

NOVEMBER

THIS PROGRAM OF EVENTS HAS BEEN PUT TOGETHER BY MIDTOWN BID TO SUPPORT MENTAL AND PHYSICAL HEALTH THROUGHOUT THIS PERIOD. CHECK OUR SOCIAL MEDIA FOR DAILY UPDATES ON ALL OF THE ACTIVITIES BELOW.

| MON | TUE | WED | THU | FRI | SAT |
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| 16 "How To" Video Gain some mindfulness and improve your drawing and painting Drawing Workshop Painting Workshop | 17 "How To" Video Dont let leftovers go to waste. Check out these useful ways to recycle 8 Leftover Recipes | 18 Pilates Class Webinar Take a few minutes out of your busy day to relax with some Pilates! LINK | 19 DIY Burger Kit Check out Honest Burgers Home DIY Kits to make some great food! Website | 20 First Aid Webinar Time: 11am-12pm Covering beginner CPR and choking Eventbrite | 21 "How To" Video Easy healthy snack ideas to help you get through the day. Healthy Snack Recipes |
| 23 Fitness Workshop Motivation Monday! Get your work out on and feel great for the rest of the week! HIIT the ground running | 24 Sign Language Lesson Take a starter sign language lesson with SignSay Check them out here | 25 Upcycling Check out a fun way to upcycle what you already have in the house! Upcycle a pillow | 26 DIY Shoryu Kits Enjoy some great Japanese cuisine at home with Japan Centre Website | 27 Coffee and Bingo Time: 4-5pm Join us for a Bingo Game! Great way to destress at the end of the week Eventbrite | 28 Feature Day Today we will feature all of you who tagged and liked our posts! Check out our Twitter! |