

NOVEMBER TIMETABLE

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

THE MILD MAY COMMUNITY PARTNERSHIP IS A REGISTERED CHARITY WITH CHARITY NO 110399 AND IT RUNS THE MILD MAY COMMUNITY CENTRE, WOODVILLE ROAD, LONDON N16 8NA | 020 7249 8286 | ADMIN@MILDMAYCP.ORG.UK



NOVEMBER 2019

at the Mildmay Community Centre

GENTLE PILATES FOR OVER 50s. MOBILE REPAIR SERVICE INDEPENDENT LIVING. ZUMBA™ WITH REGGIE. INTERNET CAFÉ. BETAMINDS COFFEE MORNING WITH RHY. BOXING WITH ACCESS TO SPORTS. CATAN NIGHT. INTEROFFICE MEDITATION. LITTLE STRIKERS UNDER 5s FOOTBALL. HOMEWORK CLUB. CHECKERS BINGO. INDOOR BOWLS. SPANISH LESSONS FOR CHILDREN. TURKISH LESSONS FOR CHILDREN. MER-IT WORKSHOPS. GOLDEN OLDIES LUNCHEON CLUB. AFRICAN & CARRIBEAN SENIORS GROUP. MATHS & GARDENING. MILD MAY PENSIONERS ASSOCIATION. HIGHBURY TABLE TENNIS CLUB. MILD MAY COMMUNITY GATHERING. HUB VÉLO HIIT. COUNCILLOR SURGERY. EMPLOYABILITY.

NOVEMBER HIGHLIGHTS

4th

New! Gentle Pilates for over 50s

Every Monday, term-time, 10am - 11am

Improve strength, stamina and energy. For better health, wellbeing and relaxation. Own mats welcome. Sessions are run by Islington Active Spaces project.

7th

New! Hub Vélo's HIIT

Every Thursday for 12 weeks, 7.30pm - 8.30pm

A high intensity interval training (HIIT) session for all levels of cyclists. This intensive evening will help you become a better, stronger, faster cyclist. Sessions are run by Hub Vélo.

11th

New! BetaMinds Coffee Morning

Every other Tuesday from 11th, 10am - 12pm

Support group for parents or carers with autistic children. An opportunity to explore some of the challenges and a chance to share experiences with other parents or carers.

27th

Mildmay Pensioners Association

Every last Wednesday, 12pm - 4pm

One of Islington's liveliest and well-attended pensioner groups. Join the MPA for raffles, bingo and more! Come and enjoy conversations with other residents in the area.

Councillor Surgeries

The Mildmay Community Centre hosts Mildmay Ward Councillor surgeries every first Wednesday of the month between 5.30pm - 6.30pm. This month's surgery is on **Wednesday 6th November 2019**. No appointment necessary.

ONGOING ACTIVITIES



Catan Night

Every Tuesday, all welcome, 7pm - 10pm

Trade. Build. Settle.™. A popular board game of wits and strategy which all age groups can enjoy. Seafarer's Expansion pack included. Bring your own expansions (BYOE) welcome.



Homework Club: Fitness & Life Skills

Every Wednesday, term-time, ages 9 to 13, 6pm - 8pm

The homework club continues at the centre - a tutor helps students with their homework and a coach imparts fitness and like skills that helps children develop good habits.



Turkish Classes for Children

Every Thursday, under 16s, 6pm - 8pm

An opportunity for children (and parents!) to practice their social and language skills. Parents are welcome to bring and share cakes and fruit.



Maths & Gardening

Every Friday, ages 13 - 16, 4pm - 6pm

A hands-on revision session for students on the higher paper. Our community gardener puts maths into context from circles to Pythagoras, these sessions build up confidence in maths.



Highbury Table Tennis Club

Every Friday, all welcome, 6pm - 8pm

The Highbury Table Tennis Club returns with two new sessions: Juniors (under 18s) 6pm - 7pm, and the adult session takes place between 7pm - 8pm. Friendly competition encouraged.

Also this month... Chef Khadim starts the Mildmay Community Gathering, with the Peoples' Kitchen, on Saturday 9th November, 11am - 6pm. All welcome. Ask at Reception for more info.