

Mildmay Community Centre Weekly Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Gentle Pilates For men and women. Improve strength, stamina and energy. 10am - 11am</p> <p>Single Homeless Project Gentle Exercise Class 12noon – 1pm</p>	<p>BetaMinds Coffee Morning 10am – 11.30am</p> <p>Hola! Spanish and Arts for Everyone 10am – 11am</p>	<p>Little Strikers Under 5s Football Training 10.00am – 11.30am</p>	<p>Little Strikers Under 5s Football Training 10am-11.30am</p> <p>Mildmay Gardening Club</p>	<p>Mer-IT Workshop for home-schooled children and young people</p> <p>Golden Oldies Senior Citizens & Disabled Lunch Club 12noon – 3.00pm</p>	<p>Capoeira Kids Project UK 10.30am – 12.30pm</p> <p>Councillors Advice Surgery 5.30pm – 6.30pm First Wednesday of every month</p>
<p>MRS - Mobile Repair Service Independent By referral only 2pm - 3:15pm</p> <p>Arsenal Double Club After school homework club and football sessions for young people aged 8 to 13years 4:30pm – 6:30pm</p>	 <p>Mildmay Gardening Club</p>	<p>Mildmay Pensioners Association 1pm – 4pm Last Wednesday of every month</p> <p>Fitness and Life Skills and Homework Club A community-led initiative aiming to teach and improve life skills of young people through sports 5pm – 7pm</p>	<p>Indoor Bowls 12noon - 2pm</p> <p>Hola! Spanish and Arts for Everyone 4pm – 5pm</p> <p>Turkish Language Class for children and young people 5:30pm – 6:30pm</p>	<p>Hola! Spanish and Arts for Everyone 4pm – 5pm</p> <p>African & Caribbean Senior Citizens Association 3pm – 7pm</p>	<p>Safer Neighbourhood Team Surgery For further details ask at reception of community centre</p> <p>MILDMAY COMMUNITY CENTRE Contact No: 020 7249 8286 Email: mildmaycp@gmail.com Twitter: @mildmaycp Website: www.mildmaycp.wordpress.com</p>
<p>Zumba with Reggie 6:30pm – 7:30pm</p>	<p>Pumpkin Jigsaw Carnival Samba Drums 7pm – 9pm</p>	<p>Checkers Bingo 7pm – 9pm Eyes down at 7.30pm</p>	<p>Internet Café 09:30 to 17:30 Monday to Friday</p>	<p>Table Tennis Club 6:30pm – 8.30pm</p>	