

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. If you do not book you will not be able to attend <u>Centre opening hours 10am - 4pm. Late night Thursday until 8pm.</u></p>		<p>KEY Weekly Wellbeing Classes Informative Workshops Social and Creative Activities Weekend Events Other Activities</p>	<p>1 Useful Tips for Hot Flushes Workshop (10.30am—12.30pm) Seated Yoga Class (12.30-1.30pm) Yoga Class (6.45-7.45) Centre Open until 8pm</p>	<p>2 Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm)</p>
<p>5 Relaxation Techniques class (11.00-12.00) Welfare & Benefits Information Sessions—Please call to book your 30min session in advance.</p>	<p>6 Creative Writing Class (11am-1pm) - Mixed Ability Class Cancer Nutrition Workshop (1.30pm—3.00pm) Legal Information Sessions—Will making, probate, inheritance advice — Please call to book your 30min session in advance. Freestyle Pilates Class (NO CLASS)</p>	<p>7</p>	<p>8 Seated Yoga Class (NO CLASS) Book Group (1.30—3.00pm) Book - The Secret History by Donna Tartt Watercolour Painting (2.15—4.30pm)- Mixed Ability Class. Yoga Class (6.45-7.45) How is my Prostate doing Informative Talk. (7.15pm—8.30pm) Centre Open until 8pm</p>	<p>9 Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm)</p>
<p>12 Relaxation Techniques class (11.00-12.00)</p>	<p>13 Ladies Morning (10.30am—1.00pm) (Wigs, Scarves, Skin Car, Make-up) EFT Tapping Group (1..15pm—2.45pm) (Only for those who have attended the EFT workshop before). Freestyle Pilates Class (NO CLASS)</p>	<p>14 Knitting & Natter group (11.00-1.00pm)</p>	<p>15 Seated Yoga Class (1.15—2.15pm) Yoga Class (6.45-7.45) Centre Open until 8pm</p>	<p>16 Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm)</p>
<p>19 Relaxation Techniques class (11.00-12.00)</p>	<p>20 Creative Writing Class (11am-1pm) - Mixed Ability Class Work & Cancer Sessions—Call to book your 1-1 Session in advance Freestyle Pilates Class (1.30—2.30pm)</p>	<p>21</p>	<p>22 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>23 Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm)</p>
<p>26 Relaxation Techniques class (11.00-12.00)</p>	<p>27 Freestyle Pilates Class (1.30—2.30pm)</p>	<p>28</p>	<p>29 Seated Yoga Class (1.15—2.15pm) Yoga Class (6.45-7.45)</p>	<p>30 Social Coffee Morning (11am—1.00pm)-All Welcome. Come along to meet others. Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm)</p>