

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

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# 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** – Dates/times will vary  
 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.


**Picnic & Play** – Monday 9.30am – 11.45am  
 (Limited sessions)  
 Join us for outdoor play with painting, messy play and sporting fun – fingers crossed for sunshine!  
 For children aged 0-5 and their parents/carers, older siblings are welcome – £2.50 for 1 child. £3.50 for 2, £4.50 for 3 or more  
 No booking required

**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


**Baby Cinema** - 1<sup>st</sup> Monday of each month  
 10.00am – 12.00pm  
 Bring your baby and watch a film in a relaxed environment. For parents/carer and babies 0.-12months  
 £2 per family  
 No booking required


| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <b>Picnic &amp; Play</b> ☺<br>9.30am – 11.45pm<br><b>Stay for a picnic</b> ☺<br>11.45am – 12.45pm<br>(5 <sup>th</sup> & 11 <sup>th</sup> August only) | <b>Yoga with your Baby</b> * ☺<br>(10.20am arrive)<br>10.30am – 11.30am<br>(11.35am arrive)<br>11.45am – 12.45pm                 | <b>Messy Monsters</b> ☺<br>9.30am – 12pm<br>(7 <sup>th</sup> & 14 <sup>th</sup> August only)                     | <b>Baby Bubbles</b> ☺<br>9.30am – 11.30am<br>(1 <sup>st</sup> , 8 <sup>th</sup> & 16 <sup>th</sup> August)       | <b>Slimming World</b><br>9.00am – 12.30pm   |
| <b>Baby Cinema</b> ☺<br>10am – 12pm<br>(1 <sup>st</sup> Monday of every month)  | <b>Yoga</b><br>10am – 11.30am  | <b>Art Class</b><br>10am – 12pm  | <b>Pilates</b><br>09.15am – 10.15am  | <b>Baking Buddies</b> ☺<br>9.30am – 12pm<br>(2 <sup>nd</sup> , 9 <sup>th</sup> & 16 <sup>th</sup> August)               |
| <b>Art Class</b><br>10am – 12pm   | <b>Community Allotment Group</b> *<br>@ The Henry Cohen Campus<br>10am – 12pm (Term Time Only)                                   | <b>Music Appreciation</b><br>10am – 12pm   | <b>Art Class</b><br>10am – 12pm  | <b>Topical Discussion Group</b><br>10.30am – 12pm   |
| <b>Chairobics</b><br>@ Donisthorpe<br>(based at Donisthorpe Hall)<br>10.30am – 11.30am  | <b>Chairobics</b><br>11.00am – 12pm  | <b>Keep Fit</b><br>10.30am – 12pm  | <b>Book Club</b> *<br>10.30am – 12pm<br>(Every 2 weeks)  | <b>Life Story Group</b> *<br>10.30am – 12pm<br>(For 6 weeks Only)   |
| <b>Keep Fit</b><br>10.30am – 11.30am  | <b>Team Quiz</b> *<br>1pm – 2pm<br>(1 <sup>st</sup> Tuesday of every month)  | <b>S.O.S (Save Our Sight)</b><br><b>Visually Impaired Social Group</b><br>10.30am – 2.30pm<br>(Fortnightly)      | <b>Police Drop In</b><br>11am – 1pm  |   |
| <b>Carers Group</b><br>11am – 1pm or 5.30pm-7pm<br>(Last Monday of the month<br>timings alternate)  | <b>Community Allotment Group</b> *<br>@ The Henry Cohen Campus<br><b>Starts again in September</b><br>1pm – 3pm (Term Time Only) | <b>Sing Yourself Happy</b><br>(based at Donisthorpe Hall)<br>11.30am – 12.30pm                                   | <b>Social Group Outing</b><br>12.30pm-3.30pm<br>(dates/times can vary)   |   |
| <b>Tap Dancing</b><br>(Some experience needed)<br>12pm – 1pm  | <b>Inclusive Arts &amp; Crafts</b><br>1.30pm – 2.30pm  | <b>Baby Signing</b> * ☺<br>1pm – 2pm<br>(Term Time Only)   | <b>Flower Arranging</b> *<br>2pm - 3pm<br>(2 <sup>nd</sup> Thursday of every month)                              |   |
| <b>Film Club</b><br>1.15pm – 4pm<br>(Alternate Mondays)   | <b>Bingo</b><br>2pm – 3pm  | <b>Communications Project</b> *<br>(IT Skills)<br><b>Starts again in September</b><br>2pm – 3pm (Term Time Only) | <b>Sensory Loss Social</b><br>2pm – 4pm<br>(1st Thursday of every month)   |   |
| <b>Afternoon Tea &amp; Entertainment</b><br>(Wellbeing Afternoon) *<br>2pm – 4pm  | <b>Tea Dance</b><br>2pm – 4pm<br>(2nd Tuesday of every month)  | <b>Sing Yourself Happy</b><br>2pm – 3.30pm   | <b>Table Tennis</b><br>2pm - 4pm<br>(except 1 <sup>st</sup> Thursday of every month)                             | <b>SUNDAY</b>   |
| <b>Baking Class</b> *<br>(Living Project)<br>3.30pm-5pm   | <b>Caring for Dementia - Carers Group</b><br>2pm - 4pm<br>(2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of every month)             | <b>'Early Days' Support</b> ☺<br>2.15pm – 3.15pm   | <b>Young People's Inclusive Art Group</b> *<br><b>Starts again in September</b><br>4pm – 5.30pm (Term Time Only) | <b>'Together' Sunday Club</b> * ☺<br>Social Group for Children with Additional<br>Needs<br>10am – 11am (Term Time Only) |
|   | <b>Yoga with Danya</b><br>7.30pm - 8.30pm  | <b>Scrabble</b><br>2.30pm – 4.30pm   | <b>Slimming World</b><br>5.30pm – 9pm  | <b>* Booking essential</b>  |
|   |  | <b>Singing for Pleasure</b><br>7pm – 9pm   | <b>Community Services Social Group</b> *<br><b>7.30pm – 9.30pm</b><br>(Last Thursday of every month)             | ☺ <b>For Children</b>   |

 **Open to all - Dementia Friendly Class**

 Contact Claudie  
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 Contact Community Support  
Service  
0113 218 5857  
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 Contact Melanie  
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[melanie.tillman@ljwb.co.uk](mailto:melanie.tillman@ljwb.co.uk)

 See overleaf for individual  
numbers