










January Virtual Activity Program

To Register for a Session please click on the link underlined in the box – You will notice some of our sessions are different at Christmas. We want to try using Teams rather than Zoom. Teams allows us to remove the Eventbrite booking system, with Teams you will be sent the link to the session straight after booking. Teams will also send you a Calendar Widget so that you can save the invite to your own calendar.

We want to make it as easy as possible to access our Virtual Program – If you have any questions, please email virtualactivities@leonardcheshire.org - To find out more about the content of the sessions scroll down for descriptions

Monday 3 rd January	Tuesday 4 th January	Wednesday 5 th January	Thursday 6 th January	Friday 7 th January
<p>No sessions today! See you tomorrow! 😊</p> 	<p>No sessions today! See you tomorrow! 😊</p> 	<p><u>Five Sisters Zoo</u> 11am</p>	<p><u>Murder Mystery</u> 11am</p>	<p><u>Theatre Workshop</u> 11am</p>
		<p><u>Allsorts Sport – Mash Up</u> 11am</p> <p>16-35 </p>		<p><u>Seated/Wheelchair Dance</u> 11am</p>
		<p><u>Art Club</u> 2pm</p> <p>To receive the weekly theme and print outs please email virtualactivities@leonardcheshire.org</p>	<p><u>Story Telling</u> 2pm</p>	<p><u>Russian with Ania</u> 12pm</p>

Monday 10 th January	Tuesday 11 th January	Wednesday 12 th January	Thursday 13 th January	Friday 14 th January
<p><u>Seated Yoga with Helen</u> 2pm</p>	<p>No sessions today! See you tomorrow! 😊</p> 	<p><u>Allsorts Sport – Mash Up</u> 11am</p> <p>16-35 </p> <hr/> <p><u>Art Club</u> 2pm</p> <p>To receive the weekly theme and print outs please email virtualactivities@leonardcheshire.org</p>	<p>No sessions today! See you tomorrow! 😊</p> 	<p><u>Seated/Wheelchair Dance</u> 11am</p>
Monday 17 th January	Tuesday 18 th January	Wednesday 19 th January	Thursday 20 th January	Friday 21 st January
<p><u>Seated Yoga with Helen</u> 2pm</p>	<p><u>Ashmolean Museum Talk</u> 11am</p>	<p><u>Allsorts Sport – Mash Up</u> 11am</p> <p>16-35 </p> <hr/> <p><u>Art Club</u> 2pm</p> <p>To receive the weekly theme and print outs please email virtualactivities@leonardcheshire.org</p>	<p><u>Story Telling</u> 2pm</p>	<p><u>Seated/Wheelchair Dance</u> 11am</p> <hr/> <p><u>Russian with Ania</u> 12pm</p>

Monday 24 th January	Tuesday 25 th January	Wednesday 26 th January	Thursday 27 th January	Friday 28 th January
<p><u>Seated Yoga with Helen</u> 2pm</p>	<p>No sessions today! See you tomorrow! 😊</p>  <p>16-35 </p>	<p><u>Allsorts Sport – Mash Up</u> 11am</p>	<p>No sessions today! See you tomorrow! 😊</p> 	<p><u>Seated/Wheelchair Dance</u> 11am</p>
		<p><u>Art Club</u> 2pm</p> <p>To receive the weekly theme and print outs please email virtualactivities@leonardcheshire.org</p>		
Monday 31 st January	Tuesday 1 st February	Wednesday 2 nd February	Thursday 3 rd February	Friday 4 th February
<p><u>Seated Yoga with Helen</u> 2pm</p>	<p>No sessions today! See you tomorrow! 😊</p>  <p>16-35 </p>	<p><u>Allsorts Sport – Mash Up</u> 11am</p>	<p><u>Story Telling</u> 2pm</p>	<p><u>Seated/Wheelchair Dance</u> 11am</p>
		<p><u>Art Club</u> 2pm</p> <p>To receive the weekly theme and print outs please email virtualactivities@leonardcheshire.org</p>		<p><u>Russian with Ania</u> 12pm</p>

Learn More about our Sessions

Seated Yoga with Helen

Helen leads a relaxing yoga session, accessible to all ages and those who have some movement in their upper body.

Ashmolean Museum

Visit the renowned museum in Oxford, one of the museums curators will take you on a virtual tour. Questions from participants are welcome throughout the tour.

Five Sisters Zoo

The Five Sisters Zoo was officially established in 2005 with just a small collection of rabbits, guinea pigs, goats, and pigs. Since then the zoo has grown into an exciting collection of over 165 different species of mammals, birds and reptiles from all around the world. We are now BIAZA and Balai accredited, for which we have to maintain very high standards of animal care and welfare. Education officer Adam will lead you on a tour of the zoo. Questions from participants are welcome throughout the tour.

Allsorts Sport – Mash Up

Keep fit through lots of different fun and interactive digital exercises! Allsorts like to keep exercise enjoyable through a range of games-based fitness and activities. Can you complete the jungle run? Can you clean the windows of a skyscraper? Can you master the martial arts? Join us for all of these games and more from the comfort of your home! Allsorts instructors will provide standing and seated exercises, so everyone is welcome to access the sessions.

Art Club

Join us for a different art experience each session.

Each week there is a themed art project to work on. This includes a printout, art project sheet with easy-to-follow instructions. Follow along with our host artists to help you create the project or use the art project theme for inspiration and create your own art project design.

Murder Mystery

In the deep dark Durham countryside lies Beamish, There's something a-foot! What a murder you say? Can you help solve the crime? A member of the Beamish team will be roaming the scene, can you tell them where to go and what to do. Start by discovering the body and finding the clues but who did it and why?

Story Telling

Join Charles on his magical tale of Christmas, a Christmas story with props and costumes. If you enjoy this session, why not bookmark the activity it runs every two weeks.

Seated / Wheelchair Dance

A fun session set to music, accessible to all ages and those who have some movement in their upper body.

Russian with Ania

Ever thought about learning another language, why not try Russian. Ania shares her wealth of knowledge of the Russian Language

Theatre Workshop

Mix up Theatre are back with their comedy workshop, join in have fun and get ready to giggle!! Mix Up Theatre is a Youth Theatre providing drama classes aimed at evolving and nurturing the imagination by developing the skills of the students as performers and storytellers.