

# NOVEMBER 2019 TIMETABLE

## THE MILMDAY COMMUNITY CENTRE

MON	TUE	WED	THU	FRI	SAT
<p><b>Gentle Pilates</b> (over 50s) 10am – 11am</p> <p><b>Mobile Repair Service</b> <b>Independent Living</b> (by referral) 2pm – 3pm</p> <p><b>ZUMBA™ with Reggie</b> 6.30pm – 7.30pm</p> <p><b>Employability Training with TYS</b> (fortnightly from 11th; for young people) 4.30pm – 6pm</p> <p><b>Internet Café</b> 10am – 7pm</p>	<p><b>BetaMinds Coffee Morning</b> (fortnightly from 12<sup>th</sup>; for parents with autistic children) 10am – 12pm</p> <p><b>Catan Night</b> 7pm – 10pm</p> <p><b>Internet Café</b> 10am – 7pm</p>	<p><b>Interoffice Meditation</b> (by referral) 8.30am – 9.00am</p> <p><b>Little Strikers</b> (under 5s) 10am – 11.30pm</p> <p><b>Homework Club</b> (ages 9 to 13) 5pm – 6pm</p> <p><b>Checkers Bingo</b> 7pm – 9pm</p> <p><b>Internet Café</b> 10am – 7pm</p>	<p><b>Little Strikers</b> (under 5s) 10am – 11.30pm</p> <p><b>Indoor Bowls</b> 12pm – 2pm</p> <p><b>Spanish Lessons for Children</b> (Home-schooling) 1pm – 2pm</p> <p><b>Turkish Lessons for Children</b> (ages 5 to 15) 5.30pm – 6.30pm</p> <p><b>HUBVELO's HIIT</b> 7.30pm - 8.30pm</p> <p><b>Internet Café</b> 10am – 6pm</p>	<p><b>Mer-IT workshop</b> (by referral) 10am – 11.30pm</p> <p><b>Golden Oldies Luncheon Club</b> 12pm – 3pm</p> <p><b>African &amp; Caribbean Senior Citizens Group</b> 3pm – 7pm</p> <p><b>Maths &amp; Gardening</b> (GCSE revision) 4pm – 6pm</p> <p><b>Highbury Table Tennis Club Juniors</b> (for under 18s) 6pm – 7pm</p> <p><b>Highbury Table Tennis Club Adults</b> 7pm – 8pm</p>	<p><b>Capoeira for Children with Capoeira Project UK</b> (ages 3 – 16) 10.30am – 1pm</p> <hr/> <p><b>The Centre is available for hire...</b></p> <p><i>Visit <a href="http://www.mildmaycp.org.uk">www.mildmaycp.org.uk</a> to find out more.</i></p>