

Educational Wellbeing	Physical Wellbeing
Emotional Wellbeing	Social Wellbeing

Meridian Wellbeing Services/ Activities Schedule
Jan-24

Day	Date	Time	Duration	Activity/ Service	Meritage Centre, Zoom,	Wellbeing Category
Monday	1	New Year's Day				
Tuesday	2	10:30	120	Stay Active & Connect: GLL Better Gyms	Meritage Centre	Physical Wellbeing
		15:00	60	Tai Chi Beginners Exercise Class	Zoom	Physical Wellbeing
Wednesday	3	No Activities				
Thursday	4	13:30	45	Social Club: Wellbeing Workshop (Cantonese)	Meritage Centre & Zoom	Emotional Wellbeing
		14:30	45	Social Club: Physical Exercise Class	Meritage Centre & Zoom	Physical Wellbeing
		15:15	45	Social Club: Chair Yoga	Meritage Centre & Zoom	Physical Wellbeing
Friday	5	11:00	120	Better Together Wellbeing Cafe	Meritage Centre	Social Wellbeing
		14:00	180	Table Tennis £3 per session (£10 any 4 sessions)	Meritage Centre	Physical Wellbeing
Saturday	6					
Sunday	7					
Monday	8	10:30	90	Shared Reading Group	Meritage Centre	Social Wellbeing
		11:00	120	Better Together Wellbeing Cafe - NEW BARNET EN4 9PF	New Barnet	Social Wellbeing
		11:00	60	Wellbeing Club: Tai Chi Exercise (£3 per session)	Meritage Centre	Physical Wellbeing
		12:00	60	Wellbeing Club: Fitness Exercise (£3 per session)	Meritage Centre	Physical Wellbeing
		13:30	120	Acupuncture Treatment (£30 per session 30-45 minutes) Pre-booking required	Meritage Centre	Physical Wellbeing
		13:45	60	Wellbeing Club: Group Exercise - Yuji Dance	Meritage Centre	Physical Wellbeing
		14:30	60	Wellbeing Club: Line Dancing (£3 per session)	Meritage Centre	Physical Wellbeing
		16:00	60	Wellbeing Webinar: Managing Challenging Emotions	Zoom	Emotional Wellbeing
		17:00	60	Wellbeing Webinar: Supporting Wellbeing & Positive Self-Care	Zoom	Emotional Wellbeing
Tuesday	9	10:30	120	Stay Active & Connect: GLL Better Gyms	Meritage Centre	Physical Wellbeing
		13:00	180	Social Dancing (£6 per session)	Meritage Centre	Physical Wellbeing
		13:30	90	7-Week Wellbeing Programme - Session 6 of 7 (closed group)	Zoom	Educational Wellbeing
		15:00	60	Tai Chi Beginners Exercise Class	Zoom	Physical Wellbeing

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Day	Date	Time	Duration	Activity/ Service	Meritage Centre, Zoom,	Wellbeing Category
Wednesday	10	12:30	60	Pilates (<i>£3 per session, any 10 sessions £25</i>)	Meritage Centre	Physical Wellbeing
		13:00	240	Chinese Opera group (<i>£5 per session</i>)	Meritage Centre	Social Wellbeing
Thursday	11	13:30	45	Social Club: Wellbeing Workshop (Cantonese)	Meritage Centre & Zoom	Emotional Wellbeing
		14:30	45	Social Club: Physical Exercise Class	Meritage Centre & Zoom	Physical Wellbeing
		15:15	45	Social Club: Chair Yoga	Meritage Centre & Zoom	Physical Wellbeing
Friday	12	11:00	60	Chair Yoga	Meritage Centre	Emotional Wellbeing
		14:00	180	Table Tennis (BNO)	Meritage Centre	Physical Wellbeing
Saturday	13					
Sunday	14					
Monday	15	10:30	90	Shared Reading Group	Meritage Centre	Social Wellbeing
		11:00	60	Wellbeing Club: Tai Chi Exercise (<i>£3 per session</i>)	Meritage Centre	Physical Wellbeing
		12:00	60	Wellbeing Club: Fitness Exercise (<i>£3 per session</i>)	Meritage Centre	Physical Wellbeing
		13:30	120	Acupuncture Treatment (<i>£30 per session 30-45 minutes</i>) Pre-booking required	Meritage Centre	Physical Wellbeing
		13:45	60	Wellbeing Club: Group Exercise - Yuji Dance	Meritage Centre	Physical Wellbeing
		14:30	60	Wellbeing Club: Line Dancing (<i>£3 per session</i>)	Meritage Centre	Physical Wellbeing
		16:00	60	Wellbeing Webinar: Managing Challenging Emotions	Zoom	Emotional Wellbeing
		17:00	60	Wellbeing Webinar: Supporting Wellbeing & Positive Self-Care	Zoom	Emotional Wellbeing
Tuesday	16	10:30	120	Stay Active & Connect: GLL Better Gyms	Meritage Centre	Physical Wellbeing
		13:30	90	7-Week Wellbeing Programme - Session 7 of 7 (closed group)	Zoom	Educational Wellbeing
		13:00	180	Social Dancing (<i>£6 per session</i>)	Meritage Centre	Physical Wellbeing
		15:00	60	Tai Chi Beginners Exercise Class	Zoom	Physical Wellbeing
Wednesday	17	12:30	60	Pilates (<i>£3 per session, any 10 sessions £25</i>)	Meritage Centre	Physical Wellbeing
Thursday	18	13:30	45	Social Club: Wellbeing Workshop (Cantonese)	Meritage Centre & Zoom	Emotional Wellbeing
		14:30	45	Social Club: Physical Exercise Class	Meritage Centre & Zoom	Physical Wellbeing
		15:15	45	Social Club: Chair Yoga	Meritage Centre & Zoom	Physical Wellbeing
Friday	19	11:00	120	Better Together Wellbeing Cafe	Meritage Centre	Social Wellbeing
		14:00	180	Table Tennis (BNO)	Meritage Centre	Physical Wellbeing

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Day	Date	Time	Duration	Activity/ Service	Meritage Centre, Zoom,	Wellbeing Category
Saturday	20					
Sunday	21					
Monday	22	10:30	90	Shared Reading Group	Meritage Centre	Social Wellbeing
		11:00	120	Better Together Wellbeing Cafe - NEW BARNET EN4 9PF	New Barnet	Social Wellbeing
		11:00	60	Wellbeing Club: Tai Chi Exercise (<i>£3 per session</i>)	Meritage Centre	Physical Wellbeing
		12:00	60	Wellbeing Club: Fitness Exercise (<i>£3 per session</i>)	Meritage Centre	Physical Wellbeing
		13:30	120	Acupuncture Treatment (£30 per session 30-45 minutes) Pre-booking required	Meritage Centre	Physical Wellbeing
		13:45	60	Wellbeing Club: Group Exercise - Yuji Dance	Meritage Centre	Physical Wellbeing
		14:30	60	Wellbeing Club: Line Dancing (<i>£3 per session</i>)	Meritage Centre	Physical Wellbeing
		16:00	60	Wellbeing Webinar: Managing Challenging Emotions	Zoom	Emotional Wellbeing
		17:00	60	Wellbeing Webinar: Supporting Wellbeing & Positive Self-Care	Zoom	Emotional Wellbeing
Tuesday	23	10:30	120	Stay Active & Connect: GLL Better Gyms	Meritage Centre	Physical Wellbeing
		13:00	180	Social Dancing (<i>£6 per session</i>)	Meritage Centre	Physical Wellbeing
		13:30	90	7-Week Wellbeing Programme - Session 1 of 7 (closed group)	Zoom	Educational Wellbeing
		15:00	60	Tai Chi Beginners Exercise Class	Zoom	Physical Wellbeing
Wednesday	24	12:30	60	Pilates (<i>£3 per session, any 10 sessions £25</i>)	Meritage Centre	Physical Wellbeing
		13:00	240	Chinese Opera group (<i>£5 per session</i>)	Meritage Centre	Social Wellbeing
Thursday	25	13:30	45	Social Club: Wellbeing Workshop (Cantonese)	Meritage Centre & Zoom	Emotional Wellbeing
		14:30	45	Social Club: Physical Exercise Class	Meritage Centre & Zoom	Physical Wellbeing
		15:15	45	Social Club: Chair Yoga	Meritage Centre & Zoom	Physical Wellbeing
Friday	26	11:00	60	Chair Yoga	Meritage Centre	Emotional Wellbeing
		14:00		Table Tennis (BNO)	Meritage Centre	Physical Wellbeing
Saturday	27					
Sunday	28					

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Day	Date	Time	Duration	Activity/ Service	Meritage Centre, Zoom,	Wellbeing Category
Monday	29	10:30	90	Shared Reading Group	Meritage Centre	Social Wellbeing
		11:00	60	Wellbeing Club: Tai Chi Exercise (<i>£3 per session</i>)	Meritage Centre	Physical Wellbeing
		12:00	60	Wellbeing Club: Fitness Exercise (<i>£3 per session</i>)	Meritage Centre	Physical Wellbeing
		13:30	120	Acupuncture Treatment (£30 per session 30-45 minutes) Pre-booking required	Meritage Centre	Physical Wellbeing
		13:45	60	Wellbeing Club: Group Exercise - Yuji Dance	Meritage Centre	Physical Wellbeing
		14:30	60	Wellbeing Club: Line Dancing (<i>£3 per session</i>)	Meritage Centre	Physical Wellbeing
		16:00	60	Wellbeing Webinar: Managing Challenging Emotions	Zoom	Emotional Wellbeing
		17:00	60	Wellbeing Webinar: Supporting Wellbeing & Positive Self-Care	Zoom	Emotional Wellbeing
Tuesday	30	10:30	120	Stay Active & Connect: GLL Better Gyms	Meritage Centre	Physical Wellbeing
		13:00	180	Social Dancing (<i>£6 per session</i>)	Meritage Centre	Physical Wellbeing
		13:30	90	7-Week Wellbeing Programme - Session 2 of 7 (closed group)	Zoom	Educational Wellbeing
		15:00	60	Tai Chi Beginners Exercise Class	Zoom	Physical Wellbeing
Wednesday	31	12:30	60	Pilates (<i>£3 per session, any 10 sessions £25</i>)	Meritage Centre	Physical Wellbeing