

# ACTIVITY PROGRAMME



<b>Parkinsons Group</b>		0194 346 1640
Linda Thompson		
<b>Singing for Pleasure</b>		0113 267 8090
Joan Stevens		
<b>Slimming World</b>		0780 240 0818
Sonia Diclemente	<a href="http://www.slimmingworld.com">www.slimmingworld.com</a>	
<b>S.O.S</b>		0194 346 2200
Phyllis Davidson		
<b>Tap Dancing</b>		0113 288 6994
Jill Caplan		
<b>Yoga</b>		0794 381 3571
Danya Cole	<a href="mailto:danyacole@aol.co.uk">danyacole@aol.co.uk</a>	

**IT Bar** - Available during MAZCC opening hours

Our free IT Bar in the café is open to all that wish to have access to a computer, the internet or printing services. From job seeking to keeping in touch with friends and family, you can also plug in and charge your device whilst enjoying free Wi-Fi.

**Basic Computer Class** – Wednesday 2pm-3pm

(Term time only)

Want to learn how to use a computer? Come and join in a group and learn new skills with 1:1 sessions with young volunteers. Free admission & no computer required! For all ages and abilities – Booking is essential as places are limited (10 max)

**Life Story Work** - Friday 10.30am – 12pm

Take the time to look back at your life, and reminiscence about what you've achieved. Create a book of your chosen memories to treasure. Join us for this inspiring and intergenerational project with young volunteers (sixth formers) – Booking is essential & it's a Dementia friendly class

**Community Allotment** - Tuesdays 1pm-3pm

(Term time only)

Join us and help out with hands-on maintenance and ideas on how to develop the community allotment at the Henry Cohen Campus. Together we will keep the community allotment growing, blooming & beautiful!

Free admission and booking is essential

# THE VENUE @ THE MAZCC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Toddler Group ☺</b> Stay and Play 9.30am – 12pm	<b>Baby Bubbles ☺</b> 9.30am – 11.30am	<b>Toddler Group ☺</b> Stay and Play 9.30am – 12pm	<b>Toddler Group ☺</b> Stay and Play 9.30am – 12pm	<b>Slimming World</b> 9.00am – 12.30pm
<b>Art Class</b> 10am – 12pm	<b>Yoga</b> 10am – 11.30am	<b>Art Class</b> 10am – 12pm	<b>Art Class</b> 10am – 12pm	<b>Toddler Group ☺</b> <b>Baking Buddies</b> 9.30am – 12pm
<b>Keep Fit</b> 10.30am – 11.30am	<b>Community Allotment Group *</b> @ The Henry Cohen Campus 10am – 12pm (Term Time Only)	<b>Music Appreciation</b> 10am – 12pm	<b>Parkinsons Group</b> <b>gentle exercises</b> 10.30am – 11.30am	<b>Topical Discussion Group</b> 10.30am – 12pm
<b>Carers Group</b> 11am – 1pm or 5.30pm-7pm (Last Monday of the month Timings alternate)	<b>Chairobics</b> 🌸 11am – 12pm	<b>Care to Dance</b> <b>Gentle dancing sessions *</b> 🌸 (not based in the MAZCC) 10.30am-12pm	<b>Police Drop In</b> 11am – 1pm	<b>Life Story Work *</b> <b>NEW!</b> 🌸 10.30am – 12pm (from 9 <sup>th</sup> November)
<b>Tap Dancing</b> (Some experience needed) 12pm – 1pm	<b>Team Quiz *</b> 1pm – 2pm (1 <sup>st</sup> Tuesday of every month)	<b>Keep Fit</b> 10.30am – 12pm	<b>Chairobics</b> <b>NEW!</b> 🌸 11am – 12pm	
<b>Film Club</b> 1.15pm – 3.45pm (Alternate Mondays)	<b>Community Allotment Group *</b> <b>NEW!</b> @ The Henry Cohen Campus 1pm – 3pm (Term Time Only)	<b>S.O.S (Save Our Sight)</b> <b>Visually Impaired Social Group</b> 10.30am – 2.30pm (Fortnightly)	<b>Baby Massage * ☺</b> 1.30pm-2.30pm	
<b>Afternoon Tea &amp; Entertainment</b> 🌸 (Wellbeing Project) * 2pm – 4pm	<b>Bingo</b> 2pm – 3pm	<b>Chairobics</b> @ Bentcliffe Court 🌸 11am -12pm	<b>Flower Arranging *</b> 2pm - 3pm (2 <sup>nd</sup> Thursday of every month)	
<b>Indian Head Massage *</b> 🌸 (Living Project) 2pm – 5pm	<b>Tea Dance</b> 🌸 2pm – 4pm	<b>Baby Signing * ☺</b> 1pm – 2pm (Term Time Only)	<b>Chess Club</b> 2pm-4pm (1 <sup>st</sup> & 3 <sup>rd</sup> Thursday of every month)	
<b>Baking Class *</b> 🌸 3.30pm-5pm	<b>Caring for Dementia - Carers Group</b> 2pm - 4pm (2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of every month)	<b>Communications Project *</b> <b>(IT Skills)</b> 2pm – 3.30pm (Term Time Only)	<b>Indoor Games</b> 🌸 2pm-4pm (Excluding 1 <sup>st</sup> Thursday of every month)	<b>SUNDAY</b>
	<b>Yoga with Danya</b> 7.30pm - 8.30pm	<b>Sing Yourself Happy</b> 2pm – 3.30pm	<b>Sensory Loss Social</b> 2pm – 4pm (1st Thursday of every month)	<b>'Together' Sunday Club * ☺</b> Social Group for Children with Additional Needs 10am – 11am (Term Time Only)
		<b>'Early Days' Support</b> <b>NEW!</b> ☺ 2.15pm – 3.15pm	<b>Slimming World</b> 5.30pm – 9pm	<b>* Booking essential</b>
		<b>Scrabble</b> 2.30pm – 4.30pm	<b>Community Services Social Group *</b> 7.30pm – 9.30pm (Last Thursday of every month)	☺ <b>For Children</b>
		<b>Film Club</b> 4.15pm – 7pm (Alternate Wednesdays)		🌸 <b>Open to all - Dementia Friendly Class</b>
		<b>Singing for Pleasure</b> 7pm – 9pm		🟠 Contact Claudie 0113 218 5846 <a href="mailto:claudie.ineson@ljbw.co.uk">claudie.ineson@ljbw.co.uk</a>
				🟢 Contact Community Support Service 0113 218 5857 <a href="mailto:css.info@ljbw.co.uk">css.info@ljbw.co.uk</a>
				🟡 Contact Melanie 0113 218 5893 <a href="mailto:melanie.tillman@ljbw.co.uk">melanie.tillman@ljbw.co.uk</a>
				🟠 See overleaf for individual numbers