

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

TEL: 0113 268 4211  
[www.ljwb.co.uk](http://www.ljwb.co.uk)

# ACTIVITY PROGRAMME



# THE VENUE @ THE MAZCC

<b>Singing for Pleasure</b>		
Joan Stevens	0113 2678090	
<b>Slimming World</b>		
Sonia Diclemente	<a href="http://www.slimmingworld.com">www.slimmingworld.com</a>	07802 400818
<b>S.O.S Social Group</b>		
Zena Finlay	0113 266 2247	07905 199052
<b>Tap Dancing</b>		
Jill Caplan	0113 2886994	
<b>Yoga with Danya</b>		
Danya Cole	<a href="mailto:danyacole@aol.co.uk">danyacole@aol.co.uk</a>	07943 813571
<b>Pilates</b>		
Emily Carvis	<a href="mailto:emilycarvis@outlook.com">emilycarvis@outlook.com</a>	07720 713731


**Social Group Outing** – 3<sup>rd</sup> 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)

**Book Club** - Thursday 10.30am – 12pm  
 Would you like to be part of a reading group that loves books? Every 2 weeks, listen to and read along with chapters from a selected title and take time to discuss it  
 £2.50/sticker per session, booking is essential

**Community Allotment** - 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of each month 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
<b>Toddler Group ☺ Stay and Play</b> 9.30am – 12pm	<b>Yoga with your Baby * ☺</b> (10.20am arrive) 10.30am – 11.30am (11.35am arrive) 11.45am – 12.45pm	<b>Toddler Group ☺ Stay and Play</b> 9.30am – 12pm	<b>Baby Bubbles ☺</b> 9.30am – 11.30am	<b>Slimming World</b> 9.00am – 12.30pm
<b>Art Class</b> 10am – 12pm	<b>Yoga</b> 10am – 11.30am (From 23 <sup>rd</sup> July)	<b>Art Class</b> 10am – 12pm	<b>Pilates</b> 09.15am – 10.15am	<b>Toddler Group ☺ 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>Art Class</b> 10am – 12pm	<b>Topical Discussion Group</b> 10.30am – 12pm
<b>Chairobics</b> @ Donisthorpe (based at Donisthorpe Hall) 10.30am – 11.30am	<b>Chairobics</b> 11.00am – 12pm	<b>Keep Fit</b> 10.30am – 12pm	<b>Immersive Baby Bubbles ☺</b> 10.30am – 11.30am (Last Thursday of every month)	
<b>Carers Group</b> 11am – 1pm or 5.30pm-7pm (Last Monday of the month timings alternate)	<b>Team Quiz *</b> 1pm – 2pm (1 <sup>st</sup> Tuesday of every month)	<b>S.O.S (Save Our Sight) Visually Impaired Social Group</b> 10.30am – 2.30pm (Fortnightly)	<b>Book Club*</b> 10.30am – 12pm (Every 2 weeks)	
<b>Tap Dancing</b> (Some experience needed) 12pm – 1pm	<b>Community Allotment Group *</b> @ The Henry Cohen Campus 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of every month 1pm – 3pm (Term Time Only)	<b>Mindful Arts &amp; Crafts</b> (based at Donisthorpe Hall) 10.30am – 11.30am	<b>Police Drop In</b> 11am – 1pm	
<b>Film Club</b> 1.15pm – 4pm (Alternate Mondays)	<b>Inclusive Arts &amp; Crafts</b> 1.30pm – 2.30pm	<b>Sing Yourself Happy</b> (based at Donisthorpe Hall) 11.30am – 12.30pm	<b>Social Group Outing</b> 12.30pm-3.30pm (dates alternate)	
<b>Afternoon Tea &amp; Entertainment</b> (Wellbeing Afternoon) * 2pm – 4pm	<b>Bingo</b> 2pm – 3pm	<b>Baby Signing * ☺</b> 1pm – 2pm (Term Time Only)	<b>Flower Arranging *</b> 2pm - 3pm (2 <sup>nd</sup> Thursday of every month)	
<b>Indian Head Massage *</b> (Living Project) 2pm – 3pm	<b>Tea Dance</b> 2pm – 4pm	<b>Communications Project *</b> (IT Skills) 2pm – 3pm (Term Time Only)	<b>Sensory Loss Social</b> 2pm – 4pm (1 <sup>st</sup> Thursday of every month)	<b>SUNDAY</b>
<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>Sing Yourself Happy</b> 2pm – 3.30pm	<b>Table Tennis</b> 2pm - 4pm (Except 1 <sup>st</sup> Thursday of every month)	<b>'Together' Sunday Club * ☺</b> Social Group for Children with Additional Needs 10am – 11am (Term Time Only)
	<b>Yoga with Danya</b> 7.30pm - 8.30pm	<b>'Early Days' Support</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  
[claudie.ineson@ljwb.co.uk](mailto:claudie.ineson@ljwb.co.uk)

 Contact Community Support Service  
0113 218 5857  
[css.info@ljwb.co.uk](mailto:css.info@ljwb.co.uk)

 Contact Melanie  
0113 218 5893  
[melanie.tillman@ljwb.co.uk](mailto:melanie.tillman@ljwb.co.uk)

See overleaf for individual numbers