

Weekly Activities

| Day | Activity | Cost | Time | Place | Remarks |
|-----------|------------------------------|--------------|-------------------|--------------|---|
| Monday | Steady Steps + | £3.50 | 9am-10.00 am | Main Hall | contact Jake Betts on 01664 502397 |
| | Steady Steps + | £3.50 | 10.15am-11.15am | Main Hall | contact Jake Betts on 01664 502397 |
| | Lip reading Classes | TBC | 10.30am -12.30pm | Ash Room | starts 4/10 contact Jane Futcher on 07989 146682 |
| | Tai Chi | £4.00 | 11.30am - 12.30pm | Main Hall | contact Nasser Butt on 07792 242150 |
| | Evergreen Social Group | FREE! | 1pm - 4pm | Main Hall | contact Rhonda on 01664 410253 |
| | Slimming World | TBA | 5.30-9.30pm | Main Hall | contact Lisa on 07594 336528 |
| Tuesday | Chatter Club | FREE! | 9am - 11.30pm | Main Hall | 1st Tues in month just come along! |
| | Pilates | TBA | 11.55am-12.55pm | Main Hall | contact Emma on 0770 9470990 |
| | Melton Memory Café | Free | 2 - 3.30pm | Main Hall | every 2nd Tues of month contact Rachel on 01162237363 |
| | Yoga | £3.50 | 6pm - 8pm | Main Hall | contact Colette on 01664 464823 |
| Wednesday | Scrabble Club | £1 | 1pm - 3pm | Elm Room | contact Rhonda on 01664 410253 |
| | Knit & Natter | FREE! | 10.00 - 12.00 AM | Main Hall | contact Rhonda on 01664 410253 |
| | Slimming World | TBA | 5.30-9.30pm | Main Hall | contact Amy on 07950 535615 |
| Thursday | Dementia Information Drop in | FREE! | 10.30-12pm | Reception | contact Jess Barnes on 07738 820988 |
| | Lunch Club | £6 | 11.30 -1pm | Main Hall | contact Rhonda on 01664 410253 |
| | Steady Steps + | £3.50 | 2.30 - 3.30pm | Main Hall | contact Jake Betts on 01665502397 |
| | Sequence Dancing | £2.50 | 7.30pm 10.00pm | Main Hall | Contact Graham on 01664 852365 |
| Friday | Over 55's Drop in Club | TBA | 9.30 - 12.00 | Main Hall | contact Doug Goss on 01664 560887 |
| | Table Tennis | £2.00 | 2-4pm | Main Hall | contact Jan on 01664 850387 |
| | Tai Kwon Do | | 6pm-7pm | Main Hall | contact Stuart on 07877 972438 |
| Saturday | Slimming World | TBA | 7.30-12.30pm | Main Hall | contact Amy on 07950 535615 |
| | Activity | Cost | Time | Place | Remarks |
| Mon - Fri | Day Care | TBA | 10.00 -3.00pm | GH | contact Rhonda on 01664 410253 |
| Fridays | Foot Care | TBA | 10-3pm | 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 Jake Betts on 07757325519 |
| | Lip Reading Claases | Difficulty with your hearing? Relaxed fun and supportive class to help improve your lipreading skills |
| | Evergreen | Refreshments, companionship bingo, monthly entertainment transport avaiable in Melton contact Rhonda on 01664 410253 for more information |
| Tuesday | Chatter Club | 1st Tuesday of every month come along and join the Melton Lions for a cuppa and a chat any ages welcome! |
| | Pilates | contact Emma on 0770 9470990 |
| | Yoga | To help build strength, suppleness and for relaxation contact Colette on 01664 464823 |
| Wednesday | Slimming World | contact Amy on 07950 535615 |
| | Scrabble Club | New friendly and infomal Scrabble Group - all ages and abilities welcome! £1 per session just come along |
| | 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 | d Thus of the monthwe provide a warm welcome and a freshly cooked meal please contact Rhonda on 01664 4102 |
| | Dementia information drop in | nd met your local Dementia Support Worker who can give advice on benefits social groupss etc contact Jess on 07 |
| Friday | Over 55s Drop in | For over 55s to socialise and enjoy outings etc - for more information contact Doug on 01664 560887 |
| | Table tennis | contact Jan on 01664 850387 |