

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

TEL: 0113 268 4211
www.ljwb.co.uk

ACTIVITY PROGRAMME



Creative Writing		
Brian Chadwick	www.wea.org.uk	0113 245 3304
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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Art Class 10am – 12 noon	Fun Tales ☺ 9.30am – 12 noon	Stay and Play☺ 9.30am – 12 noon	Bubbles ☺ 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	Boogie and Bake ☺ 9.30am – 12 noon*
Stay and Play ☺ 9.30am – 12 noon	'Kiddy' Cafe ☺ 9.30am – 12 noon *	Music Appreciation 10am – 12 noon	Art Class 10am – 12 noon	Discussion Group 10.30am – 12 noon
Community Carers Group 11am – 1pm (Last Monday. Alternate months)	Drop in Computers 12.15pm – 1.15pm	Keep Fit 10.30am – 12 noon	Parkinsons 10.30am – 11.30am	
Tap Dancing (Some experience needed) 12pm – 1pm	Social Bridge 1pm – 4pm	S.O.S (Save Our sight) 10.30am-2.30pm (Fortnightly)	Police Drop In 11am – 1pm	
Film Club (fortnightly) 1pm – 3.45pm	Bingo & Quiz 2pm – 4pm	Baby Signing ☺ 1pm – 2pm *	Music Bugs ☺ 1pm – 2pm *	
Social Bridge 1pm – 4pm	Yoga with Philippa 2pm – 3.30pm	Social Bridge 1pm – 4pm	Social Bridge 1pm – 4pm	
Wellbeing Afternoon 2pm – 4pm	Yoga with Danya 7.30pm – 8.30pm	Sing Yourself Happy 2pm – 3.30pm	Indoor Sports (Excluding 1 st Thursday of every month) 2pm – 3pm	
Postnatal Natter ☺ 2pm – 3.30pm	Jive 8.30pm – 10pm	Bumps and Babes ☺ 1pm – 2pm *	Baby Yoga☺ 2pm-3pm*	
Community Carers Group 5.30pm-7pm (Last Monday. Alternate months)		Scrabble 2.30pm – 4.30pm	Sensory Loss Social 2pm – 4pm (1 st Thursday of every month)	
		Film Club (fortnightly) 4.30pm – 7pm	Slimming World 5.30pm – 9pm	
		Men's Social & Discussion 6pm – 8pm (Last Wednesday of every month)		
		Singing for Pleasure 7pm – 9pm*		

*** Booking essential**
☺ **For Children**

Call MAZCC
0113 268 4211

See below for
individual numbers

Call Sharon Bedford
0113 218 5857

Contact Melanie on
Melanie.tillman@ljwb.co.uk

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