









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

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

ACTIVITY PROGRAMME







New Latin Ballroom		
James White	james@whitediamondstudios.co.uk	07977 042970
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
Toddler Group ☺ Stay and Play 9.30am – 12pm	Baby Bubbles ☺ 9.30am – 11.30am	Toddler Group ☺ Stay and Play 9.30am – 12pm	Toddler Group *☺ Fun Tales 9.30am – 12pm	Slimming World 9.00am – 12.30pm
Art Class 10am – 12pm	Yoga* NEW 10am – 11.30am	Art Class 10am – 12pm	Art Class 10am – 12pm	Toddler Group *☺ Baking Buddies 9.30am – 12pm
Keep Fit 10.30am – 11.30am	Community Allotment Group * @ The Henry Cohen Campus 10am – 12pm	Music Appreciation 10am – 12pm	Gardening Workshops NEW* @ The Henry Cohen Campus 10am – 12pm	Arts & Crafts NEW 10.30am – 12pm 
Board Games & Brain Training NEW 11am – 12pm 	Chairobics 11am – 12pm	Care to Dance - gentle dancing sessions NEW* 10.30am-12pm 	Parkinsons Group gentle exercises 10.30am – 11.30am	Topical Discussion Group 10.30am – 12pm
Carers Group 11am – 1pm or 5.30pm-7pm (Last Monday of the month Timings alternate)	Drop in Computer Session 12.15pm – 1.15pm	Keep Fit 10.30am – 12pm	Life Story Work NEW 10.30am – 12pm 	
Tap Dancing (Some experience needed) 12pm – 1pm	Team Quiz * 1pm – 2pm (1 st Tuesday of every month)	S.O.S (Save Our Sight) Visually Impaired Social Group 10.30am – 2.30pm (Fortnightly)	Police Drop In 11am – 1pm	
Film Club 1.15pm – 3.45pm (Alternate Mondays)	Toddler Group ☺ Shake & Sing 1.30pm – 3pm	Baby Signing *☺ 1pm – 2pm (Term Time Only)	Flower Arranging * NEW 2pm- 3pm (2 nd Thursday of every month)	
Afternoon Tea & Entertainment 2pm – 4pm	Bingo 2pm – 3pm	Communications Project * (IT Skills) 2pm – 3pm (Term Time Only)	Indoor Games  2pm-4pm (Excluding 1 st Thursday of every month)	'ToGether' *☺ Social Group for Children with Additional Needs 10am – 11am (Term Time Only)
Indian Head Massage* NEW  2pm – 5pm	Chairobics NEW* 2pm – 3.30pm	Sing Yourself Happy 2pm – 3.30pm	Sensory Loss Social 2pm – 4pm (1 st Thursday of every month)	
Baking Class* NEW  3.30pm-5pm	Tea Dance NEW  2pm – 4pm	'Brand New Baby' Café 2.15pm – 3.15pm☺	Slimming World 5.30pm – 9pm	
	Caring for Dementia - Carers Group 2pm - 4pm New (2 nd & 4 th Tuesday of every month)	Scrabble 2.30pm – 4.30pm	Community Services Social Group* 7.30pm – 9.30pm (Last Thursday of every month)	
	Yoga With Danya 7.30pm - 8.30pm	Film Club 4.15pm – 7pm (Alterenate Wednesdays)		
		Singing for Pleasure 7pm – 9pm		
		Latin Ballroom New 7.30pm – 8.30pm (Starting 2 nd May)		

SUNDAY

'ToGether' *☺ Social Group for Children with Additional Needs
10am – 11am
(Term Time Only)

*** Booking essential**
☺ **For Children**
 **Open to all - Dementia Friendly Class**

-  Contact Hagit
0113 218 5846
Hagit.greenberger@ljwb.co.uk
-  Contact Community Support Service
0113 218 5857
Css.info@ljwb.co.uk
-  Contact Melanie / Gabi
0113 218 5893
Melanie.tillman@ljwb.co.uk
-  See overleaf for individual numbers