

Suitable for people with PMLD

## How to join a zoom session

- Go to the **zoom** website <https://zoom.us/>
- you do not need to download, subscribe or pay to subscribe
- Click on **Join a Meeting**
- When prompted put in **ZOOM ID number**
- When prompted put in **Password**
- Wait for the host to let you into the session
- Click to join with audio
- Click the camera icon to join with your video