

HEALTHY MINDS / MAY

2021

Online & in-person offers are in **BLUE**

for booking and more info call: 020 7241

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 BANK HOLIDAY	4	5 Acting & Storytelling Workshop 2pm-3.30pm (1/4)	6 Healthy Relationships 1pm-2.30pm (3/10)	7 Mindfulness 1-2pm Writing Group 12pm - 1.30pm	8
9	10 Film Club 1pm-2pm Mindfulness Music 3.30pm - 4.30pm	11 Heath Hands Taster 10am - 12pm	12 Coffee Morning 11am-12.30pm Acting & Storytelling Workshop 2pm-3.30pm (2/4)	13 Healthy Relationships 1pm-2.30pm (4/10) Walking group 2 - 3pm	14 Writing Group 12pm - 1.30pm	15
16	17 Mood Music 1pm-2pm Mindfulness Music 3.30pm - 4.30pm	18 Badminton @ Talacre 2pm - 3pm	19 Acting & Storytelling Workshop 2pm-3.30pm (3/4)	20 Healthy Relationships 1pm-2.30pm (5/10)	21 Mindfulness 1-2pm Writing Group 12pm - 1.30pm	22
23	24 Film Club 1pm-2pm Mindfulness Music 3.30pm - 4.30pm	25 Badminton @ Talacre 2pm - 3pm Heath Hands Taster 10am - 12pm	26 Coffee Morning 11am-12.30pm Acting & Storytelling Workshop 2pm-3.30pm (4/4)	27 Healthy Relationships 1pm-2.30pm (6/10) Walking group 2 - 3pm	28 Writing Group 12pm - 1.30pm	29
30	31 BANK HOLIDAY	27 Badminton @ Talacre 2pm - 3pm	28	29 Healthy Relationships 1pm-2.30pm (7/10)	30 Writing Group 12pm - 1.30pm	31