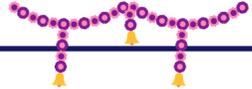


Age UK Leicester Shire & Rutland Activities & Services

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	ZUMBA £5 10.45am - 11.45am 	TAI CHI £8 12.30pm - 1.30pm  SEATED EXERCISE £6 2pm - 3pm	DANCE FIT £5 10.15am - 11AM ZUMBA £5 11.15AM - 12.15AM	KARATE DOJO FOR SENIORS £7 10.30AM - 11.30AM 	"SILVER SWANS" BALLET £9 11.15am - 12.15am 
MUSIC & DANCE	GUITAR LESSONS £10 2pm - 4pm 	LINE DANCING £3 10.30am - 12pm	SEQUENCE DANCING £3.50 1.45pm - 3.45pm 	SOUND MEDITATION JOURNEY £7 1.30PM - 2.30PM Last Thurs of the Month 	LINE DANCING £3 12.30pm- 1.30pm Absolute Beginners 1.30pm - 3pm Beginners & Improvers 
WELLBEING & SKILL BUILDING	DIGITAL HELP Free Drop-In @ The Hub 10am - 12 pm Help with phones & computers	FOOTCARE Appointments only Tel: 0116 299 2266  CARERS CAFE 1pm - 3pm	FOOTCARE Appointments only Tel: 0116 299 2266  CARERS CAFE 10am - 12pm	FOOTCARE Appointments only Tel: 0116 299 2266  GET WALKING KEEP WALKING Meet @ 10.45am 11am - 12pm	FOOTCARE Appointments only Tel: 0116 299 2266 
FUN, GAMES & CRAFTS	 £1.75 per book 1pm - 3pm			 KNITTING & CRAFTING WORKSHOP free to join 10am - 12pm	SEASONS CAFE FRIDAY SOCIAL 10am - 12.30pm 



Mon - Fri
9am - 3.30pm
Hot food served until 2.15pm
Cold food and drinks till 3.30pm




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

