

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>IT IS ADVISABLE TO BOOK ACTIVITIES YOU WISH TO ATTEND IN ADVANCE</b></p> <p><b>Please Call The Mulberry Centre to book a place</b> T: 020 8321 6300</p> <p><b><u>If you do not book you will not be able to attend</u></b></p>		<p><b>KEY</b></p> <p><b>Weekly Wellbeing Classes</b> <b>Informative Workshops</b> <b>Social and Creative Activities</b> <b>Weekend Events</b> <b>Other Activities</b></p>	<p><b>1</b></p> <p>Seated Yoga Class 1.15—2.15pm</p> <p><del>Yoga Class 6.30pm—7.30pm</del> <b>NO CLASS</b></p> <p style="text-align: center;"><b>Centre Open until 8pm</b></p>	<p><b>2</b></p> <p>Table Tennis Fun Play 2.30—3.30pm</p>
<p><b>5</b></p> <p>Tai Chi 1.00pm—1.45pm *NEW CLASS*</p>	<p><b>6</b></p> <p><b>Legal Information Sessions</b> —Will making, probate, inheritance advice <u>Please call to book your 30min session in advance.</u></p> <p><b>Creative Writing Class 11am-1pm</b> - Mixed Ability Class</p>	<p><b>7</b></p>	<p><b>8</b></p> <p>Book Group 1.30—3.00pm Book <u>Old Baggage</u> by Liss Evans</p> <p>Watercolour Painting 2.30—4.30pm Mixed Ability Class.</p> <p>Mandala Class (10.30am to 12.30pm)</p> <p>Seated Yoga Class 1.15—2.15pm</p> <p><del>Yoga Class 6.30pm—7.30pm</del> <b>NO CLASS</b></p> <p style="text-align: center;"><b>Centre Open until 8pm</b></p>	<p><b>9</b></p> <p>Table Tennis Fun Play 2.30—3.30pm</p>
<p><b>12</b></p> <p>Tai Chi 1.00pm—1.45pm *NEW CLASS*</p>	<p><b>13</b></p> <p>Gentle Yoga 3.00pm—4.00pm *NEW CLASS*</p> <p><b>1-1 Aroma Intervention Session</b> <u>Please call to book your 20min session in advance.</u></p>	<p><b>14</b></p> <p>Knitting &amp; Natter group (11.00-1.00pm)</p>	<p><b>15</b></p> <p><del>Seated Yoga Class 1.15—2.15pm</del> <b>NO CLASS</b></p> <p><del>Yoga Class 6.30pm—7.30pm</del> <b>NO CLASS</b></p> <p style="text-align: center;"><b>Centre Open until 8pm</b></p>	<p><b>16</b></p> <p>Table Tennis Fun Play 2.30—3.30pm</p>
<p><b>19</b></p> <p>Tai Chi 1.00pm—1.45pm *NEW CLASS*</p>	<p><b>20</b></p> <p><b>EFT Tapping Group (1.15pm—2.45pm)</b> (Only for those who have attended the EFT workshop)</p> <p><b>Creative Writing Class 11am-1pm</b> - Mixed Ability Class</p> <p>Gentle Yoga 3.00pm—4.00pm *NEW CLASS*</p>	<p><b>21</b></p>	<p><b>22</b></p> <p>Art Class (2.30-4.30)- Mixed Ability Class.</p> <p>Seated Yoga Class 1.15—2.15pm</p> <p><del>Yoga Class 6.30pm—7.30pm</del> <b>NO CLASS</b></p> <p style="text-align: center;"><b>Centre Open until 8pm</b></p>	<p><b>23</b></p> <p>Table Tennis Fun Play 2.30—3.30pm</p>
<p><b>26</b></p>	<p><b>27</b></p> <p>Gentle Yoga 3.00pm—4.00pm *NEW CLASS*</p>	<p><b>28</b></p>	<p><b>29</b></p> <p>Seated Yoga Class 1.15—2.15pm</p> <p><del>Yoga Class 6.30pm—7.30pm</del> <b>NO CLASS</b></p> <p style="text-align: center;"><b>Centre Open until 8pm</b></p>	<p><b>30</b></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>