

## Timetable — September

Updated on 04 September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>Relaxation Workshop (11.00-12.30pm)</b></p> <p><b>Tai Chi 1.00pm—1.45pm</b></p> <p><b>Welfare &amp; Benefits Information Session</b> Please call to book your 30min session in advance.</p>	<p><b>3</b></p> <p><b>Creative Writing Class (11am-1pm) - Mixed Ability Class</b></p> <p><b>Legal Information Sessions</b> —Will making, probate, inheritance advice Please call to book your 30min session in advance.</p>	<p><b>4</b></p> <p><b>**New Weekly Class**</b></p> <p><b>Dance of Heart 3.00—4.30pm</b> (Uplifting blend of free expression dance with some relaxing moving meditation)</p>	<p><b>5</b></p> <p><b>Seated Yoga Class 1.15—2.15pm</b></p> <p><b>Yoga Class (NO CLASS TODAY)</b></p> <p><b>Centre Open until 8pm</b></p>	<p><b>6</b></p> <p><b>Table Tennis Fun Play (2.30—3.30pm)</b></p>
<p><b>9</b></p> <p><b>Tai Chi 1.00pm—1.45pm</b></p>	<p><b>10</b></p> <p><b>Gentle Yoga 3.00pm—4.00pm</b></p>	<p><b>11</b></p> <p><b>Knitting &amp; Natter group (11.00-1.00pm)</b></p> <p><b>Health Walk—Leaving the Centre at 2.00pm</b></p> <p><b>Dance of Heart 3.00—4.00pm</b></p>	<p><b>12</b></p> <p><b>How People Grieve Workshop (10.00—11.30)</b></p> <p><b>Mandala Class (10.30am to 12.30pm)</b></p> <p><b>Book Group (1.30—3.00pm)</b> Silence of the Girls by Pat Barker</p> <p><b>Watercolour Painting (2.30—4.30pm) - Mixed Ability Class.</b></p> <p><b>Seated Yoga Class 1.15—2.15pm</b></p> <p><b>Yoga Class 6.30pm—7.30pm</b></p> <p><b>Centre Open until 8pm</b></p>	<p><b>13</b></p> <p><b>Table Tennis Fun Play (2.30—3.30pm)</b></p>
<p><b>16</b></p> <p><b>Tai Chi 1.00pm—1.45pm</b></p>	<p><b>17</b></p> <p><b>Gentle Yoga 3.00pm—4.00pm</b></p> <p><b>Creative Writing Class (11am-1pm) - Mixed Ability Class</b></p> <p><b>EFT Tapping Group (1.15pm—2.45pm)</b> (Only for those who have attended the EFT workshop)</p>	<p><b>18</b></p> <p><b>Dance of Heart 3.00—4.00pm</b></p>	<p><b>19</b></p> <p><b>Skincare &amp; Headwear Demo (10.30am-12.30pm)</b> Please see Poster for Details</p> <p><b>Seated Yoga Class 1.15—2.15pm</b></p> <p><b>Yoga Class 6.30pm—7.30pm</b></p> <p><b>Centre Open until 8pm</b></p>	<p><b>20</b></p> <p><b>Table Tennis Fun Play (2.30—3.30pm)</b></p>
<p><b>23</b></p> <p><b>Tai Chi (NO CLASS TODAY)</b></p>	<p><b>24</b></p> <p><b>Gentle Yoga 3.00pm—4.00pm</b></p>	<p><b>25</b></p> <p><b>Dance of Heart 3.00—4.00pm</b></p>	<p><b>26</b></p> <p><b>Art Class (2.30-4.30)- Mixed Ability Class.</b></p> <p><b>Seated Yoga Class 1.15—2.15pm</b></p> <p><b>Yoga Class 6.30pm—7.30pm</b></p> <p><b>Centre Open until 8pm</b></p>	<p><b>27</b></p> <p><b>Social Coffee Morning (11am—1.00pm)</b>-All Welcome. Come along to meet others.</p> <p><b>Table Tennis Fun Play (2.30—3.30pm)</b></p>
<p><b>30</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></p>	<p><b>IT IS ADVISABLE TO BOOK ACTIVITIES YOU WISH TO ATTEND IN ADVANCE</b> Please Call The Mulberry Centre to book a place <b>T: 020 8321 6300</b> <b><u>If you do not book you will not be able to attend</u></b></p>		