

My Choice Booking Form

July and August 2025

Name	
Address	
Your phone number	
Emergency number	
Do you have difficulty with stairs?	Yes / No
Do you travel independently ?	Yes / No
Do you have difficulty with lifts?	Yes / No
Do you have difficulty with escalators?	Yes / No
Do you give consent to having your photo taken and shared online?	Yes / No

JULY 2025

	1 Gardening <input type="checkbox"/> 10am-1pm Health and Wellbeing (Keeping Cool in Summer) <input type="checkbox"/> 10am-12pm Drama 12:30pm-2pm <input type="checkbox"/>	2 Bowling <input type="checkbox"/> 10:15am Quakers Lunch Café <input type="checkbox"/> 12pm-1:30pm	3 Cycling and Walking <input type="checkbox"/> 10am Keeping Safe in Enfield 1pm-2:30pm <input type="checkbox"/>	4
7 Sing Out Choir 10:30am-12pm <input type="checkbox"/>	8 Gardening <input type="checkbox"/> 10am-1pm Drama 12:30pm-2pm <input type="checkbox"/>	9 Keep Fit 11:45am-12:45pm <input type="checkbox"/> Chat and Relax and Outdoor Games! 12:45am-2:30pm <input type="checkbox"/>	10 Cycling and Walking 10am-12pm <input type="checkbox"/>	11
14 Choir—10 Year Anniversary Performance 12:30pm-1:30pm <input type="checkbox"/>	15 Gardening <input type="checkbox"/> 10am-1pm Drama <input type="checkbox"/> 12:30pm-2pm	16 Keep Fit 11:45am-12:45pm <input type="checkbox"/> Chat and Relax and Outdoor Games 12:45am-2:30pm <input type="checkbox"/> Quakers Lunch Café 12pm-1:30pm <input type="checkbox"/>	17 Sports Day at Bush Hill Park! 10:30am-12:30pm <input type="checkbox"/>	18
21 Chat and Relax (Ridgeway Tavern) 11am-12pm <input type="checkbox"/>	22 Pub Night (Ridgeway Tavern) 7pm-8:30pm <input type="checkbox"/>	23 Keep Fit 11:45am-12:45pm <input type="checkbox"/> Chat and Relax and Outdoor Games <input type="checkbox"/> 12:45pm-2:30pm	24 Cycling and Walking 10am-12pm <input type="checkbox"/>	25
28 Health and Wellbeing (Grace Buddery Yoga) 10am-12pm <input type="checkbox"/>	29 Museum of Zoology Trip 10am meeting <input type="checkbox"/>	30 Keep Fit 11:45am-12:45pm <input type="checkbox"/> Chat and Relax and Outdoor Games <input type="checkbox"/> 12:45pm-2:30pm	31 Pub Discovery 7pm-8:30pm <input type="checkbox"/>	

AUGUST 2025

4 Firs Farm Walk and Talk 10am-11am <input type="checkbox"/>	5 Gardening <input type="checkbox"/> 10am-1pm	6 Bowling <input type="checkbox"/> 10:15am meeting	7 No Activites—Induction Day for New Staff	8
11 Closed for 2 Week Summer Break	12	13	14	15
18	19	20 Quakers Cream Tea Session (please see flyer)	21	22
25 BANK HOLIDAY	26 Gardening <input type="checkbox"/> 10am-1pm	27 Pub Night Ridgeway Tavern <input type="checkbox"/> 7pm-8:30pm	28 Firs Farm Walk and Talk 10am-11am <input type="checkbox"/>	29 (Tuesday 16th September 2025, our SUMMER TRIP! All will be revealed....)

BOOKING DAY IN THE OFFICE

One to One Office, 2 Farm Road, N21 3JA

Please come into the office between 10 and 2 on this day to book your activities for the following month and also have a cup of tea and a biscuit.

You will get a calendar with all your events, times and places from either Jay or Victor.

You can also hear about other events that are taking place that are not on the activity sheet.

Charging & Payment Details

**This is information about payments for our Members & their Carers/
Providers.**

Please note that the suggested payment amounts found within this Activity Calendar
are

VOLUNTARY DONATIONS.

It is more important to us for our activities to be inclusive to all of our members. If
you are unable to afford the suggested donation amount, please discuss with either
Lucy or Fiona in the office.

Any donation you can make towards the running of our activities is greatly appreciated,
we are committed to doing everything we can to ensure we continue to provide current,
new and exciting activities and we are very thankful for all the help & support you
provide to us.

-The One to One Management Team