

Weekly Activities					
Day	Activity	Cost	Time	Place	Remarks
Monday	Steady Steps +	£5.00	9.00am-10.00 am	Main Hall	contact Evie Crane 07896 856258
	Steady Steps	FREE	10.15am - 11.15 am	Main Hall	contact Evie Crane 07896 856258
	Tai Chi	£4.00	11.30am - 12.30pm	Main Hall	contact Nasser Butt on 07792 242150
	Evergreen Social Group	FREE!	1.00pm - 3.30 pm	Main Hall	contact Rhonda on 01664 410253
	MM Neighborhood Mental Health Café	FREE	10.00am - 1.00pm	Elm Room	contact 01162237362 for more details
Tuesday	Slimming World	TBA	5.30pm - 9.30pm	Main Hall	contact Lisa on 07594 336528
	Chatter Club	FREE!	9.30am - 11.30pm	Main Hall	1st & 3rd Tues in month - just come along!
	Pilates	TBA	11.55am-12.55pm	Main Hall	contact Emma on 0770 9470990
	Melton Memory Café	FREE!	2.00pm - 3.30pm	Main Hall	every 2nd Tues of month contact Rachel on 01162237363
	Want 2 Dance Melton	£8.00	7.30pm - 10.30pm	Main Hall	contact Steve Carr on 07773 504494
Wednesday	Yoga	£3.50	6.00pm - 7.00pm	Main Hall	contact Colette on 01664 464823
	Scrabble Club	£1.00	1.00pm - 3.00pm	Elm Room	contact Rhonda on 01664 410253
	Knit & Natter	FREE!	10am - 12pm	Elm Room	contact Rhonda on 01664 410253
	Prostaid	TBA	7.00pm - 9.00pm	Beech Room	contact Bob White on 07766 162963
	Slimming World	TBA	5.30pm-9.30pm	Main Hall	contact Suzanne on 07766 367494
Thursday	Lunch Club	£8.00	11.30am -1pm	Main Hall	contact Rhonda on 01664 410253
	Veterans Drop in	£1.50	10.00am -12pm	Elm Room	contact Rhonda on 01664 410253
	Falls Prevention Group	FREE!	9.00am - 12.00pm	Ash Room	Contact your local GP for referral to this group
	Steady Steps +	FREE	2.00-3.00pm	Main Hall	contact Evie Crane 07896 856258
	MM Neighborhood Mental Health Café	FREE!	5.00pm- 8.00pm	Elm Room	contact 01162237362 for more details
Friday	Sequence Dancing	£2.50	7.30pm 10.00pm	Main Hall	Contact Graham on 01664 852365
	Over 55's Drop in Club	TBA	9.30am - 12.00pm	Main Hall	contact Beryl Brett on 07746 297159
	Colin Main Dancing	TBA	7.00pm - 9.30pm	Main Hall	contact Colin Main on 07889659989
Saturday	Slimming World	TBA	7.30pm-12.30pm	Main Hall	contact Lisa on 07594 336528
	Other Activities	Cost	Time	Place	Remarks
Mon - Fri	Day Care	TBA	10.00am -3.00pm	GH	contact Rhonda on 01664 410253
Fridays	Foot Care	TBA	10.00am -3.00pm	Oak Room	contact Rhonda on 01664 410253

**We're also looking for those that can teach, coach, mentor / run new activities. Let us know if you have something to offer.**

## Age UK Leicester Shire & Rutland

**Gloucester House**, 3 Norman Way,  
Melton Mowbray, LE13 1JE. (Tel: 01664 410253)

Activity / Service Synopsis		
Day	Activity	Synopsis
Monday	Tai Chi	contact Nasser Butt on 07792 242150
	Steady Steps	aimed at 65+ to develop stability mobility and coordination. Contact Contact Jake Betts on 07757325519
	MM Neighborhood Mental Health Café	contact 01162237362 for more details or nmhcafe@ageukleics.org.uk
	Evergreen	Refreshments, companionship bingo, monthly entertainment - contact Rhonda on 01664 410253 for more information
Tuesday	Chatter Club	1st & 3rd Tuesday of every month come along and join the Melton Lions for a cuppa and a chat - try New Age Kurling whilst you are here! any ages welcome!
	Melton Memory Café	A relaxing social group or you to meet others affected by dementia and take part in activities
	Pilates	contact Emma on 0770 9470990
	Yoga	To help build strength, suppleness and for relaxation contact Colette on 01664 464823
Wednesday	Slimming World	contact Suzanne on 07766 367494
	Scrabble Club	New friendly and infomal Scrabble Group - all ages and abilities welcome! £1 per session just come along
	Want2 Dance Melton	modern jive class beginners welcome!
	Prostaïd	providing support and counselling for sufferers and their families contact Bob on 07766 162963
	Knit and Natter	If you enjoy knitting come along to this friendly group and help to raise money too! Call Rhonda on 01664 410253
Thursday	Lunch Club	2nd Thurs of the month - a freshly cooked meal & good company please contact Rhonda on 01664 410253
	Falls Prevention Group	contact your GP for referral to this group
	Steady Steps	aimed at 65+ to develop stability mobility and coordination. Contact Jake Betts on 07757325519
	MM Neighborhood Mental Health Café	contact 01162237362 for more details or nmhcafe@ageukleics.org.uk
Friday	Colin Main dancing	contact Colin Main on 07889659989
	Over 55s Drop in	For over 55s to socialise and enjoy outings etc - for more information contact Beryl Brett on 07746 297159