














Age UK Leicester Shire & Rutland Activities & Services

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

**Open to the
general public**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE	<p>DANCE FIT £5 10.15am - 11AM</p> <p>ZUMBA £5 11.15AM - 12.15AM</p>	<p>TAI CHI £6 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 £8 11.15am - 12.15am</p> 
MUSIC & DANCE	<p>GUITAR LESSONS £10 2pm - 4pm</p> 	<p>LINE DANCING £3 10.30am - 12pm</p>	<p>SEQUENCE DANCING £2.50 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 & Improvers</p> 
WELLBEING & SKILL BUILDING	<p>DIGITAL HELP Free Drop-In @ The Hub 10am - 12 pm Help with phones & 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>ART CLUB 1.15pm - 3pm £5</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

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**

