

Meridian Wellbeing Services/ Activities Schedule
Nov-21

Day	Date	Time (24hr)	Duration (mins)	Activity/ Service	Meritage Centre, Zoom, or Both
Monday	1	12:00	60	Meridian Wellbeing - Wellbeing Club: Tai Chi Exercise	Physical & Zoom
		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	2	10:00	60	Covid-19 Webinar: Improving Relations	Zoom
		11:00	60	Dancing for Happiness	Meritage Centre
		13:30	90	Wellbeing Programme C - Session 7 of 7	Zoom
		15:00	60	Tai Chi Beginners Exercise Class	Zoom
Wednesday	3	12:00	60	Chair Yoga	Zoom
Thursday	4	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	5	08:00	45	Mindfulness and Meditation	Zoom
		09:30	60	Mat Yoga	Zoom
		11:00	60	Chair Yoga	Meritage Centre
Saturday	6				
Sunday	7			Meridian Wellbeing - Wellbeing Club: Interest class (Cantonese)	Physical
Monday	8	12:00	60	Meridian Wellbeing - Wellbeing Club: Tai Chi Exercise	Physical & Zoom
		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	9	10:00	60	Covid-19 Webinar: Improving Relations	Zoom
		11:00	60	Dancing for Happiness	Meritage Centre
		13:30	90	Wellbeing Programme D - Session 1 of 7	Zoom
		15:00	60	Tai Chi Beginners Exercise Class	Zoom
Wednesday	10	12:00	60	Chair Yoga	Zoom
Thursday	11	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	12	08:00	45	Mindfulness and Meditation	Zoom
		09:30	60	Mat Yoga	Zoom
		11:00	60	Creative Flower Workshop	Meritage Centre
Saturday	13				
Sunday	14				
Monday	15	12:00	60	Meridian Wellbeing - Wellbeing Club: Tai Chi Exercise	Physical & Zoom
		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	16	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 D - Session 2 of 7	Zoom
		15:00	60	Tai Chi Beginners Exercise Class	Zoom
Wednesday	17	12:00	60	Chair Yoga	Zoom
Thursday	18	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

Meridian Wellbeing Services/ Activities Schedule
Nov-21

Day	Date	Time (24hr)	Duration (mins)	Activity/ Service	Meritage Centre, Zoom, or Both
Friday	19	08:00	45	Mindfulness and Meditation	Zoom
		09:30	60	Mat Yoga	Zoom
		11:00	60	Chair Yoga	Meritage Centre
		12:30	120	Better Together Café - Volunteer Run Community Cafe NEW	Meritage Centre
Saturday	20				
Sunday	21				
Monday	22	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
Tuesday	23	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 D - Session 3 of 7	Zoom
		15:00	60	Tai Chi Beginners Exercise Class	Zoom
Wednesday	24	12:00	60	Chair Yoga	Zoom
Thursday	25	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	26	08:00	45	Mindfulness and Meditation	Zoom
		09:30	60	Mat Yoga	Zoom
		11:00	60	Creative Flower Workshop	Meritage Centre
Saturday	27				
Sunday	28				
Monday	29	12:00	60	Meridian Wellbeing - Wellbeing Club: Tai Chi Exercise	Physical & Zoom
		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	30	10:00	60	Covid-19 Webinar: Improving Relations	Zoom
		11:00	60	Dancing for Happiness	Meritage Centre
		13:30	90	Wellbeing Programme D - Session 4 of 7	Zoom
		15:00	60	Tai Chi Beginners Exercise Class	Zoom