







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

Wednesday, February 17 th	Friday, February 19 th	Monday,
		
Music Therapy: The Effectiveness of Music on the Brain	Fun Free Fitness w/ Brown and Healthy	23 de febrer: Queer. Black. British. Tracing LGBTQ+ Histories
<p>Music therapy is an evidence-based form of Creative Arts Therapy used to provide therapeutic support to people of all ages. Whether for expression, movement or emotional support, music activates and connects different parts of the brain, helping us improve our lives. Join expert and certified music therapist Anurati Jain to learn more about this form of therapy, its effects on the brain and how it has touched the lives of many.</p> <p>Where: Zoom meeting in the comfort of your home</p>	<p>Brown + Healthy fitness instructor Voni Walters will be leading weekly fitness sessions which will highlight a different type of workout each week! We will be enjoying beginner to intermediate yoga/pilates, HIIT (High Intensity Interval Training), Zumba, and Mindfulness/Free flowing movement.</p> <p>For this activity register on February 18th.</p>	<p>When the film, <i>Beyond 'There's Always a Black Issue, Dear'</i>, was released in 2018, it brought to life how Black queer people in the 1980s have contributed to our popular culture. Join us and our panel of queer activists, artists and filmmakers as we explore how fringe and counter cultures from the 1980s still play a significant role today and how trans people more generally have been portrayed recently in British culture.</p>

Ongoing activities through the term		
		
The Write In Creative Writing Workshop (Feb 19 and more dates)	Cuisines of Different Cultures (Feb 20 and more dates)	Escape Room: Regreso a Hogwarts (Spanish)
<p>Every 3rd Friday we will gather and write. No writing experience is necessary, and writers of all levels and backgrounds are welcome.</p> <p>Feel free to write a letter, short story, essay, song, or rant. After writing for each prompt, we'll have time to share. Sharing is optional, but we will use this time for supportive feedback.</p>	<p>The Atlantic Institute is proud to announce Cuisines of Different Cultures, a series of cooking demonstrations of food from around the world! These monthly demonstrations will seek to find the greatest flavors and scents from all your favorite cultural cuisines and maybe some you've never tried before. These demonstrations are free and will begin soon, so don't forget to sign up. All of them will be done virtually on a Saturday at 11:30am and the ingredients list will be provided a week ahead of time so that if you want to follow along you can.</p>	<p>Estás disfrutando tus merecidas vacaciones de verano cuando una tarde, al entrar en tu casa, encuentras una carta cerrada con un brillante lacre rojo en el que hay estampada una letra "H". Esa "H" te resulta muy familiar. Al leer la carta descubres una extraña petición...</p>