

Timetable — October

Updated on 27/09/2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Relaxation Techniques (11.00-12.00)</p> <p>Welfare & Benefits Information Sessions—Please call to book your 30min session in advance.</p>	<p>2 Legal Information Sessions—Will making, probate, inheritance advice — Please call to book your 30min session in advance. Creative Writing Class (11am-1pm) - Mixed Ability Class Freestyle Pilates Class(NO CLASS)</p>	<p>3 Health Walks Group—(NO WALK)</p>	<p>4 Seated Yoga Class (12.30-1.30pm) Yoga Class (6.45-7.45) Centre Open until 8pm</p>	<p>5 Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm) Saturday 6th —Living Well with the Impact of Cancer—2 day course (Bookable via Penny Brohn)</p>
<p>8 Relaxation Techniques (11.00-12.00)</p>	<p>9 Makeup Masterclass (11.00am-1.00pm) - Please see leaflet for what you need to bring) Freestyle Pilates Class (1.30—2.30pm) EFT Tapping Group (1.00—2.30pm) (Only for those who have attended the EFT workshop before). Work & Cancer Sessions—Call to book your 1-1 Session in advance</p>	<p>10 Knitting & Natter group (11.00-1.00pm) Managing Stress Workshop (1.30pm-3.00pm)</p>	<p>11 Seated Yoga Class (1.15—2.15pm) Mandala Class (11.00am to 1.00pm) Book Group (1.30—3.00pm) <u>Book - Flight Behavior by Barbara Kingsolver.</u> Watercolour Painting (2.15—4.30pm)- Mixed Ability Class. Yoga Class (6.45-7.45) Centre Open until 8pm</p>	<p>12 Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm) Saturday 13th —Living Well with the Impact of Cancer—2 day course (Bookable via Penny Brohn)</p>
<p>15 Relaxation Techniques (11.00-12.00)</p>	<p>16 Freestyle Pilates Class (1.30—2.30pm) Creative Writing Class (11am-1pm) - Mixed Ability Class EFT Workshop (10.30am—1.30pm)</p>	<p>17 Health Walks Group—(NO WALK)</p>	<p>18 Seated Yoga Class (1.15—2.15pm) Yoga Class (6.45-7.45) Centre Open until 8pm</p>	<p>19 Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm)</p>
<p>22 Relaxation Techniques (11.00-12.00)</p>	<p>23 Freestyle Pilates Class (1.30—2.30pm)</p>	<p>24</p>	<p>25 Seated Yoga Class (1.15—2.15pm) Art Class (2.15-4.30)- Mixed Ability Class. Yoga Class (6.45-7.45) Centre Open until 8pm</p>	<p>26 Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm) Social Coffee Morning (11am—1.00pm)-All Welcome. Come along to meet others.</p>
<p>29 Relaxation Techniques (11.00-12.00)</p>	<p>30 Freestyle Pilates Class (1.30—2.30pm)</p>	<p>31 KEY Weekly Wellbeing Classes Informative Workshops Social and Creative Activities Weekend Events Other Activities</p>	<p>Please Call The Mulberry Centre on 020 8321 6300 to book a place on all activities on this timetable. If you do not book you will not be able to attend Centre opening hours 10am - 4pm. Late night Thursday until 8pm.</p>	