

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

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

ACTIVITY PROGRAMME



THE VENUE @ THE MAZCC











Parkinsons Group	01943 461640
Linda Thompson	0113 2678090
Singing for Pleasure	0113 2678090
Joan Stevens	0113 2678090
Slimming World	07802 400818
Sonia Diclemente	www.slimmingworld.com
S.O.S	07905 199052
Zena Finlay	0113 266 2247
Tap Dancing	0113 2886994
Jill Caplan	0113 2886994
Yoga	07943 813571
Danya Cole	danyacole@aol.co.uk
Pilates	07720 713731
Emily Carvis	emilycarvis@outlook.com



Social Group Outing – 3rd Thursday each month 12.30pm-3.30pm
 Every month there will be the opportunity to go on a Social Group Outing which could be anything from lunch out to an afternoon exploring gardens. Activities and cost will vary each month and booking is essential – see Michael for more details.

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)

Board Games Club - Thursday 2pm – 4pm
 Take the time to enjoy playing board games with friends or meet new like minded people in the Conservatory every Thursday afternoon. Collect the board games from reception for a small donation.

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.
 Free admission and booking is essential

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 ☺ Stay and Play 9.30am – 12pm	Slimming World 9.00am – 12.30pm
Art Class 10am – 12pm	Yoga 10am – 11.30am	Art Class 10am – 12pm	Pilates NEW! 09.30am – 10.30am	Toddler Group ☺ Baking Buddies 9.30am – 12pm
Keep Fit 10.30am – 11.30am	Community Allotment Group * @ The Henry Cohen Campus 10am – 12pm (Term Time Only)	Music Appreciation 10am – 12pm	Art Class 10am – 12pm	Topical Discussion Group 10.30am – 12pm
Carers Group 11am – 1pm or 5.30pm-7pm (Last Monday of the month Timings alternate)	Chairobics  11am – 12pm	Care to Dance Gentle dancing sessions *  (not based in the MAZCC) 10.30am-12pm	Parkinsons Group gentle exercises 10.30am – 11.30am	
Tap Dancing (Some experience needed) 12pm – 1pm	Team Quiz * 1pm – 2pm (1 st Tuesday of every month)	Keep Fit 10.30am – 12pm	Police Drop In 11am – 1pm	
Film Club 1.30pm – 4pm (Alternate Mondays)	Community Allotment Group * @ The Henry Cohen Campus 1pm – 3pm (Term Time Only) From February 2019	S.O.S (Save Our Sight) Visually Impaired Social Group 10.30am – 2.30pm (Fortnightly)	Chairobics  11am – 12pm	
Afternoon Tea & Entertainment  (Wellbeing Project) * 2pm – 4pm	Bingo 2pm – 3pm	Chairobics @ Bentcliffe Court  11am -12pm	Social Group Outing * NEW! 12.30pm-3.30pm (3 rd Thursday of every month)	
Indian Head Massage *  (Living Project) 2pm – 3pm	Tea Dance  2pm – 4pm	Baby Signing * ☺ 1pm – 2pm (Term Time Only)	Baby Massage * ☺ 1.30pm-2.30pm	
Baking Class *  3.30pm-5pm	Caring for Dementia - Carers Group 2pm - 4pm (2 nd & 4 th Tuesday of every month)	Communications Project * (IT Skills) 2pm – 3.00pm (Term Time Only)	Board Games NEW! 2pm-4pm	SUNDAY
	Yoga with Danya 7.30pm - 8.30pm	Sing Yourself Happy 2pm – 3.30pm	Flower Arranging * 2pm - 3pm (2 nd Thursday of every month) From April 2019	'Together' Sunday Club * ☺ Social Group for Children with Additional Needs 10am – 11am (Term Time Only)
		'Early Days' Support 2.15pm – 3.15pm ☺	Table Tennis 2pm - 4pm (Except 1 st Thursday of every month)	* Booking essential
		Scrabble 2.30pm – 4.30pm	Sensory Loss Social 2pm – 4pm (1st Thursday of every month)	 For Children
		Film Club 4.15pm – 7pm (Alternate Wednesdays)	Slimming World 5.30pm – 9pm	 Open to all - Dementia Friendly Class
		Singing for Pleasure 7pm – 9pm	Community Services Social Group * 7.30pm – 9.30pm (Last Thursday of every month)	 Contact Claudie 0113 218 5846 claudie.ineson@ljob.co.uk

-  Contact Claudie
0113 218 5846
claudie.ineson@ljob.co.uk
-  Contact Community Support Service
0113 218 5857
css.info@ljob.co.uk
-  Contact Melanie
0113 218 5893
melanie.tillman@ljob.co.uk
-  See overleaf for individual numbers