

MFT ONLINE ACTIVITIES FOR ALL LOCATIONS - APRIL 2020



NOTE: All activities are online. For those marked with a *, you'll need to log in to Zoom to access them. Details on MFT website.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>10.30am-11am Coffee Morning* Michael & John</p>	<p>10.30am-11am Coffee Morning* Parvin & John</p> <p>Beccy's Arts & Craft blog (arts & craft activities you can do from home. Available every Tuesday at bottom of our website homepage, on Facebook, Twitter and Instagram.)</p>	<p>10.30am-11am Coffee Morning* John & Lenny</p> <p>11.30am-12pm Healthy Eating talk* Michael & Parvin</p>	<p>10.30am-11am Coffee Morning* Parvin & John</p>	<p>10.30am-11am Coffee Morning* Michael & Parvin</p> <p>11am-12pm Peer Support* Parvin & Allen</p>
Afternoon/Evening	<p>1pm-1.30pm Quiz group* John & Michael</p> <p>2pm-2.30pm Crafts at Home* Taryn & Michael</p> <p>3.30pm-4pm Covid-19 Fears and Facts* Marcia & Parvin On 6, 13 and 20 April</p>	<p>1pm-1.30pm Peer Support group* John & Michael</p> <p>6pm-6.45pm Kung Fu – (all abilities)* Neil at Kung Fu Academy</p>	<p>1pm-1.30pm Women's group* Anna & Lenny</p> <p>1.45pm-2.15pm Mindful Meditation* Anna & Lenny</p> <p>7pm-7.45pm Tai Chi (all abilities)* Neil at Kung Fu Academy</p>	<p>1pm-1.30pm Physical Activity at home talk.* John & Michael</p> <p>1.30pm-2pm Fitness session* Michael</p> <p>3.30pm-4pm Good Nutrition While Isolating* Marcia & Parvin On 9, 16 and 23 April</p>	<p>1pm-1.30pm Men's group* Michael & John</p> <p>1.45pm-2.15pm Mindful Meditation* Lenny</p>