

Baby Massage		
Sarah Frost	sarah.frost@ljwb.co.uk	0113 268 4211
Baby Signing		
Rachel French	rachel@tinysigners.co.uk	
Baby Yoga		
Samantha Dalton	samantha@flutterbabies.co.uk	0776 853 8527
Creative Writing		
Brian Chadwick	www.wea.org.uk	0113 245 3304
Music Bugs		
Vicky Banister	www.musicbugs.co.uk	0844 578 1043
Jive		
Barry		0781 457 5522
Parkinsons Group		
Linda Thompson		0194 346 1640
Singing for Pleasure		
Joan Stevens		0113 267 8090
Slimming World		
Sonia Diclemente	www.slimmingworld.com	0780 240 0818
S.O.S		
Phyllis Davidson		0194 346 2200
Tap Dancing		
Jill Caplan		0113 288 6994
Yoga		
Danya Cole	danyacole@aol.co.uk	0794 381 3571

THE VENUE @ THE MAZCC
311 STONEGATE ROAD
LEEDS, LS17 6AZ

TEL: 0113 268 4211
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ACTIVITY PROGRAMME



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Art Class 10am – 12 noon	Toddler Group ☺ 9.30am – 12 noon	Toddler Group ☺ 9.30am – 12 noon	Toddler Group ☺ 9.30am – 12 noon	Slimming World 9.00am – 12.30am
Keep Fit 10.30am – 11.30am	Chairobics 11am – 12 noon	Art Class 10am – 12 noon	Adult Wellbeing Drop-In 9.30am – 12.30pm	Toddler Group ☺ 9.30am – 12 noon
Toddler Group ☺ 9.30am – 12 noon	Drop in Computers 12.15pm – 1.15pm	Music Appreciation 10am – 12 noon	Art Class 10am – 12 noon	Creative Writing 10am – 12 noon
Community Carers Group 11am – 1pm ^ (Last Monday. Alternate months)	Social Bridge 1pm – 4pm	Keep Fit 10.30am – 12 noon	Parkinsons 10.30am – 11.30am	Discussion Group 10.30am – 12 noon
Tap Dancing (Some experience needed) 12pm – 1pm	Bingo & Quiz 2pm – 4pm	S.O.S (Save Our sight) 10.30am-2.30pm (Fortnightly)	Baby Massage with Sarah ☺ 11am-12pm* (30 th March - 27 th April)	<p>* Booking essential ☺ For Children ^ New</p> <p>Call MAZCC 0113 268 4211</p> <p>See below for individual numbers</p> <p>Call Sharon Bedford</p>
Film Club (fortnightly) 1pm – 3.45pm	Yoga with Philippa 2pm – 3.30pm	Baby Signing ☺ 1pm – 2pm *	Police Drop In 11am – 1pm	
Social Bridge 1pm – 4pm	Yoga with Danya 7.30pm – 8.30pm	Social Bridge 1pm – 4pm	Music Bugs ☺ 1pm – 2pm *	
Wellbeing Afternoon 2pm – 4pm	Jive 8.30pm – 10pm	Sing Yourself Happy 2pm – 3.30pm	Social Bridge 1pm – 4pm	
Community Carers Group 5.30pm-7pm ^ (Last Monday. Alternate months)		Scrabble 2.30pm – 4.30pm	Baby Yoga ☺ 2pm – 3pm * (From 30 th April)	
		Film Club (fortnightly) 4.30pm – 7pm	Indoor Sports (Excluding 1 st Thursday of every month) 2pm – 3pm	
		Men's Social & Discussion ^ 6pm – 8pm Last Wednesday of every month	Sensory Loss Social 2pm – 4pm (1 st Thursday of every month)	
		Singing for Pleasure 7pm – 9pm*	Slimming World 5.30pm – 9pm	