


Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Welfare & Benefits Information Session <u>Please call to book your 30min session in advance.</u></p> <p>Relaxation Techniques Class 11.00—12.00pm</p> <p>Tai Chi 1.00pm—1.45pm *NEW CLASS*</p>	<p>4</p> <p>Legal Information Sessions —Will making, probate, inheritance advice <u>Please call to book your 30min session in advance.</u></p>	<p>5</p> 	<p>6</p> <p>Mandala Class (10.30am to 12.30pm)</p> <p>Seated Yoga Class 1.15—2.15pm</p> <p>Yoga Class 6.30pm—7.30pm</p> <p>Centre Open until 8pm</p>	<p>7</p> <p>Table Tennis Fun Play 2.30—3.30pm</p>
<p>10</p> <p>Relaxation Techniques Class 11—12pm</p> <p>Tai Chi 1.00pm—1.45pm *NEW CLASS*</p>	<p>11</p> <p>Nutrition Workshop 1.30pm - 3.30pm <u>Please see Poster for Details</u></p>	<p>12</p> <p>Knitting & Natter group (11.00-1.00pm)</p>	<p>13</p> <p>Seated Yoga Class 1.15—2.15pm</p> <p>Book Group 1.30—3.00pm Book <u>Please see Poster for Details</u></p> <p>Watercolour Painting 2.30—4.30pm Mixed Ability Class.</p> <p>Yoga Class 6.30pm—7.30pm</p> <p>Centre Open until 8pm</p>	<p>14</p> <p>Table Tennis Fun Play 2.30—3.30pm</p>
<p>17</p> <p>Relaxation Techniques Class 11—12pm</p> <p>Tai Chi 1.00pm—1.45pm *NEW CLASS*</p>	<p>18</p> <p>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>19</p> <p>Health Walk—Leaving the Centre at 1.00pm</p>	<p>20</p> <p>Seated Yoga Class 1.15—2.15pm</p> <p>Yoga Class 6.30pm—7.30pm</p> <p>Centre Open until 8pm</p>	<p>21</p> <p>Table Tennis Fun Play 2.30—3.30pm</p>
<p>24</p> <p>Relaxation Techniques Class 11—12pm</p>	<p>25</p> 	<p>26</p> <p>Managing Stress 11.00am—12.30pm <u>Please see Poster for Details</u></p> <p>CAKE & CARD SALE 10.00am—3.00pm Please pop in and support us and Radnor House School</p>	<p>27</p> <p>Art Class (2.30-4.30)- Mixed Ability Class.</p> <p>Seated Yoga Class 1.15—2.15pm</p> <p>Yoga Class 6.30pm—7.30pm</p> <p>Centre Open until 8pm</p>	<p>28</p> <p>Social Coffee Morning 11.00am—1.00pm-All Welcome. Come along to meet others.</p> <p>Table Tennis Fun Play 2.30—3.30pm</p>
<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>PENNY BROHN LIVING WELL WORKSHOP SATURDAY 22nd & SATURDAY 29th JUNE <u>Please see Poster for Details</u></p>	<p>KEY</p> <p>Weekly Wellbeing Classes Informative Workshops Social and Creative Activities Weekend Events Other Activities</p>