

Age UK Leicester Shire and Rutland

Age UK Centre, Kings Walk, Earl Shilton. Leicester LE9 7NL Telephone: 01455 847666

Weekly Activities

Day	Activity	Cost	Time	Room	Contact and information
Monday	IT Group	TBC	9.30am - 3.30pm	Activities	Jackie Williams 07932 730891 - Jim and Alison Bell
	Dancing Group	TBC	1.45pm - 3.45pm	Main Hall	Tom O'Rouke - 016 3676260
	U3A Book Club	TBC	2.00pm - 3.30pm	Oasis	Janice Strand - stokegolding@icloud.com (<i>First Tuesday of every month</i>)
Tuesday	Weightwatchers	TBC	5.00am - 7.00pm	Main Hall	Vee - 07896 593467
	Mature Movers	TBC	10.00am - 11.00am	Main Hall	Mel Tee - 07796 432393
	Barwell Crafters	TBC	10.30am - 12.30pm	Activities	Maureen Smith - 01455 822824
Wednesday	Tai Chi	TBC	2.30pm - 3.30pm	Main Hall	Nasser Butt - 07792 242150
	Art and Craft Group	TBC	9.30am - 11.30am	Activities	Rodney Booth - 07767 332303
	Dementia Meeting Centre	TBC	10.00am - 3.00pm	Oasis	Centre - 01455 847666 (<i>Starts April 2023</i>)
Thursday	Lunch Club	TBC	12.00 - 1.15pm	Main Hall	Centre - 01455 847666
	Friendship Club	TBC	1.45pm - 3.45pm	Main Hall	Chrissy Norton - 07970925409 - Hilary Smith 07855 421474
	Walking Club (Strollers)	TBC	9.30am meet	Reception	Centre - 01455 847666
Friday	Zumba	TBC	10.00am - 10.45am	Main Hall	Jess - 07760 661698
	Yoga for the Elderly	TBC	12.00 - 1.00pm	Main Hall	Kirty 07707 973018 (<i>Starts 30/03/2023</i>)
	Support for Carers	TBC	1.15pm - 3.00pm	Main Hall	Lisa Jones - 01858 468543 (<i>Second Thursday of every month</i>)
Friday	Coffee Morning	TBC	10.00am - 11.30am	Main Hall	Centre - 01455 847666
	Lunch Club	TBC	12.00 - 1.15pm	Main Hall	Centre - 01455 847666
	Short Mat Indoor Bowls	TBC	1.45pm - 3.45pm	Main Hall	Josie and Bob - 01455 612369

Day Clubs

Monday	Day Club		10.00am - 3.00pm	Lounge	Centre 01455 847666
Wednesday	Day Club		10.00am - 3.00pm	Lounge	Centre 01455 847666
Thursday	Day Club		10.00am - 3.00pm	Lounge	Centre 01455 847666
Friday	Day Club		10.00am - 3.00pm	Lounge	Centre 01455 847666

Other Activities

Wednesday	Hairdressers	Various	9.00am - 2.30pm	Salon	Rachel - 07791 667564
Friday	Footcare	Various	9.00am - 2.30pm*	Treatment room	Jessica - 07342694460 *Every other Friday, twice a month