

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17th May</p> <p>*Let's Talk About it Event (10.30am-3.30pm) Visit our range of stalls & workshops: 10.45-11.45am: The Importance of Making a Will 12-1pm: Difficult Conversations (How to talk about your wishes) 1.15-2.15pm: Writing Eulogies 1-2pm let's Talk about it Lunch 2.30-3.30pm: The Importance of funeral Planning</p>	<p>KEY</p> <p>Weekly Wellbeing Classes Informative Workshops Social and Creative Activities Weekend Events Other Activities</p>	<p>1</p> 	<p>2</p> <p>Seated Yoga Class (1.15—2.15pm) Yoga Class (6.30pm-7.30pm)</p> <p>Centre Open until 8pm</p>	<p>3</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>6</p>  <p>CLOSED</p> <p>BANK HOLIDAY MONDAY</p>	<p>7</p> <p>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>8</p> <p>Knitting & Natter group (11.00-1.00pm)</p> <p>Health Walk—Leaving the Centre at 1.00pm</p>	<p>9</p> <p>Seated Yoga Class (1.15—2.15pm) Book Group (1.30—3.00pm) Book Inkheart by Cornelia Funke Watercolour Painting (2.30—4.30pm)- Mixed Ability Class. Yoga Class (6.30pm-7.30pm)</p> <p>Centre Open until 8pm</p>	<p>10</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>13</p> <p>Relaxation Techniques Class (11—12pm)</p> <p>Welfare & Benefits Information Session <u>Please call to book your 30min session in advance.</u></p>	<p>14</p> 	<p>15</p> 	<p>16</p> <p>Mandala Class (10.30am to 12.30pm) Seated Yoga Class (1.15—2.15pm) Yoga Class (6.30pm-7.30pm)</p> <p>Centre Open until 8pm</p>	<p>17</p> <p>Let's Talk About it Event (10.30am -3.30pm) (see details above)*</p> <p>TODAY & SATURDAY 18th YEARLY PLANT SALE—ALL WELCOME</p> <p>Lets Talk Lunch (1pm—2pm)</p>
<p>20</p> <p>Relaxation Techniques Class (11—12pm)</p>	<p>21</p> <p>EFT Tapping Group (1.15pm—2.45pm) (Only for those who have attended the EFT workshop) Skincare & Headwear Demo <u>Please see Poster for Details</u></p> <p>Creative Writing Class (11am-1pm) - Mixed Ability Class</p>	<p>22</p> <p>ALL ACTIVITIES ON THE TIMETABLE MUST BE BOOKED Please Call The Mulberry Centre to book a place T: 020 8321 6300 If you do not book you will not be able to attend</p>	<p>23</p> <p>Art Class (2.30-4.30)- Mixed Ability Class. Seated Yoga Class (1.15—2.15pm) Yoga Class (6.30pm-7.30pm)</p> <p>Centre Open until 8pm</p>	<p>24</p> <p>Table Tennis Fun Play (2.30—3.30pm)</p>
<p>27</p>  <p>CLOSED</p> <p>BANK HOLIDAY MONDAY</p>	<p>28</p> <p>EFT Workshop (10.30am—1.30pm)</p> <p>1-1 Aroma Intervention Session <u>Please call to book your 20min session in advance.</u></p>	<p>29</p>	<p>30</p> <p>Seated Yoga Class (1.15—2.15pm) Yoga Class (6.30pm-7.30pm)</p> <p>Centre Open until 8pm</p>	<p>31</p> <p>Social Coffee Morning (11am—1.00pm)-All Welcome. Come along to meet others.</p>