

### Pilates

Starts Wednesday 9 January 5.15-6.15pm at the BAME Health and Wellbeing Hub, Reginald Terrace, Chapeltown, LS7 3EZ. All muscle group workout with particular emphasis on core strength to improve general fitness and wellbeing. £2. Call Damian.

### Feel Good Social Group

Starts Saturday 5 January 10am-1pm at FGF. A social group for anyone 50 or over wanting to meet new people and make new friends. Take part in activities including cooking, fitness, sightseeing trips! **FREE**. Call Shabana.

### Art Inside Me

Starts Wednesday 6 February 3.30-5pm at FGF for 8 weeks. Art workshop to help you relax, unwind and take stock of your life. **FREE**. Places limited. Ring Esther for more information and to reserve a place.

### Modern Living Project

Tuesdays 10am-12noon at FGF. Drop-in for anyone wanting to learn how to use modern technology and various apps including Facebook, WhatsApp and email. Call Shabana.

### Connect Men's Club

Tuesday 1-3pm at FGF. Come along make new friends, socialise and take part in fun activities. **FREE**. Call Damian.

### St Martins Men's Group

Mondays 3-5pm at St Martin's GP practice. Come along and meet new people, socialise and take part in fun activities. **FREE**. Call Damian.

### Busy Fingers

Thursdays 1.30-3.30pm at FGF. 50p. Knitting for beginners and those with more experience. Call Damian.

### Beauty Course with Leeds City College

Starts Tuesday 15 January-12 February & 26 February-26 March. 10.30am-12.30pm at FGF. Indian Head Massage & Pedicure. £2 per session for concessions £8 non-concession. Call Damian for more details and to reserve a place.

### Gardening Group

Wednesdays 10.30am -12.30pm at FGF. **FREE**. Call Esther.

### Money Matters 4 week budgeting course

Starts February. Venue TBC. Share simple tips that could see you saving £££'s on your bills! **FREE**. Call Esther to find out more and book a place.

### IT at Button Hill

Starts Tuesday 15 January 1-3pm at Button Hill, LS7 3DA. Learn how to navigate the internet, set up an e-mail account, shop online and keep in touch with family and friends. Call Shabana for more information

### Hands Up!

Friday 12.30-2pm at FGF. Non-accredited, informal introduction to BSL for family/friends of BME Deaf BSL users. **FREE**. Call Tracey.

### Mindful Textiles

Starts Thursday 17 January 10am-12noon at FGF for 10 weeks. Combine mindfulness with creative craft in this course exploring sculptural textiles.. Free to those in receipt of benefits or with a health condition. Call Esther to book.

### Healthy Lives, Healthy Homes Activities for over 60's

### Chair Based Exercise

Mondays 10.30 -11.30am at the BAME Health and Wellbeing Hub, Reginald Terrace, Chapeltown, LS7 3EZ starting 7 January. Seated exercise that uses a mix between meditation, tai chi and minimal impact leg and arm movements. £1.50. Call Aulson for more information.

### Tai Chi with Lishi International

Tuesdays 11.30am-12.30pm at Roscoe Methodist Church Community Hall, Chapeltown, LS7 4BY. Low impact effective exercise, using mind and body co-ordination. £2.50. Call Aulson to book a place.

### Massage sessions

Therapeutic massage for those 60+. Starts Friday 18 January 1 pm – 3pm. £5 for 15mins. Pre-booking required. Call Zobi for more information and to book a slot.

### Cheung Ching Friendship Group for the Chinese & Vietnamese community

Cooking sessions start Friday 4 January 10am-12 noon at FGF for 12 weeks. **£1**. Call Aulson.

### Sing for Joy! Singing group

Starts Wednesday 6 February 12.30-2pm at Trinity United Church, Roundhay Road, Harehills, LS8 5PX. Come to our weekly sessions and bring a song of your choice. Good for those living with dementia. **£1**. Call Aulson.

### Feel Good Cafés Roscoe

Thursdays 11am-1.30pm. Roscoe Methodist Church, Francis Street, Chapeltown, LS7 4BY. Free entry, £5 for hot lunch (booking required), £1.50 for hot drink and biscuits.

### Oasis Café

Wednesdays 11am-1.30pm. Trinity United Church, Roundhay Road, Harehills, LS8 5PX. Free entry. Food, tea and coffee can be purchased from the café. Dementia friendly café with activities, exercise, information and advice. Call Aulson.

### Mindful Movements

**MEN ONLY.** Gentle exercise for men 60+. Starts Tuesday 18 January 10.30-11.30am (and then every alternate week till end of March 2019) at Apna Centre, 5-10 Hares View, Leeds, LS8 4LH. Call Aulson for more information.