



# ADULT EVENT CALENDAR



## December

Please email [alexw@resourcesforautism.org.uk](mailto:alexw@resourcesforautism.org.uk) if interested in a session

EVENT	LEAD BY	DATE	TIME	DESCRIPTION	AIMED AT	WHAT YOU WILL NEED
<p><b>FILM CLUB</b></p> 	Kenny	Thursday 2 <sup>nd</sup> December	3-4pm	<p>The group choose films together to watch that week from home.</p> <p>Within the session they review the movie and discuss the beauty of cinema together.</p> <p>You don't have to watch the movie to join us.</p>	Independent Adults interested in film	 <p><a href="https://www.youtube.com/watch?v=8bbNsSynExo">https://www.youtube.com/watch?v=8bbNsSynExo</a></p>
<p><b>DUNGEONS AND DRAGONS</b></p> 	Rash	Friday 3 <sup>rd</sup> December	5-6pm	<p>A D&amp;D group with a passion for adventure and role-playing. Everyone is welcome</p> <p>Please contact me if you have any questions.</p> <p><a href="mailto:rumran@resourcesforautism.org.uk">rumran@resourcesforautism.org.uk</a></p>	Independent adults with a vivid imagination	<ul style="list-style-type: none"> <li>• Laptop/tablet</li> <li>• Your imagination</li> <li>• An email address for signing up to Roll20</li> </ul>

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<p><b>Animal Yoga</b></p> 	<p>Tsara</p>	<p>Friday 3<sup>rd</sup> December</p>	<p>6-7pm.</p>	<p>An Adventure to mindfulness and self-control.</p> <p>The group will explore body awareness and creates centers attention.</p> <p>Contact me if you have any question at : <a href="mailto:tousseni@resourcesforautism.org.uk">tousseni@resourcesforautism.org.uk</a></p>	<p>Independent adults</p>	<ul style="list-style-type: none"> <li>• Access to zoom via any electronic device.</li> <li>• Access to Microsoft word (Not Essential)</li> </ul>
<p><b>JUST A CHAT</b></p> 	<p>Rash</p>	<p>Monday 6<sup>th</sup> December</p>	<p>6pm - 7pm</p>	<p>A light-hearted chat on anything and everything. We choose topics/themes to discuss, debate explore and listen to. You can talk or type.</p> <p>Please contact me if you have any questions. <a href="mailto:rumran@resourcesforautism.org.uk">rumran@resourcesforautism.org.uk</a></p>	<p>All Adults</p>	<p>Access to zoom via any electronic device.</p>

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<p><b>Keep fit</b></p> 	<p>Chantel</p>	<p>Wednesday 8<sup>th</sup> December</p>	<p>10.30- 11.30am</p>	<p>A fun, high intensity interval workout. A variety of different exercises to suit every ability. Includes a warm up, cool down and breathing exercises.</p>	<p>Reasonably independent adults</p>	<ul style="list-style-type: none"> <li>• Comfortable clothing</li> <li>• A bottle of water</li> <li>• Towel (optional)</li> </ul>
<p><b>FILM CLUB</b></p> 	<p>Kenny</p>	<p>Thursday 9<sup>th</sup> December</p>	<p>3-4pm</p>	<p>The group choose films together to watch that week from home. Within the session they review the movie and discuss the beauty of cinema together. You don't have to watch the movie to join us.</p>	<p>Independent Adults interested in film</p>	<p>To have watched this week's movie.....</p>  <p><a href="https://www.youtube.com/watch?v=EFRggZl2Emo">https://www.youtube.com/watch?v=EFRggZl2Emo</a></p>



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<p><b>DUNGEONS AND DRAGONS</b></p>	<p>Rash</p>	<p>Friday 10<sup>th</sup> December</p>	<p>5-6pm</p>	<p>A DnD group with a passion for adventure and role-playing.</p> <p>Please contact me if you have any questions. <a href="mailto:rumran@resourcesforautism.org.uk">rumran@resourcesforautism.org.uk</a></p>	 <p><b>Independent adults with a vivid imagination</b></p>	<ul style="list-style-type: none"> <li>Laptop/tablet</li> <li>Your imagination</li> </ul> <p>An email address for signing up to Roll20</p>
<p><b>FUN WITH MAKATON</b></p> 	<p>Jeff</p>	<p>Friday 10<sup>th</sup> December</p>	<p>6.30-7.30pm</p>	<p>Fun session, learning about how to sign with Makaton.</p> <p>Level dependent on experience of signing.</p> <p>Any questions please contact me at <a href="mailto:jeff@resourcesforautism.org.uk">jeff@resourcesforautism.org.uk</a></p>	<p>Independent Adults</p>	<ul style="list-style-type: none"> <li>Hands</li> <li>Fingers</li> <li>Wanting To Have Fun</li> </ul> <p>I will send out details for each session beforehand.</p>


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<p><b>Keep fit</b></p> 	<p>Chantel</p>	<p>Monday, 13<sup>th</sup> December</p>	<p>10.30- 11.30am</p>	<p>A fun, high intensity interval workout. A variety of different exercises to suit every ability. Includes a warm up, cool down and breathing exercises.</p>	<p>Reasonably independent adults</p>	<ul style="list-style-type: none"> <li>• Comfortable clothing</li> <li>• A bottle of water</li> <li>• Towel (optional)</li> </ul>
<p><b>JUST A CHAT</b></p> 	<p>Rash</p>	<p>Monday 13<sup>th</sup> December</p>	<p>6pm - 7pm</p>	<p>A light-hearted chat on anything and everything. We choose topics/themes to discuss, debate explore and listen to. You can talk or type.</p> <p>Please contact me if you have any questions. <a href="mailto:rumran@resourcesforautism.org.uk">rumran@resourcesforautism.org.uk</a></p>	<p>All Adults</p>	<p>Access to zoom via any electronic device.</p>

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<p><b>FILM CLUB</b></p> 	<p>Kenny</p>	<p>Thursday 16<sup>th</sup> December</p>	<p>3-4pm</p>	<p>The group choose films together to watch that week from home. Within the session they review the movie and discuss the beauty of cinema together. You don't have to watch the movie to join us.</p>	<p>Independent adults interested in film.</p>	<p>To have watched this week's movie...</p>  <p><a href="https://www.youtube.com/watch?v=s13Fnj8LzD8">https://www.youtube.com/watch?v=s13Fnj8LzD8</a></p>
<p><b>DUNGEONS AND DRAGONS</b></p> 	<p>Rash</p>	<p>Friday 17<sup>th</sup> December</p>	<p>5-6pm</p>	<p>A DnD group with a passion for adventure and role-playing.</p> <p>Everyone is welcome Please contact me if you have any questions. <a href="mailto:rumran@resourcesforautism.org.uk">rumran@resourcesforautism.org.uk</a></p>	<p>Independent adults with a vivid imagination</p>	<ul style="list-style-type: none"> <li>• Laptop/tablet</li> <li>• Your imagination</li> </ul> <p>An email address for signing up to Roll20</p>

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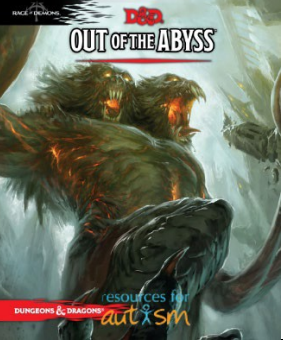

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<p><b>JUST A CHAT</b></p> 	<p>Rash</p>	<p>Monday 20th December</p>	<p>6pm - 7pm</p>	<p>A light-hearted chat on anything and everything. We choose topics/themes to discuss, debate explore and listen to. You can talk or type.</p> <p>Please contact me if you have any questions. <a href="mailto:rumran@resourcesforautism.org.uk">rumran@resourcesforautism.org.uk</a></p>	<p>All Adults</p>	<p>Access to zoom via any electronic device.</p>
<p><b>FILM CLUB</b></p> 	<p>Kenny</p>	<p>Thursday 23<sup>rd</sup> December</p>	<p>3-4pm</p>	<p>The group choose films together to watch that week from home.</p> <p>Within the session they review the movie and discuss the beauty of cinema together.</p> <p>You don't have to watch the movie to join us.</p>	<p>Independent adults interested in film.</p>	<p>To have watched this week's movie...</p>  <p><a href="https://www.youtube.com/watch?v=wr6N_hZyBck">https://www.youtube.com/watch?v=wr6N_hZyBck</a></p>

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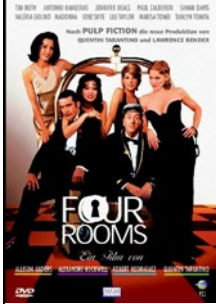

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<p><b>DUNGEONS AND DRAGONS</b></p> 	<p>Rash</p>	<p>Thursday 23rd December</p>	<p>5-6pm</p>	<p>A DnD group with a passion for adventure and role-playing.</p> <p>Everyone is welcome Please contact me if you have any questions. <a href="mailto:rumran@resourcesforautism.org.uk">rumran@resourcesforautism.org.uk</a></p>	<p>Independent adults with a vivid imagination</p>	<ul style="list-style-type: none"> <li>• Laptop/tablet</li> <li>• Your imagination</li> <li>• An email address for signing up to Roll20</li> </ul>
<p><b>JUST A CHAT</b></p> 	<p>Rash</p>	<p>Monday 27th December</p>	<p>6pm – 7pm</p>	<p>A light-hearted chat on anything and everything. We choose topics/themes to discuss, debate explore and listen to. You can talk or type.</p> <p>Please contact me if you have any questions. <a href="mailto:rumran@resourcesforautism.org.uk">rumran@resourcesforautism.org.uk</a></p>	<p>All adults</p>	<p>Access to zoom via any electronic device.</p>



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<p><b>FILM CLUB</b></p> 	<p>Kenny</p>	<p>Thursday 30<sup>th</sup> December</p>	<p>3-4pm</p>	<p>The group choose films together to watch that week from home.</p> <p>Within the session they review the movie and discuss the beauty of cinema together.</p>	<p>Independent adults interested in film.</p>	<p>We will watch this movie together on zoom</p>  <p><a href="https://www.youtube.com/watch?v=0hu12MP7b1U">https://www.youtube.com/watch?v=0hu12MP7b1U</a></p>
<p><b>DUNGEONS AND DRAGONS</b></p> 	<p>Rash</p>	<p>Thursday 30<sup>th</sup> December</p>	<p>5pm to 6pm</p>	<p>A DnD group with a passion for adventure and role-playing.</p> <p>Everyone is welcome Please contact me if you have any questions. <a href="mailto:rumran@resourcesforautism.org.uk">rumran@resourcesforautism.org.uk</a></p>	<p>Independent adults with a vivid imagination</p>	<ul style="list-style-type: none"> <li>• Laptop/tablet</li> <li>• Your imagination</li> </ul> <p>An email address for signing up to Roll20</p>



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**END OF DECEMBER  
EVENTS**

**We hope you enjoyed! 😊**