






Monday	Tuesday	Wednesday	Thursday	Friday
9.30-11.30am Stay & Play (O-5 years) Play activities to support children’s learning. Outside play and snack time. £3.50 per family	9.30 – 11.00am Sensory Play (O-2 years) Encouraging early play, development, and socialising. Outside play and snack time. £3.50 per family	9.30-11am Messy Play (O-5 years) Explore all things messy, arts, crafts, painting and much more. Outside play and snack time. £3.50 per family	9.30-11am Stay & Play (O-5 years) Offering a range of play activities to support children’s learning. Outside play and snack time. £3.50 per family	9.30-11am Challah Baking & Play (18 months – 5 years) Booking essential. £3.50 per family
10.30-11.30am Mind Motivation Games <div>Word games, word association games, puzzles, quizzes and conundrums.</div>	10.30 - 11.30am Movement To Music Chair-based exercise session, suitable for all abilities	10am - 12noon Art Class Paint and draw using various techniques. £5.00, Booking essential	10.45am – 12.15pm Life Stories Make a Scrapbook of your memories. £3.00	11am – 12noon Topical Discussion Group Discuss this week’s news & current affairs
12 - 1pm Lunch For Less Two course hot lunch for £5.50	12 - 1pm Lunch For Less Two course hot lunch for £5.50	10am-12noon Grief & Loss Group (from 8th November) 8 week course	10am – 12noon Art Class Paint and draw using various techniques. £5.00, Booking essential	10am – 12 noon ‘The Boys’ from Donisthorpe Weekly discussion group
2 - 3.45pm Wellbeing Afternoon <div>musical entertainment & refreshments £3.00</div> <div>Live</div>	From 1pm Live music in the conservatory	10.30am - 12noon Board Games Bonanza Come along and play a selection of board games. £1	11am - 1pm (monthly - call for dates) Second-hand Bookstall Books for all ages at very low prices. All proceeds to support LJWB	12noon – 12.30pm Lunch for Less Two course hot lunch for £5.50
<div>    </div>	2.30pm (Fortnightly) Film Club Enjoy watching a film with friends	10:30am – 2.30pm S.O.S (Save Our Sight) A social group for the visually impaired	11.15am – 12.30pm Music Appreciation Listen to and appreciate various genres of music	Sunday 10.30-11.30am (Monthly / Term Time Only) Social Group for children with additional needs
	2.30pm Bridge Group (Fortnightly) Come along and play a friendly game of bridge with. All levels welcome.	11am - 1pm (monthly - call for dates) Second-hand Bookstall Books for all ages at very low prices. All proceeds to support LJWB	12 - 1pm Lunch For Less Two course hot lunch for £5.50	
	<div>   </div>	12 - 1pm Lunch For Less Two course hot lunch for £5.50	1.30 - 3pm Women’s Support Group Run by women for women	For further information, class details & bookings please call 0113 268 4211 All activities cost £2.50 unless stated otherwise
		1 – 2pm Bingo & Quiz A fun afternoon in a relaxed, friendly atmosphere	From 1.30pm Live music in the conservatory	Timetable is subject to change
		2 – 3.30pm Sing Yourself Happy Sing along to your favourite songs (no talent required!)	2 - 3pm Table Tennis Come along and play a friendly game. £1.00	
		2 - 3.30pm Memory Stimulation Group Games and techniques to help keep your memory young	2 - 3.30pm Memory Stimulation Group Games and techniques to help keep your memory young	<div>  </div>
		5.30-7.30pm (Fortnightly) Inclusive Social Group At the MAZCC or off site depending on activity (e.g. film, bowling, quiz, pub)	2.30 – 3.30pm (Every 3 weeks) Book Club Read and discuss a wide variety of books	
		6 – 8pm (Fortnightly)Man Talk A group for men run by men	3.45 - 5pm (Term Time Only) Children’s Inclusive Activity Club	



BOOKING IS HIGHLY RECOMMENDED FOR ALL ACTIVITIES & CLASSES TO
GUARANTEE YOUR PLACE

LUNCH FOR LESS OPERATES ON A DROP- IN BASIS & THERE IS NO NEED TO BOOK

DO YOU HAVE ANY SUPPORT NEEDS?

IF SO, PLEASE LET US KNOW AND WE WILL DO OUR BEST TO ASSIST YOU

TRANSPORT IS AVAILABLE – ENQUIRE WHEN BOOKING (SOME RESTRICTIONS APPLY)

TIMETABLE IS SUBJECT TO CHANGE – PLEASE CALL FOR FURTHER DETAILS

0113 268 4211

