

**Meridian Wellbeing Services/ Activities Schedule  
Jul-21**

| Day              | Date      | Time<br>(24hr) | Duration<br>(mins) | Activity/ Service   |
|------------------|-----------|----------------|--------------------|---|
| <b>Thursday</b>  | <b>1</b>  | 11:00          | 120                | Meridian Wellbeing: Wellbeing Cafe                                    |
|                  |           | 13:30          | 60                 | Meridian Wellbeing: Social Club - Physical Exercise Class             |
|                  |           | 14:30          | 60                 | Meridian Wellbeing: Social Club - Karaoke Singing class (Cantonese)   |
|                  |           | 18:00          | 60                 | Meridian Wellbeing: Peer Support Club                                 |
| <b>Friday</b>    | <b>2</b>  | 08:00          | 45                 | Mindfulness and Meditation  |
|                  |           | 09:30          | 90                 | Mat Yoga  |
|                  |           | 11:00          | 60                 | Creative Flower Workshop  |
| <b>Saturday</b>  | <b>3</b>  |                |                    |   |
| <b>Sunday</b>    | <b>4</b>  |                |                    |   |
| <b>Monday</b>    | <b>5</b>  | 12:00          | 60                 | Meridian Wellbeing: Music for Wellbeing                               |
|                  |           | 13:30          | 60                 | Meridian Wellbeing Club - Tai Chi Exercise                            |
|                  |           | 14:30          | 60                 | Meridian Wellbeing Club - Health Talk                                 |
|                  |           | 15:30          | 60                 | Meridian Wellbeing Club - Group Exercise                              |
|                  |           | 14:00          | 60                 | Covid-19 Webinar: Managing Challenging Emotions                       |
|                  |           | 15:30          | 60                 | Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care         |
| <b>Tuesday</b>   | <b>6</b>  | 10:00          | 60                 | Covid-19 Webinar: Improving relations                                 |
|                  |           | 12:00          | 60                 | Meridian Wellbeing: Therapeutic Music                                 |
|                  |           | 13:30          | 60                 | Programme A   |
|                  |           | 15:00          | 60                 | Meridian Wellbeing: Wellbeing Club - Tai Chi Beginners Exercise Class |
| <b>Wednesday</b> | <b>7</b>  | 11:00          | 120                | Meridian Wellbeing: Wellbeing Club - Guitar Singing Class (Cantonese) |
|                  |           | 12:00          | 60                 | Chair Yoga  |
| <b>Thursday</b>  | <b>8</b>  | 13:30          | 60                 | Meridian Wellbeing: Social Club - Physical Exercise Class             |
|                  |           | 14:30          | 60                 | Meridian Wellbeing: Social Club - Karaoke Singing class (Cantonese)   |
|                  |           | 18:00          | 60                 | Meridian Wellbeing: Peer Support Club                                 |
| <b>Friday</b>    | <b>9</b>  | 08:00          | 45                 | Mindfulness and Meditation  |
|                  |           | 09:30          | 90                 | Mat Yoga  |
| <b>Saturday</b>  | <b>10</b> |                |                    |   |
| <b>Sunday</b>    | <b>11</b> |                |                    |   |
| <b>Monday</b>    | <b>12</b> | 12:00          | 60                 | Meridian Wellbeing: Music for Wellbeing                               |

|                  |           |       |     |   |
|------------------|-----------|-------|-----|---|
|                  |           | 13:30 | 60  | Meridian Wellbeing Club - Tai Chi Exercise                            |
|                  |           | 14:30 | 60  | Meridian Wellbeing Club - Health Talk                                 |
|                  |           | 15:30 | 60  | Meridian Wellbeing Club - Group Exercise                              |
|                  |           | 14:00 | 60  | Covid-19 Webinar: Managing Challenging Emotions                       |
|                  |           | 15:30 | 60  | Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care         |
|                  |           |       |     |   |
| <b>Tuesday</b>   | <b>13</b> | 10:00 | 60  | Covid-19 Workshop: Improving Relations                                |
|                  |           | 12:00 | 60  | Meridian Wellbeing: Therapeutic Music                                 |
|                  |           | 13:30 | 60  | Programme A   |
|                  |           | 15:00 | 60  | Meridian Wellbeing: Wellbeing Club - Tai Chi Beginners Exercise Class |
| <b>Wednesday</b> | <b>14</b> | 11:00 | 120 | Meridian Wellbeing: Wellbeing Club - Guitar Singing Class (Cantonese) |
|                  |           | 12:00 | 60  | Chair Yoga  |
| <b>Thursday</b>  | <b>15</b> | 11:00 | 120 | Meridian Wellbeing: Wellbeing Cafe                                    |
|                  |           | 13:30 | 60  | Meridian Wellbeing: Social Club - Physical Exercise Class             |
|                  |           | 14:30 | 60  | Meridian Wellbeing: Social Club - Karaoke Singing class (Cantonese)   |
|                  |           | 18:00 | 60  | Meridian Wellbeing: Peer Support Club                                 |
| <b>Friday</b>    | <b>16</b> | 08:00 | 45  | Mindfulness and Meditation  |
|                  |           | 09:30 | 90  | Mat Yoga  |
|                  |           | 11:00 | 60  | Creative Flower Workshop  |
| <b>Saturday</b>  | <b>17</b> |       |     |   |
| <b>Sunday</b>    | <b>18</b> |       |     |   |
| <b>Monday</b>    | <b>19</b> | 12:00 | 60  | Meridian Wellbeing: Music for Wellbeing                               |
|                  |           | 13:30 | 60  | Meridian Wellbeing Club - Tai Chi Exercise                            |
|                  |           | 14:30 | 60  | Meridian Wellbeing Club - Health Talk                                 |
|                  |           | 15:30 | 60  | Meridian Wellbeing Club - Group Exercise                              |
|                  |           | 14:00 | 60  | Covid-19 Webinar: Managing Challenging Emotions                       |
|                  |           | 15:30 | 60  | Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care         |
| <b>Tuesday</b>   | <b>20</b> | 10:00 | 60  | COVID Webinar: Improving relations                                    |
|                  |           | 12:00 | 60  | Meridian Wellbeing: Therapeutic Music                                 |
|                  |           | 13:30 | 60  | New Programme B 1st session   |
|                  |           | 15:00 | 60  | Meridian Wellbeing: Wellbeing Club - Tai Chi Beginners Exercise Class |
| <b>Wednesday</b> | <b>21</b> | 11:00 | 120 | Meridian Wellbeing: Wellbeing Club - Guitar Singing Class (Cantonese) |

|                  |           |              |            |   |
|------------------|-----------|--------------|------------|---|
|                  |           | 12:00        | 60         | Chair Yoga  |
| <b>Thursday</b>  | <b>22</b> | 13:30        | 60         | Meridian Wellbeing: Social Club - Physical Exercise Class             |
|                  |           | 14:30        | 60         | Meridian Wellbeing: Social Club - Karaoke Singing class (Cantonese)   |
|                  |           | 18:00        | 60         | Meridian Wellbeing: Peer Support Club                                 |
| <b>Friday</b>    | <b>23</b> | 08:00        | 45         | Mindfulness and Meditation  |
|                  |           | 09:30        | 90         | Mat Yoga  |
| <b>Saturday</b>  | <b>24</b> |              |            |   |
| <b>Sunday</b>    | <b>25</b> |              |            |   |
| <b>Monday</b>    | <b>26</b> | 12:00        | 60         | Meridian Wellbeing: Music for Wellbeing                               |
|                  |           | 13:30        | 60         | Meridian Wellbeing Club - Tai Chi Exercise                            |
|                  |           | 14:30        | 60         | Meridian Wellbeing Club - Health Talk                                 |
|                  |           | 15:30        | 60         | Meridian Wellbeing Club - Group Exercise                              |
|                  |           | 14:00        | 60         | Covid-19 Webinar: Managing Challenging Emotions                       |
|                  |           | 15:30        | 60         | Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care         |
| <b>Tuesday</b>   | <b>27</b> | 10:00        | 60         | COVID Workshop Improving relations                                    |
|                  |           | <b>10:00</b> | <b>120</b> | <b>Wellbeing Day: Welcome! Wellbeing Day</b>                          |
|                  |           | 10:15        | 20         | Wellbeing Day: Dance Exercise Class                                   |
|                  |           | 10:50        | 90         | Wellbeing Day: Learn about new services                               |
|                  |           | 11:15        | 30         | Wellbeing Day: Wellbeing Webinar                                      |
|                  |           | 12:00        | 60         | Wellbeing Day: Therapeutic Music                                      |
|                  |           | 13:30        | 60         | Programme B 2nd session   |
| <b>Wednesday</b> | <b>28</b> | 11:00        | 120        | Meridian Wellbeing: Wellbeing Club - Guitar Singing Class (Cantonese) |
|                  |           | 12:00        | 60         | Chair Yoga  |
| <b>Thursday</b>  | <b>29</b> | 11:00        | 120        | Meridian Wellbeing: Wellbeing Cafe                                    |
|                  |           | 13:30        | 60         | Meridian Wellbeing: Social Club - Physical Exercise Class             |
|                  |           | 14:30        | 60         | Meridian Wellbeing: Social Club - Karaoke Singing class (Cantonese)   |
|                  |           | 18:00        | 60         | Meridian Wellbeing: Peer Support Club                                 |
| <b>Friday</b>    | <b>30</b> | 08:00        | 45         | Mindfulness and Meditation  |
|                  |           | 09:30        | 90         | Mat Yoga  |
| <b>Saturday</b>  | <b>31</b> |              |            |   |
| <b>Sunday</b>    | <b>1</b>  |              |            |   |