









Find some interesting activities organized by cultural institutions that you can join online. Enjoy!

Wednesday, Jan 27th	Friday, Jan 29	Monday, Feb 1st
	<p><i>The Radio Revolution</i> A Tribute to Margaret Lyons</p> 	
Monthly Wellness Wednesday: An Hour for You & Your Wellbeing	The Radio Revolution - A Virtual Tribute to Margaret Lyons	Screening the Child: Spanish Film Club
Now more than ever we need to maintain, or ramp up, our self-care regimens. Join us online once a month for a Wellness Wednesday: an hour devoted to learning about different components of Wellness. Share this with your colleagues and clients! Each month will focus on a different aspect of wellness, i.e. Physical Health, Spirituality, Social Health, Emotional Wellbeing, etc.	A virtual tribute to the legend that is Margaret Lyons – fierce advocate of public broadcasting, champion of new ideas, producer, program director, the first Vice-President of CBC Radio: the woman who led the Radio Revolution and saved public radio.	In partnership with Pragda Spanish Film Club and the Modern Languages departments of Cardiff University and the University of Exeter, we are delighted to share with you this series of educational film screenings and discussions titled ‘Screening the Child: the Child’s Gaze in Spanish Language Cinema.’ Each film will be available to watch for one week and this will be supported with by a Q&A Zoom discussion on selected films with academics and cinephiles.

Ongoing activities through the term		
		
<p>Sherlock Holmes: an online adventure (From January, 27)</p>	<p>El Pati a Taula (From February 2, catalan)</p>	<p>LA Opera Connects: "Music to Remember" — A Virtual Concert Series (multiple dates)</p>
<p>Don the deerstalker and become Baker Street's finest detective, Sherlock Holmes, in this new online whodunnit, The Case of the Hung Parliament. Featuring live performance, immersive 360 technology and over 100 clues to discover, travel back to Victorian London, with your household, or join with friends working together on different screens. From 27 January.</p>	<p>Coneix noves receptes d'arreu del món, gaudeix posant-les en pràctica i fes-ho allà a on vulguis. Et proposem un cicle de cuina online, gratuït i que pots seguir-ho a la manera que més t'agradi: com una activitat individual o una quedada amb el teu grup bombolla per després llepar-vos els dits.</p>	<p>Music helps us connect to each other, our community and even to our own inner selves. Music to Remember is inspired by the powerful (and scientifically proven) role that music plays in restoring the body, soul and memory. These weekly, virtual recitals with LA Opera teaching artist Nandani Sinha stimulate remembrance and gently invite reflection through familiar and beloved songs. Of course, we encourage joyful interaction and singing-along throughout.</p>