

Meridian Wellbeing Services/ Activities Schedule

April

Day	Date	Time (24hr)	Duration (mins)	Activity/ Service
Thursday	1	13:30	60	Meridian Wellbeing: Social Club - Physical Exercise Class
		14:30	60	Meridian Wellbeing: Social Club - Health Talk
		18:00	60	Meridian Wellbeing: Peer Support Club
Friday	2			Bank Holiday
Saturday	3			
Sunday	4			
Monday	5			Bank Holiday
Tuesday	6	10:00	60	Covid-19 Webinar: Managing Relations
		11:00	90	Meridian Wellbeing Programme A/D (2021) "Managing Anxiety and Worry"
		13:30	90	Meridian Wellbeing Start of Programme C (2021) "5 Ways to Wellbeing"
		13:30	60	Meridian Wellbeing: Wellbeing Club - Karaoke Singing class (Cantonese)
		15:00	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Beginners Exercise Class
Wednesday	7	10:00	60	Covid-19 Webinar: Managing Challenging Emotions
		11:00	60	Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care
		11:00	120	Meridian Wellbeing: Wellbeing Club - Singing Class (Chinese speaking)
		12:00	60	Chair Yoga
Thursday	8	13:30	60	Meridian Wellbeing: Social Club - Physical Exercise Class
		14:30	60	Meridian Wellbeing: Social Club - Health Talk
		18:00	60	Meridian Wellbeing: Peer Support Club
Friday	9	08:00	45	Mindfulness and Meditation
		09:30	90	Mat Yoga
		11:00	60	Creative Flower Workshop
		16:00	60	Covid -19 Group CBT Depression (C3,S1)
Saturday	10			
Sunday	11			
Monday	12	13:30	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Exercise
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		15:30	60	Meridian Wellbeing: Wellbeing Club - Group Exercise

Tuesday	13	13:30	60	Meridian Wellbeing: Wellbeing Club - Karaoke Singing class (Cantonese)
		15:00	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Beginners Exercise Class
Wednesday	14	10:00	60	Covid-19 Webinar: Managing Challenging Emotions
		11:00	60	Covid-19 Webinar: Supporting Wellbeing and Positive Self-Care
		12:00	60	Chair Yoga
		14:30	120	Meridian Wellbeing: Wellbeing Club - Singing Class (Chinese)
Thursday	15	13:30	60	Meridian Wellbeing: Social Club - Physical Exercise Class
		14:30	60	Meridian Wellbeing: Social Club - Health Talk
		18:00	60	Meridian Wellbeing: Peer Support Club
Friday	16	08:00	45	Mindfulness and Meditation
		09:30	90	Mat Yoga
		16:00	60	Covid -19 Group CBT Depression (C3,S2)
Saturday	17			
Sunday	18			
Monday	19	13:30	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Exercise
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		15:30	60	Meridian Wellbeing: 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
Tuesday	20	13:30	60	Meridian Wellbeing: Wellbeing Club - Karaoke Singing class (Cantonese)
		15:00	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Beginners Exercise Class
Wednesday	21	11:00	120	Meridian Wellbeing: Wellbeing Club - Singing Class (Chinese)
		12:00	60	Chair Yoga
		13:30	90	Meridian Wellbeing Programme A/D - "Becoming more assertive "
		15:30	90	Meridian Wellbeing Programme C (2021) - "Improving Self Esteem"
Thursday	22	13:30	60	Meridian Wellbeing: Social Club - Physical Exercise Class
		14:30	60	Meridian Wellbeing: Social Club - Health Talk
		18:00	60	Meridian Wellbeing: Peer Support Club
Friday	23	08:00	45	Mindfulness and Meditation

		09:30	90	Mat Yoga
		11:00	60	Creative Flower Workshop
		16:00	60	Covid -19 Group CBT Depression (C3,S3)
Saturday	24			
Sunday	25			
Monday	26	13:30	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Exercise
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		15:30	60	Meridian Wellbeing: 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
Tuesday	27	10:00	180	Wellbeing Day: Welcome! Wellbeing Café
		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: Music for Wellbeing
		13:30	90	Meridian Wellbeing Programme A/D - "Improving Relations "
		13:30	60	Meridian Wellbeing: Wellbeing Club - Karaoke Singing class (Cantonese)
		15:00	60	Meridian Wellbeing: Wellbeing Club - Tai Chi Beginners Exercise Class
		16:00	60	COVID Workshop Improving relations
Wednesday	28	11:00	120	Meridian Wellbeing: Wellbeing Club - Singing Class (Chinese)
		12:00	60	Chair Yoga
Thursday	29	13:30	60	Meridian Wellbeing: Social Club - Physical Exercise Class
		14:30	60	Meridian Wellbeing: Social Club - Health Talk
		18:00	60	Meridian Wellbeing: Peer Support Club
Friday	30	08:00	45	Mindfulness and Meditation
		09:30	90	Mat Yoga
		11:00	60	Creative Flower Workshop
		16:00	60	Covid -19 Group CBT Depression (C3,S4)