




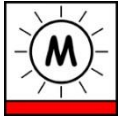
Morning 

Afternoon 

<p>Monday</p>	<p><b>Monday social chat</b> 11 – 11.30 <b>Gloria and Zina</b></p>	<p><b>Sign-a-song</b> 12 – 12.30 <b>Archana</b></p> <p><b>Story telling</b> 2 - 2.30 <b>Chipsy and Ejiro</b></p>
<p>Tuesday</p>	<p><b>Chair based exercise</b> 15 minute slots ▶ 11 ▶ 11.15 ▶ 11.30 ▶ 11.45 <b>Chika and Arantes</b></p>	<p><b>Sign-a-song</b> 12 – 12.30 <b>Archana</b></p>
<p>Wednesday</p>	<p><b>High energy exercise</b> 11.30 - 12 <b>OJ and Isaac</b></p>	<p><b>Sign-a-song</b> 12 – 12.30 <b>Archana</b></p> <p><b>Music</b> 1.30 – 2.30 <b>OJ</b></p> <p><b>Story telling</b> 3 - 3.30 <b>Chipsy and Ejiro</b></p>
<p>Thursday</p>	<p><b>Wellbeing</b> 11 – 11.30 <b>Alex and Grace</b></p>	
<p>Friday</p>		<p><b>Sign-a-song</b> 12 – 12.30 <b>Archana</b></p> <p><b>TACPAC</b> 1.30 - 2 <b>Rebecca and Irina</b></p>



## Session joining details



### Social chat with Gloria

ZOOM ID 555 748 7342

**Password** 4Uw4Bj

Maximum 7 places – open



### Chair based exercise

WHATSAPP only

Open session - Contact **Tracey** to join

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

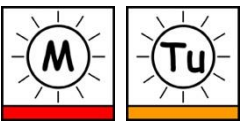


### High energy exercise

ZOOM ID 865 5890 0796

**Password** 0qqkie

Open session - high energy

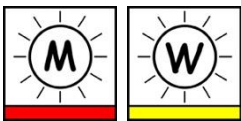
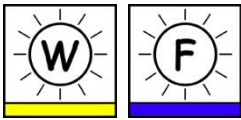


### Sign-a-song with Archana

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

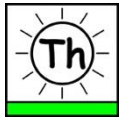


## Music with OJ

ZOOM ID 875 6459 1252

**Password** Pb4u17

Open session



## Wellbeing

ZOOM ID 492 102 9138

**Password** 395144

Limited availability



## TACPAC

ZOOM ID 983 3301 6501

**Password** 8N9dTj

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