















# 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
<b>EXERCISE</b>	<p>DANCE FIT £5 10.15am - 11AM</p> <p>ZUMBA £5 11.15AM - 12.15AM</p>	<p>TAI CHI £8 12.30pm - 1.30pm</p>  <p>SEATED EXERCISE £6 2pm - 3pm</p>	<p>DANCE FIT £5 10.15am - 11AM</p> <p>ZUMBA £5 11.15AM - 12.15AM</p>	<p>KARATE DOJO FOR SENIORS £7 10.30AM - 11.30AM</p> 	<p>"SILVER SWANS" BALLET £9 11.15am - 12.15am</p> 
<b>MUSIC &amp; DANCE</b>	<p>GUITAR LESSONS £10 2pm - 4pm</p> 	<p>LINE DANCING £3 10.30am - 12pm</p>	<p>SEQUENCE DANCING £3.50 1.45pm - 3.45pm</p> 	<p>SOUND MEDITATION JOURNEY £7 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> 
<b>WELLBEING &amp; SKILL BUILDING</b>	<p>DIGITAL HELP Free Drop-In @ The Hub 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> 
<b>FUN, GAMES &amp; CRAFTS</b>	 <p>£1.75 per book 1pm - 3pm</p>			 <p>KNITTING &amp; CRAFTING WORKSHOP free to join 11am - 12pm</p>	<p>SEASONS CAFE FRIDAY SOCIAL 10am - 12.30pm</p> 



**Mon - Fri**

**9am - 3.30pm**

Hot food served until 2.15pm  
Cold food and drinks till  
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**

