

Weekly Activities

Day	Activity	Time	Cost	Place	Remarks	
Monday	Yoga with Kirty	10am – 11am	£4.50	Great Hall		
	Zumba Beginners to Improvers	11.15am - 12.15pm	£4.00	Great Hall		
	Guitar Lessons	2pm – 4pm	£5.00	Great Hall		
Tuesday	Card Making	10am – 12pm	£2.50	Activities Room		
	Whist	1pm – 4pm	£3.00	Activities Room		
	Tai Chi	12.30pm - 1.30pm	£6.00	Great Hall		
	Line Dancing - Improvers	10am – 12pm	£3.00	Great Hall		
	Seated Exercise	2pm – 3pm	£4.00	Great Hall		
	Footcare	Appointment only	See price list	Therapy Room	Tel: 0116 299 2266	
	Leicester Carer's Support Service - Carers Café	10am – 12pm	Free	1 st floor Community Room	See Reception for Dates	
Wednesday	Keep Fit	10.15am - 11.15am	£3.50	Great Hall		
	Zumba Gold	11.15am - 12.15pm	£4.00	Great Hall		
	Sequence Dancing	1.45pm – 3.45pm	£2.50	Great Hall		
	Writers Group	1.30pm – 3.30pm	£1.50	Activities Room		
	Leicester Art Zone	9.30am – 12.30pm	£5.00	Activities Room		
Thursday	Get Walking, Keep Walking	11am – 12pm Meet at 10.45am	Free	Activities Room	Walks around the City Centre History	
	Group Games and Quiz with Wendy	10am – 12.30pm	Free	Seasons Eatery Annex		
Friday	Footcare	Appointment only	See price list	Therapy Room	Tel: 0116 299 2266	
	Silver Swans – Ballet with Ginette from GB Dance	11-15am– 12-15pm	£5.00	Great Hall		
	Line Dancing	Absolute Beginners	12.30pm - 1.30pm	£3.00	Great Hall	
		Beginners	1.30pm - 2.30pm			
Improvers		2.30pm - 3.30pm				

Clarence House Contacts and Services:

Clarence House Reception Team:	Mon – Friday 8.30am – 4pm	0116 2992233	enquiries@ageukleics.org.uk
Charity Shop:	Mon – Friday 9am – 3pm	0116 2992233	enquiries@ageukleics.org.uk
Seasons Eatery:	Mon – Friday 9am – 3pm	0116 2220547	enquiries@ageukleics.org.uk
Leicester Carer's Support Service:	Mon – Friday 9am – 4pm	0116 2220532	carers@ageukleics.org.uk
Transport	Mon – Friday 9am – 3pm	01162 220542	transport@ageukleics.org.uk