


# Timetable — September— Online Activities

Updated on 08/09/2020

**TO JOIN ANY OF THESE ACTIVITIES PLEASE VISIT OUR WEBSITE AND CLICK ON EACH CLASS TO OPEN THE LINK. YOU WILL NEED TO HAVE ACCESS TO A COMPUTER WITH A VIDEO CAM AND AN INTERNET CONNECTION TO JOIN IN. NO PRIOR BOOKING IS NEEDED.**

**For telephone support please call: 07759 946 600 or 07376 658 623 (9:30am—1.30pm) and 07592 873 235 (1.00pm—5.00pm)  
email: [talk@themulberrycentre.co.uk](mailto:talk@themulberrycentre.co.uk) - visit our website: [www.themulberrycentre.co.uk](http://www.themulberrycentre.co.uk)**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 	<b>2</b> <b>Guided Meditation Class (10.00—10.30am)</b> <b>EFT Class (Emotional Freedom Technique) (11.00am—12.30pm)</b>	<b>3</b> <b>Carers Support Group (11.00am—12.15pm)</b> <a href="#">Please call to book in advance.</a> <b>Book Group (12.30—2.00pm)</b> <b>Art Class—Mixed Ability (2.30—3.30pm)</b>	<b>4</b> <b>Guided Meditation Class (10.00—10.30am)</b> <b>Yin Yoga Class (11.00—11.45am)</b> <b>Welfare and Benefits Sessions (10.00-1.00pm)</b> <a href="#">Please call to book your 30min session in advance.</a>
<b>7</b> <b>Guided Meditation Class (10.00—10.30am)</b> <b>Tai Chi Class (1.00—1.45pm)</b> <b>Patient Support Group (3.00-4.30pm)</b> <a href="#">Please call to book in advance.</a>	<b>8</b> <b>Creative Writing (11.00am—12.30pm)</b>	<b>9</b> <b>Guided Meditation Class (10.00—10.30am)</b> <b>EFT Class (Emotional Freedom Technique) (11.00am—12.30pm)</b>	<b>10</b> <b>Bereavement Support Group (10.00—11.30am)</b> <a href="#">Please call to book in advance.</a> <b>Art Class—Mixed Ability (2.30—3.30pm)</b> - postponed until next week	<b>11</b> <b>Guided Meditation Class (10.00—10.30am)</b> <b>Yin Yoga Class (11.00—11.45am)</b>
<b>14</b> <b>Guided Meditation Class (10.00—10.30am)</b> <b>Tai Chi Class (1.00—1.45pm)</b> <b>Patient Support Group (3.00-4.30pm)</b> <a href="#">Please call to book in advance.</a>	<b>15</b> <b>Creative Writing (11.00am—12.30pm)</b>	<b>16</b> <b>Guided Meditation Class (10.00—10.30am)</b> <b>EFT Class (Emotional Freedom Technique) (11.00am—12.30pm)</b> <b>Sleep Management (2.00-3.00pm)</b>	<b>17</b> <b>Carers Support Group (11.00am—12.315m)</b> <a href="#">Please call to book in advance.</a> <b>Art Class—Mixed Ability (2.30—3.30pm)</b>	<b>18</b> <b>Guided Meditation Class (10.00—10.30am)</b> <b>Yin Yoga Class (11.00—11.45am)</b>
<b>21</b> <b>Guided Meditation Class (10.00—10.30am)</b> <b>Managing Stress (11.00-12.30pm)</b> <b>Tai Chi Class (1.00—1.45pm)</b> <b>Patient Support Group (3.00-4.30pm)</b> <a href="#">Please call to book in advance.</a>	<b>22</b>	<b>23</b> <b>Guided Meditation Class (10.00—10.30am)</b> <b>EFT Class (Emotional Freedom Technique) (11.00am—12.30pm)</b>	<b>24</b> <b>Bereavement Support Group (10..00—11.30am)</b> <a href="#">Please call to book in advance.</a> <b>Legal Information Sessions (2.00-4.00pm)</b> — <a href="#">Please call to book your 20min session in advance</a> <b>Art Class—Mixed Ability (2.30—3.30pm)</b>	<b>25</b> <b>Guided Meditation Class (10.00—10.30am)</b>
<b>28</b> <b>Guided Meditation Class (10.00—10.30am)</b> <b>Tai Chi Class (1.00—1.45pm)</b> <b>Patient Support Group (3.00-4.30pm)</b> <a href="#">Please call to book in advance</a>	<b>29</b> <b>Paired Massage (1.00— 2.00pm)</b>	<b>30</b> <b>Guided Meditation Class (10.00—10.30am)</b>		<b>KEY</b> <b>Weekly Wellbeing Classes</b> <b>Informative Workshops</b> <b>Social and Creative Activities</b>