

## Pilates

Wednesdays 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

Saturdays 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.

## 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

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

## St Martins Men's Group

Thursdays 10-12am at St Martin's GP practice. Come along and meet new people, socialise and take part in fun activities. **FREE**. Call Aulson.

## Gardening Group

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

## 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 16 April 10.15am-12.45pm at FGF. Manicure & nail art. £2 per session for concessions £8 non-concession. Call Damian for more details and to reserve a place.

## Money Matters 4 week budgeting course

Starts Monday 29 April 10.30am-12.30pm at FGF. 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

Tuesdays 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

## Music and Fitness

Starts Monday 22 April 9-10.00am. Fun workout to improve general fitness. Call Damian 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.

## Caribbean Cooking

Starts Thursday 25 April 10am-12noon at FGF for 6 weeks. Learn how cook healthy, nutritious meals in a fun, relaxing environment and enjoy a free meal in the process! Call Shabana to book.

## Mindful Printing

Starts Thursday 18 April 10am-12noon at FGF for 10 weeks. Combine mindfulness with creative craft in this course exploring printing onto fabric. Free to those in receipt of benefits or with a health condition. Call Esther to book.

*We also run youth cooking sessions during the holidays across the city. Please call Esther for information .*

## 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 . Seated exercise that uses a mix between meditation, tai chi and minimal impact leg and arm movements. £1.50. Call Aulson for more information.

## Massage sessions

Fridays 2-4pm at FGF. Therapeutic massage for those 60+. £5 for 15mins. Pre-booking required. Call Aulson for nformation and to book a slot.

## 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.

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

Cooking sessions Fridays 10am-12 noon at FGF. **£1**. Call Aulson.

## Sing for Joy! Singing group

Wednesdays 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 11.30am-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.