

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

TEL: 0113 268 4211  
[www.ljwb.co.uk](http://www.ljwb.co.uk)

ACTIVITY PROGRAMME

<b>Creative Writing</b>		
Jane Wilson	<a href="http://www.wea.org.uk">www.wea.org.uk</a>	0113 245 3304
<b>Dance Fit</b>		
Diane Daniels		0778 893 1760
<b>Parkinsons Group</b>		
Linda Thompson		0194 346 1640
<b>Singing for Pleasure</b>		
Joan Stevens		0113 267 8090
<b>Slimming World</b>		
Sonia Diclemente	<a href="http://www.slimmingworld.com">www.slimmingworld.com</a>	0780 240 0818
<b>Taekwondo</b>		
Master K.R. Ali	<a href="mailto:masterali@harrogatetaekwondo.co.uk">masterali@harrogatetaekwondo.co.uk</a>	079 449 8806
<b>S.O.S</b>		
Phyllis Davidson		0194 346 2200
<b>Tap Dancing</b>		
Jill Caplan		0113 288 6994
<b>Yoga</b>		
Danya Cole	<a href="mailto:danyacole@aol.co.uk">danyacole@aol.co.uk</a>	0794 381 3571



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Art Class</b> 10am – 12 noon	<b>Baby Bubbles*</b> ☺ 9.30am – 12 noon	<b>Stay and Play</b> ☺ 9.30am – 12 noon	<b>Fun Tales*</b> ☺ 9.30-12pm	<b>Slimming World</b> 9.00am – 12.30am
<b>Keep Fit</b> 10.30am – 11.30am	<b>Chairobics</b> 11am – 12 noon	<b>Art Class</b> 10am – 12 noon	<b>Adult Wellbeing Drop-In</b> 9.30am – 12.30pm	<b>Baking Buddies</b> ☺ 9.30am – 12 noon*
<b>Stay and Play</b> ☺ 9.30am – 12 noon	<b>Group sessions – The Community Allotment</b> 10am-12pm *	<b>Music Appreciation</b> 10am – 12 noon	<b>Art Class</b> 10am – 12 noon	<b>Creative Writing</b> 10am-12pm
<b>Community Carers Group</b> 11am – 1pm (Last Monday. Alternate months)	<b>Drop in Computers</b> 12.15pm – 1.15pm	<b>Keep Fit</b> 10.30am – 12 noon	<b>Parkinsons</b> 10.30am – 11.30am	<b>Discussion Group</b> 10.30am – 12 noon
<b>Tap Dancing</b> 12pm – 1pm (Some experience needed)	<b>Art Attack * NEW</b> 1.30-3pm☺	<b>S.O.S (Save Our sight)</b> 10.30am-2.30pm (Fortnightly)	<b>Police Drop In</b> 11am – 1pm	<b>SUNDAY</b> <b>ToGetHere -SEN*</b> ☺ 10.30am – 11.30am Starting 12 <sup>th</sup> November
<b>Film Club</b> (fortnightly) 1pm – 3.45pm	<b>Social Bridge</b> 1pm – 4pm	<b>Baby Signing</b> ☺ 1pm – 2pm * (Term Time Only)	<b>'Kiddy' Cafe</b> ☺ 12pm-1pm *	
<b>Social Bridge</b> 1pm – 4pm	<b>Bingo &amp; Quiz</b> 2pm – 4pm	<b>Social Bridge</b> 1pm – 4pm	<b>Social Bridge</b> 1pm – 4pm	<p><b>* Booking essential</b></p> <p>☺ <b>For Children</b></p> <p> Call MAZCC 0113 268 4211</p> <p> See below for individual numbers</p> <p> Call Sharon Bedford 0113 218 5857</p> <p> Contact Melanie on <a href="mailto:Melanie.tillman@ljb.co.uk">Melanie.tillman@ljb.co.uk</a></p> <p> Taking place in Henry Cohen Campus</p>
<b>Wellbeing Afternoon</b> 2pm – 4pm	<b>Sensory Loss Social</b> 2pm – 4pm (1 <sup>st</sup> Tuesday of every month)	<b>Sing Yourself Happy</b> 2pm – 3.30pm	<b>Indoor Sports</b> 2pm – 3pm	
<b>Community Carers Group</b> 5.30pm-7pm (Last Monday Alternate months)	<b>Taekwondo NEW</b> 5.30-7.30pm	<b>Bumps &amp; Babes* NEW</b> 2.15pm-3.45pm☺ Starting 8 <sup>th</sup> November	<b>Taekwondo NEW</b> 5.30-6.30pm	
	<b>Yoga with Danya</b> 7.30pm – 8.30pm	<b>Scrabble</b> 2.30pm – 4.30pm	<b>Slimming World</b> 5.30pm – 9pm	
		<b>Film Club</b> (fortnightly) 4.30pm – 7pm		
		<b>Men's Social &amp; Discussion</b> 6pm – 8pm (Last Wednesday of every month)		
		<b>Dance Fit NEW</b> 6.30-7.15pm		
		<b>Singing for Pleasure</b> 7pm – 9pm*		