

Mildmay Community Centre Weekly Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mum & Baby Group with Ourmala and The Helen Bamber Foundation 11.00am – 3.00pm Referral only	Pilates with Roberta 9.30am – 10.30am	Little Superstars Under 5s Football Training with Access to Sports 10.00am – 12.00pm			Capoeira for Children with Capoeira Kids Project 10.30am – 12.30pm
	Boss Business Challenge for Young People with the London Village Network 1.00pm – 5.00pm 3 May to 12 July	Carers Advice Surgery with Islington Carers Hub 11.00am – 1.00pm By appointment only			Councillors Advice Surgery with Councillors Joe Caluori, Jenny Kay and Olly Parker 11.00am – 12.00pm First Saturday of every month
Hardware & Software Fundamentals Course for Young People with Mer-IT 5.00pm – 7.00pm 2 May to 4 July	Over 50s Social Club 1.30pm – 4.00pm	Mildmay Pensioners Association 1.00pm – 4.00pm Last Wednesday of every month	Indoor Bowls 1.00pm – 3.00pm	Golden Oldies Senior Citizens & Disabled Lunch Club 12.00pm – 3.00pm	For more information on activities and hiring the centre, please contact: Tel: 020 7249 8286 Email: mildmaycp@gmail.com Twitter: @mildmaycp Website: mildmaycp.wordpress.com
	Gardening Club 2.00pm – 5.00pm		Line Dancing with Joan 2.00pm – 4.00pm	African & Caribbean Senior Citizens Association 3.00pm – 7.00pm	
Zumba with Reggie 6.30pm – 7.30pm	Table Tennis with Coach John Kessie 4.30pm – 6.00pm	Core 'n' More Fitness with Zoraima 6.00pm – 7.00pm	Drama for Children with Perform 3.30pm – 6.00pm	Capoeira for Young People with Capoeira Kids Project 4.30pm – 6.30pm 20 May to 15 July	
Yoga with Dunya 7.30pm – 8.30pm	All Voices Community Choir 7.30pm – 9.00pm	Bingo with Your Friendly Society! 7.30pm – 9.00pm	Targeted Youth Support 4.00pm – 6.00pm Referral only		