

Timetable — August

Updated on 27/07/2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please Call The Mulberry Centre on 020 8321 6300 to book a place on all activities on this timetable. <u>If you do not book you will not be able to attend Centre opening hours 10am - 4pm. Late night Thursday until 8pm.</u></p> <p><i>While we offer all our services to you free of charge we are unable to guarantee parking. Please allow enough time before your appointment to find alternative park-</i></p>		<p>KEY</p> <p>Weekly Wellbeing Classes Informative Workshops Social and Creative Activities Weekend Events Other Activities</p>	<p>2</p> <p>Seated Yoga Class (1.15—2.15pm)</p> <p>Yoga Class (NO CLASS)</p> <p>Centre Open until 8pm</p>	<p>3</p> <p>Tai Chi Easy Class (NO CLASS)</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>6</p> <p>Relaxation Class (NO CLASS)</p> <p>Welfare & Benefits Information Sessions—Please call to book your 30min session in advance. (NO Session)</p>	<p>7</p> <p>Legal Information Sessions—Will making, probate, inheritance advice — Please call to book your 30min session in advance.</p> <p>Pilates Class (1.30—2.30pm)</p> <p>Creative Writing Class (NO CLASS) - Mixed Ability Class</p>	<p>8</p> <p>Health Walks Group—(NO WALK)</p> <p>Knitting & Natter group (11.00-1.00pm)</p>	<p>9</p> <p>Seated Yoga Class (1.15—2.15pm)</p> <p>Watercolour Painting (2.15—4.30pm)- Mixed Ability Class.</p> <p>Yoga Class (NO CLASS)</p> <p>Centre Open until 8pm</p>	<p>10</p> <p>Tai Chi Easy Class (1.15—2.15pm)</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>13</p> <p>Relaxation Class (NO CLASS)</p>	<p>14</p> <p>Freestyle Pilates Class (1.30—2.30pm)</p>	<p>15</p>	<p>16</p> <p>Mandala Class (11.00am to 1.00pm)</p> <p>Book Group (1.30—3.00pm) Book - The Seven Deaths of Evelyn Hardcastle by Stuart Turton.</p> <p>Seated Yoga Class (NO CLASS)</p> <p>Yoga Class (NO CLASS)</p> <p>Centre Open until 8pm</p>	<p>17</p> <p>Tai Chi Easy Class (1.15—2.15pm)</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>20</p> <p>Relaxation Class (NO CLASS)</p> <p>Legal Information Sessions—Will making, probate, inheritance advice —Please call to book your 30min session in advance.</p>	<p>21</p> <p>Creative Writing Class (NO CLASS) - Mixed Ability</p> <p>Freestyle Pilates Class (1.30—2.30pm)</p>	<p>22</p> <p>Health Walks Group—(NO WALK)</p>	<p>23</p> <p>Seated Yoga Class (1.15—2.15pm)</p> <p>Art Class (2.15-4.30)- Mixed Ability Class.</p> <p>Yoga Class (NO CLASS)</p> <p>Centre Open until 8pm</p>	<p>24</p> <p>Tai Chi Easy Class (1.15—2.15pm)</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>27</p> <p>BANK HOLIDAY CENTRE CLOSED</p>	<p>28</p> <p>Creative Writing Class (NO CLASS) - Mixed Ability Class</p> <p>Freestyle Pilates Class (1.30—2.30pm)</p>	<p>29</p>	<p>30</p> <p>Seated Yoga Class (1.15—2.15pm)</p> <p>Yoga Class (NO CLASS)</p> <p>Centre Open until 8pm</p>	<p>31</p> <p>Social Coffee Morning (11am—1.00pm)-All Welcome. Come along to meet others.</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>