

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

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






ACTIVITY PROGRAMME



Dance Fit		
Diane Daniels		0778 893 1760
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	Baby Bubbles * ☺ 9.30am – 12 noon	Stay and Play ☺ 9.30am – 12 noon	Fun Tales *☺ 9.30-12pm	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	Baking Buddies ☺ 9.30am – 12 noon*
Stay and Play ☺ 9.30am – 12 noon	Group sessions – The Community Allotment 10am-12pm *	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	Quiz Team * NEW 1-2pm (1 st Tuesday of every month)	S.O.S (Save Our sight) 10.30am-2.30pm (Fortnightly)	Police Drop In 11am – 1pm	
Film Club (fortnightly) 1pm – 3.45pm	Art Attack * NEW 1.30-3pm ☺	Baby Signing ☺ 1pm – 2pm * (Term Time Only)	'Kiddy' Cafe ☺ 12pm-1pm *	SUNDAY
Computer skills * NEW 2-3pm	Bingo 2pm – 3pm	Sing Yourself Happy 2pm – 3.30pm	Flower Arranging * NEW 2-3pm 1 st Tuesday of every month	ToGetHere -SEN *☺ 10am – 11am (Term Time Only)
Wellbeing Afternoon 2pm – 4pm	Sensory Loss Social 2pm – 4pm (1 st Tuesday of every month)	Brand New Baby café * NEW 2.15pm-3.15pm☺ from 3 rd January	Indoor Sports 2pm – 3pm	
Community Carers Group 5.30pm-7pm (Last Monday Alternate months)	Yoga with Danya 7.30pm – 8.30pm	Scrabble 2.30pm – 4.30pm	Slimming World 5.30pm – 9pm	
		Film Club (fortnightly) 4.30pm – 7pm		
		Men's Social & Discussion 6pm – 8pm (Last Wednesday of every month)		
		Dance Fit NEW 6.30-7.15pm		
		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
-  Taking place in Henry Cohen Campus