

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>KEY Weekly Wellbeing Classes Informative Workshops Social and Creative Activities Weekend Events Other Activities</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>Mindfulness 8 week course (9 Session) (See Poster for full details)</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>6 Managing Stress (1pm—2.30pm)</p>	<p>7 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>8 Table Tennis Fun Play (2.30—3.30pm)</p>
<p>11 Relaxation Techniques Class (11—12pm)</p> <p>Mindfulness 8 week course (9 Session) (See Poster for full details)</p>	<p>12 1-1 Aroma Intervention Session <u>Please call to book your 20min session in advance.</u> <u>Please see Poster for Details</u></p>	<p>13 Knitting & Natter group (11.00-1.00pm)</p>	<p>14 Watercolour Painting (2.30—4.30pm)- Mixed Ability Class. Book Group (1.30—3.00pm) Book - Normal People by Sally Rooney Seated Yoga Class (1.15—2.15pm) Yoga Class (7pm-8pm) NEW TIME</p> <p style="text-align: center;">Centre Open until 8pm</p>	<p>15 Resilience Workshop (10.30-2.30pm)</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>18 Relaxation Techniques Class (11—12pm)</p> <p>Welfare & Benefits Information Session <u>Please call to book your 30min session in advance.</u></p>	<p>19 EFT Tapping Group (1.15pm—2.45pm) <u>(Only for those who have attended the EFT workshop)</u></p> <p>Creative Writing Class (11am-1pm) - Mixed Ability Class</p>	<p>20 Managing Hot Flashes (10.30am—12.00pm)</p>	<p>21 Mandala Class (10.30am to 12.30pm) Seated Yoga Class (1.15—2.15pm) Yoga Class (7pm-8pm) NEW TIME</p> <p style="text-align: center;">Centre Open until 8pm</p>	<p>22 Table Tennis Fun Play (2.30—3.30pm)</p>
<p>25 Relaxation Techniques Class (11—12pm)</p>	<p>26</p>	<p>27</p>	<p>28 Art Class (2.30-4.30)- Mixed Ability Class. Seated Yoga Class (1.15—2.15pm) Yoga Class (7pm-8pm) NEW TIME</p> <p style="text-align: center;">Centre Open until 8pm</p>	<p>29 Social Coffee Morning (11am—1.00pm)-All Welcome. Come along to meet others. Table Tennis Fun Play (2.30—3.30pm)</p>