

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Relaxation Techniques Class (11–12pm)</p> <p>Welfare & Benefits Information Session Please call to book your 30min session in advance.</p>	<p>2</p> <p>Legal Information Sessions —Will making, probate, inheritance advice Please call to book your 30min session in advance.</p> <p>Creative Writing Class (11am-1pm) - Mixed Ability Class</p>	<p>3</p> 	<p>4</p> <p>How People Grieve (10.00am–11.30pm)</p> <p>Seated Yoga Class (1.15–2.15pm)</p> <p>Yoga Class (7pm-8pm) NEW TIME</p> <p>Centre Open until 8pm</p>	<p>5</p> <p>Table Tennis Fun Play (2.30–3.30pm)</p>
<p>8</p> <p>Relaxation Techniques Class (11–12pm)</p>	<p>9</p> <p>-1 Aroma Sticks Workshop Session (10.30-12pm) Please see Poster for Details</p>	<p>10</p> <p>Knitting & Natter group (11.00-1.00pm)</p> <p>Healthy Walk—Leaving the Centre at 1.00pm</p>	<p>11</p> <p>Seated Yoga Class (1.15–2.15pm)</p> <p>Book Group (1.30–3.00pm) Book Please see Poster for Details</p> <p>Watercolour Painting (2.30–4.30pm)-Mixed Ability Class.</p> <p>Yoga Class (7pm-8pm) NEW TIME</p> <p>Centre Open until 8pm</p>	<p>12</p> <p>Table Tennis Fun Play (2.30–3.30pm)</p>
<p>15</p> <p>Relaxation Techniques Class (11–12pm)</p>	<p>16</p> <p>1-1 Aroma Intervention Session Please call to book your 20min session in advance.</p> <p>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>17</p> 	<p>18</p> <p>Mandala Class (10.30am to 12.30pm)</p> <p>Seated Yoga Class (1.15–2.15pm)</p> <p>Yoga Class (7pm-8pm) NO CLASS</p> <p>Centre Closing at 4pm</p>	<p>19</p> 
<p>22</p> 	<p>23</p> 	<p>24</p> 	<p>25</p> <p>Art Class (2.30-4.30)- Mixed Ability Class.</p> <p>Seated Yoga Class (1.15–2.15pm)</p> <p>Yoga Class (7pm-8pm) NEW TIME</p> <p>Centre Open until 8pm</p>	<p>26</p> <p>Social Coffee Morning (11am–1.00pm)-All Welcome. Come along to meet others.</p> <p>Table Tennis Fun Play (2.30–3.30pm)</p>
<p>29</p> <p>Relaxation Techniques Class (11–12pm)</p>	<p>30</p> <p>EFT Workshop (10.30am–1.30pm)</p>	<p>KEY</p> <p>Weekly Wellbeing Classes</p> <p>Informative Workshops</p> <p>Social and Creative Activities</p> <p>Weekend Events</p> <p>Other Activities</p>	<p>ALL ACTIVITIES ON THE TIMETABLE MUST BE BOOKED</p> <p>Please Call The Mulberry Centre to book a place</p> <p>T: 020 8321 6300</p> <p><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>	