














# Age UK Leicester Shire & Rutland

## Activities & Services

Clarence House  
46 Humberstone Gate, Leicester LE1 3PJ  
Tel: 0116 299 2233 ✉ [enquiries@ageukleics.org.uk](mailto:enquiries@ageukleics.org.uk)

Open to the  
general public

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE	<p>ZUMBA £4 11.15am - 12.15pm</p> <p>CLUB WITH US £4 12.30pm - 1.15pm</p> <p>YOGA £5 1.30pm - 2.30pm</p>	<p>TAI CHI £6 12.30pm - 1.30pm</p>  <p>SEATED EXERCISE £5 2pm - 3pm</p>	<p>DANCE FIT £4 10.15am - 11.15am</p> <p>ZUMBA £4 11.15am - 12.15pm</p> <p>Combine Dance Fit &amp; Zumba &amp; pay £3 per session</p>	<p>KARATE DOJO FOR SENIORS £7 10.30AM - 11.30AM</p> 	<p>"SILVER SWANS" BALLET £6 11.15am - 12.15am</p> 
MUSIC & DANCE	<p>GUITAR LESSONS £7.50 2pm - 4pm</p> 	<p>LINE DANCING £3 10.30am - 12pm</p>	<p>SEQUENCE DANCING £2.50 1.45pm - 3.45pm</p> 	<p>SOUND JOURNEY £5 1.30PM - 2.30PM Last Thurs of the Month</p> 	<p>LINE DANCING £3 12.30pm- 1.30pm Absolute Beginners 1.30pm - 3pm Beginners &amp; Improvers</p> 
WELLBEING & SKILL BUILDING	<p>DIGITAL HELP Free Drop-In 10am - 12 pm Help with phones &amp; computers</p>	<p>FOOTCARE Appointments only Tel: 0116 299 2266</p>  <p>CARERS CAFE 1pm - 3pm</p>	<p>FOOTCARE Appointments only Tel: 0116 299 2266</p>  <p>CARERS CAFE 10am - 12pm</p>	<p>FOOTCARE Appointments only Tel: 0116 299 2266</p>  <p>GET WALKING KEEP WALKING Meet @ 10.45am 11am - 12pm</p>	<p>FOOTCARE Appointments only Tel: 0116 299 2266</p> 
FUN & GAMES	 <p>£1.50 per book 1pm - 3pm</p>				<p>SEASONS CAFE FRIDAY SOCIAL 10am - 12.30pm</p> 



Mon - Fri  
8.30am - 3.30pm  
Hot food served until 3.30pm



Leicester Shire & Rutland  
ageUK

Charity shop  
Open  
9.30am - 3.30pm

### Function Room Hire

Office Space Rentals  
short or long term lease

For more info  
Call the Centre Manager on  
0116 299 2233  
Option 6





# **MORNING MEGA DEALS**



**8.30AM - 10.30AM MON - FRI**

**BUY A LARGE BREAKFAST  
& GET THE 2ND HALF PRICE**

**BUY A BACON OR SAUSAGE BUTTY &  
GET A FREE TEA OR COFFEE**



SEASONS CAFE- AGE UK  
CLARENCE HOUSE  
HUMBERSTONE GATE, LE1 3PJ