

PRESENTS

NEW online "ZOOM" Events

Come and join us for keeping fit and healthy at home.

To register just contact Sabitri Ray 07865 216046

Mondays – Yoga, 12- 1pm



Funded by Merton Giving



OUR PEOPLE. OUR PLACE. OUR SUPPORT

Tuesday Soft exercise–Somatic, 12pm-1pm funded by Versus Arthritis.

(Somatic exercise relating to the body, especially as distinct from the mind. Somatic symptoms disorders involve physical symptoms but lack physical evidence of illness or injury).

Wednesdays – Exploration of Creative and problem solving,
Maths for Beginners/Intermediate 4.15 to 6.30pm

Funded by Clarion Futures.

Creative maths for adults 50+, 2pm-3pm

Funded by Clarion Community Grant,



Thursday-Zumba 12pm-1pm

ZUMBA

Funded by Wave-4 Navigating Crisis



Friday -Yoga, 12 – 1pm



Funded by

Versus Arthritis



Sat-Ballroom Dance steps 12pm-1pm



Wave-4 Navigating Crisis

Coming soon

Art/Cultural - Wave-4

Art and music - Merton Giving

The Ethnic Minority Centre

The Vestry Hall, 336 London Road, Mitcham, Surrey, CR4 3UD

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www.ethnicminoritycentre.org