

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>Centre Opening Hours 10am - 4pm, Late night Thursday until 8pm.</p>				<p>1 Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm)</p>
<p>4 Relaxation Techniques class - NO CLASS</p> <p>Welfare & Benefits Information Session Please call to book your 30min session in advance.</p>	<p>5 Legal Information Sessions—Will making, probate, inheritance advice <u>Please call to book your 30min session in advance.</u></p> <p>Creative Writing Class (11am-1pm) - Mixed Ability Class</p> <p>Freestyle Pilates Class (1.30—2.30pm)</p>	<p>6</p>	<p>7 Seated Yoga Class (1.15—2.15pm) Yoga Class (6.45-7.45pm)</p> <p style="text-align: center;">Centre Open until 8pm</p>	<p>8 Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm)</p>
<p>11 Relaxation Techniques class (NO CLASS)</p>	<p>12 Freestyle Pilates Class (1.30—2.30pm) TBC</p>	<p>13 Knitting & Natter group (11.00-1.00pm)</p>	<p>14 Book Group (1.30—3.00pm) Book -Jo Nesbo "MACBETH"</p> <p>Watercolour Painting (2.15—4.30pm)- Mixed Ability Class.</p> <p>Seated Yoga Class (1.15—2.15pm) Yoga Class (6.45-7.45pm) NO CLASS</p> <p style="text-align: center;">Centre Open until 8pm</p>	<p>15 Tai Chi Easy Class (1.15—2.15pm) Table Tennis Fun Play (2.30—3.30pm)</p>
<p>18 Relaxation Techniques class (NO CLASS)</p> <p>Mindfulness 8 week course (9 Session) (See Poster for full details)</p>	<p>19 EFT Tapping Group (1.15pm—2.45pm) (Only for those who have attended the EFT workshop)</p> <p>Creative Writing Class (11am-1pm) - Mixed Ability Class</p> <p>Freestyle Pilates Class (1.30—2.30pm) TBC</p>	<p>20</p>	<p>21 Seated Yoga Class (1.15—2.15pm)</p> <p>Yoga Class (6.45-7.45pm) NO CLASS</p> <p style="text-align: center;">Centre Open until 8pm</p>	<p>22 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>
<p>25 Relaxation Techniques class NO CLASS)</p> <p>Mindfulness 8 week course (9 Session) (See Poster for full details)</p>	<p>26 Freestyle Pilates Class (1.30—2.30pm) TBC</p>	<p>27</p>	<p>28 Skin Care & Wig workshop (10.30am—1.00pm) (Wigs, Scarves, Skin Care) Art Class (2.15-4.30)- Mixed Ability Class.</p> <p>Seated Yoga Class (1.15—2.15pm) Yoga Class (6.45-7.45)</p> <p style="text-align: center;">Centre Open until 8pm</p>	<p>KEY Weekly Wellbeing Classes Informative Workshops Social and Creative Activities Weekend Events Other Activities</p>