

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ALL ACTIVITIES ON THE TIMETABLE MUST BE BOOKED Please Call The Mulberry Centre to book a place T: 020 8321 6300 <u>If you do not book you will not be able to attend</u></p> <p><i>Centre Opening Hours 10am - 4pm, Late night Thursday until 8pm.</i></p>		<p>2</p> <p>Welcome Back The Centre Re-opens at 10am</p>	<p>3</p> <p>Seated Yoga Class ((1.15—2.15pm)- NO CLASS</p> <p>Yoga Class (6.45-7.45pm)</p> <p>Centre Open until 8pm</p>	<p>4</p> <p>Tai Chi Easy Class (1.15—2.15pm)</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>7</p> <p>Relaxation Techniques class (11.00-12.00) - NO CLASS</p> <p>Welfare & Benefits Information Session (NO SESSION)</p>	<p>8</p> <p>Legal Information Sessions—Will making, probate, inheritance advice (NO SESSION)</p> <p>Freestyle Pilates Class (1.30—2.30pm)</p>	<p>9</p> <p>Knitting & Natter group (11.00-1.00pm)</p>	<p>10</p> <p>Seated Yoga Class (1.15—2.15pm)</p> <p>Book Group (1.30—3.00pm) Book – THE MAGUS by John Fooles</p> <p>Watercolour Painting (2.15—4.30pm)- Mixed Ability Class.</p> <p>Yoga Class (6.45-7.45pm)</p> <p>Centre Open until 8pm</p>	<p>11</p> <p>Tai Chi Easy Class (1.15—2.15pm)</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>14</p> <p>Relaxation Techniques class (11.00-12.00)</p>	<p>15</p> <p>Creative Writing Class (11am-1pm) - Mixed Ability Class</p> <p>EFT Tapping Group (1.15pm—2.45pm) (Only for those who have attended the EFT workshop)</p> <p>Freestyle Pilates Class (1.30—2.30pm)</p>	<p>16</p>	<p>17</p> <p>Seated Yoga Class (1.15—2.15pm)</p> <p>Yoga Class (6.45-7.45pm)</p> <p>Centre Open until 8pm</p>	<p>18</p> <p>Tai Chi Easy Class (1.15—2.15pm)</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>21</p> <p>Relaxation Techniques class (11.00-12.00)</p> <p>Mindfulness 8 week course (9 Session) (See Poster for full details)</p>	<p>22</p> <p>Creative Writing Class (11am-1pm) - Mixed Ability Class</p> <p>Freestyle Pilates Class (1.30—2.30pm)</p>	<p>23</p>	<p>24</p> <p>Seated Yoga Class (1.15—2.15pm)</p> <p>Art Class (2.15-4.30)- Mixed Ability Class.</p> <p>Yoga Class (6.45-7.45pm)</p> <p>Centre Open until 8pm</p>	<p>25</p> <p>Social Coffee Morning (11am—1.00pm)-All Welcome. Come along to meet others.</p> <p>Tai Chi Easy Class (1.15—2.15pm)</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>28</p> <p>Relaxation Techniques class (11.00-12.00)</p> <p>Mindfulness 8 week course (9 Session) (See Poster for full details)</p>	<p>29</p> <p>Freestyle Pilates Class (1.30—2.30pm)</p>	<p>30</p>	<p>31</p> <p>Seated Yoga Class (1.15—2.15pm)</p> <p>Yoga Class (6.45-7.45)</p> <p>Centre Open until 8pm</p>	<p>KEY</p> <p>Weekly Wellbeing Classes Informative Workshops Social and Creative Activities Weekend Events Other Activities</p>