

Timetable of online activities

To join any of these activities, please click on the name of the activity or enter the zoom meeting details in your zoom app.
For further information and support, call **The Mulberry Centre** on **020 8321 6300** or email: talk@themulberrycentre.co.uk

NOVEMBER 2020	WEEKLY CLASSES	SOCIAL & CREATIVE ACTIVITIES	WORKSHOPS
MONDAYS 	<p>Guided Meditation – Join here November 9, 16, 23 and 30, from 10:00 to 10.30am Zoom Meeting ID: 825 7005 6436 / Password: 478118</p> <p>Tai Chi Class – Postponed until 2021 Click here to meet Paul – volunteer Tai Chi instructor</p>		<p>Relaxation Techniques – Join here November 2, from 11:00am to 12:30pm Zoom Meeting ID: 896 9330 7646 / Password: 422539</p>
TUESDAYS 	<p>Creative Writing - Join here November 24, from 11:00am to 12.30pm Zoom Meeting ID: 864 0427 6912 / Passcode: 462787</p>		<p>Introduction to Aromatherapy -Join here November 10, from 11:00am to 12:30pm Zoom Meeting ID: 867 8487 4978 / Passcode: 596841</p> <p>Self-Massage Techniques – Join here November 17, from 2:00 to 3:00pm Zoom Meeting ID: 884 6012 6144 / Passcode: 737669</p> <p>Paired Massage – Join here November 24, from 1:00 to 2:00pm Zoom Meeting ID: 898 8821 1420 / Passcode: 500725</p>
WEDNESDAYS 	<p>Guided Meditation – Join here November 4, 11, 18 and 25, from 10:00 to 10.30am Zoom Meeting ID: 825 7005 6436 / Password: 478118</p> <p>EFT (Emotional Freedom Technique – tapping to release anxiety) November 4, 11, 18 and 25, from 11:00am to 12.00pm Zoom Meeting ID: 861 0108 7501 / Passcode: 139252</p>		
THURSDAYS 		<p>Art Class - (no class in November)</p> <p>Book Group – Join here Book: <i>Midnight Library</i> by Matt Haig November 26, from 12:30 to 2:00pm Zoom Meeting ID: 872 9231 4377 / Password: 294755</p>	<p>Legal Sessions November 5, (please call to book your 30 min session)</p>
FRIDAYS 	<p>Guided Meditation – Join here November 6, 13, 20 and 27, from 10:00 to 10.30am Zoom Meeting ID: 825 7005 6436 / Password: 478118</p> <p>one2one Yin Yoga – for relaxation (please call to book your 30 min session)</p>	<p>User Engagement Group November 6, from 11:00am to 12:00pm (Please call to book your place)</p> <p>Would like to help us shape our services for 2021? We would like to know what you think.</p>	<p>Welfare and Benefits Sessions November 6, (please call to book your 30 min session)</p>

Updated 16-11-20