

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

Day	Date	Time (24hr)	Duration (mins)	Activity/ Service	Meritage Centre, Zoom, or Both
Friday	1	08:00	45	Mindfulness and Meditation	Zoom
		09:30	60	Mat Yoga	Zoom
Saturday	2				
Sunday	3				
Monday	4	12:00	60	Music for Wellbeing (Week 12)	Zoom
		12:00	60	Meridian Wellbeing - Wellbeing Club: Tai Chi Exercise	Zoom & Physical
		14:30	60	Meridian Wellbeing - Wellbeing Club : Group Exercise Line Dancing	Physical only
		15:30	60	Meridian Wellbeing - Wellbeing Club: Table Tennis Class	Physical only
		14:00	60	Covid-19 Webinar: Managing Challenging Emotions	Zoom
		15:30	60	Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care	Zoom
Tuesday	5	10:00	60	Covid-19 Webinar: Improving Relations	Zoom
		11:00	60	Dancing for Happiness	Meritage Centre
		12:00	60	Therapeutic Music (Week 12)	Zoom
		13:30	90	Wellbeing Programme C - Session 3 of 7	Zoom
		15:00	60	Tai Chi Beginners Exercise Class	Zoom
Wednesday	6	11:00	120	MW Social Club: Guitar Singing Class (Cantonese)	Zoom & Physical
		12:00	60	Chair Yoga	Zoom
Thursday	7	11:00	120	Wellbeing Cafe	Zoom
		13:00	60	Meridian Wellbeing Social Club: Health Talk	Physical & Zoom
		14:00	60	Meridian Wellbeing Social Club: Physical Exercise Class	Physical & Zoom
		15:00	60	Meridian Wellbeing Social Club: Karaoke Singing Class (Cantonese)	Physical & Zoom
		18:00	60	Peer Support Club	Zoom
Friday	8	08:00	45	Mindfulness and Meditation	Zoom
		09:30	60	Mat Yoga	Zoom
		11:00	240	World Mental Health Day - Event at the Meritage Centre	Meritage Centre
Saturday	9				
Sunday	10				
Monday	11	12:00	60	Meridian Wellbeing - Wellbeing Club: Tai Chi Exercise	Zoom & Physical
		14:30	60	Meridian Wellbeing - Wellbeing Club : Group Exercise Line Dancing	Physical only
		15:30	60	Meridian Wellbeing - Wellbeing Club: Table Tennis Class	Physical only
		14:00	60	Covid-19 Webinar: Managing Challenging Emotions	Zoom
		15:30	60	Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care	Zoom
Tuesday	12	10:00	60	Covid-19 Webinar: Improving Relations	Zoom
		11:00	60	Dancing for Happiness	Meritage Centre
		13:30	90	Wellbeing Programme C - Session 4 of 7	Zoom
		15:00	60	Tai Chi Beginners Exercise Class	Zoom
Wednesday	13	11:00	120	MW Social Club: Guitar Singing Class (Cantonese)	Zoom & Physical
		12:00	60	Chair Yoga	Zoom
Thursday	14	13:00	60	Meridian Wellbeing Social Club: Health Talk	Physical & Zoom
		14:00	60	Meridian Wellbeing Social Club: Physical Exercise Class	Physical & Zoom
		15:00	60	Meridian Wellbeing Social Club: Karaoke Singing Class (Cantonese)	Physical & Zoom
		18:00	60	Peer Support Club	Zoom
Friday	15	08:00	45	Mindfulness and Meditation	Zoom
		09:30	60	Mat Yoga	Zoom
		11:00	60	Creative Flower Workshop	Meritage Centre
Saturday	16				
Sunday	17				

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<b>Monday</b>	<b>18</b>	12:00	60	Meridian Wellbeing - Wellbeing Club: Tai Chi Exercise	Zoom & Physical
		14:30	60	Meridian Wellbeing - Wellbeing Club : Group Exercise Line Dancing	Physical only
		15:30	60	Meridian Wellbeing - Wellbeing Club: Table Tennis Class	Physical only
		14:00	60	Covid-19 Webinar: Managing Challenging Emotions	Zoom
		15:30	60	Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care	Zoom
<b>Tuesday</b>	<b>19</b>	10:00	60	Covid-19 Webinar: Coping with Change and Loss	Zoom
		11:00	60	Dancing for Happiness	Meritage Centre
		13:30	90	Wellbeing Programme C - Session 5 of 7	Zoom
		15:00	60	Tai Chi Beginners Exercise Class	Zoom
<b>Wednesday</b>	<b>20</b>	11:00	120	MW Social Club: Guitar Singing Class (Cantonese)	Zoom & Physical
		12:00	60	Chair Yoga	Zoom
<b>Thursday</b>	<b>21</b>	11:00	120	Wellbeing Cafe	Zoom
		13:00	60	Meridian Wellbeing Social Club: Health Talk	Physical & Zoom
		14:00	60	Meridian Wellbeing Social Club: Physical Exercise Class	Physical & Zoom
		15:00	60	Meridian Wellbeing Social Club: Karaoke Singing class (Cantonese)	Physical & Zoom
		18:00	60	Meridian Wellbeing Peer Support Club	Zoom
<b>Friday</b>	<b>22</b>	08:00	45	Mindfulness and Meditation	Zoom
		09:30	60	Mat Yoga	Zoom
<b>Saturday</b>	<b>23</b>				
<b>Sunday</b>	<b>24</b>				
<b>Monday</b>	<b>25</b>	12:00	60	Meridian Wellbeing - Wellbeing Club: Tai Chi Exercise	Physical & Zoom
		15:15	60	Meridian Wellbeing - Wellbeing Club : Group Exercise Line Dancing	Physical only
		16:00	60	Meridian Wellbeing - Wellbeing Club: Table Tennis Class	Physical only
		14:00	60	Covid-19 Webinar: Managing Challenging Emotions	Zoom
		15:30	60	Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care	Zoom
<b>Tuesday</b>	<b>26</b>	10:00	60	Covid-19 Webinar: Coping with Change and Loss	Zoom
		11:00	60	Dancing for Happiness	Meritage Centre
		13:30	90	Wellbeing Programme C - Session 6 of 7	Zoom
		15:00	60	Tai Chi Beginners Exercise Class	Zoom
<b>Wednesday</b>	<b>27</b>	11:00	120	MW Social Club: Guitar Singing Class (Cantonese)	Physical & Zoom
		12:00	60	Chair Yoga	Zoom
<b>Thursday</b>	<b>28</b>	13:00	60	Meridian Wellbeing Social Club: Health Talk	Physical & Zoom
		14:00	60	Meridian Wellbeing Social Club: Physical Exercise Class	Physical & Zoom
		15:00	60	Meridian Wellbeing Social Club: Karaoke Singing Class (Cantonese)	Physical & Zoom
		18:00	60	Peer Support Club	Zoom
<b>Friday</b>	<b>29</b>	08:00	45	Mindfulness and Meditation	Zoom
		09:30	60	Mat Yoga	Zoom
		11:00	60	Creative Flower Workshop	Meritage Centre
<b>Saturday</b>	<b>30</b>				
<b>Sunday</b>	<b>31</b>				