

Ways to Wellbeing: What's on?



Day/Time	Venue	Description
Monday 2.30pm to 4pm	Box Tree Court, Boston Spa, Wetherby	Digital for Seniors Fun, interactive group sessions to help build digital skills and confidence. Free of charge to all 50+
Tuesday 10.30am-12.00pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Enjoy Digital Fun, interactive group sessions to help build digital skills and confidence. Free of charge to all 50+
Tuesday 12:30-2:30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Social Over Soup A warm place to drop in and have a natter over a bowl of warm soup and a roll, have a cup of tea, or coffee, use our Wi-Fi, or simply relax. Free of charge all 50+
Wednesday 11am-12pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Moving with Confidence Weekly gentle exercise sessions for those with reduced mobility or who want to build confidence to get out and about. Free of charge to all 50+
Wednesday 1:30-pm-3.30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Journal Local history, visits to museums, telling stories about the past and journaling the present. FoC to all 50+
Thursday 11am-12.30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Wellbeing Workshops A series of workshops exploring the benefits of the five ways to wellbeing; from food to friends, and beyond! Free of charge to all 50+, so come along!

All activities run six week cycles, with booking preferred before attending. New attendees welcome at any time!

Please contact the Ways to Wellbeing Team for more information: 0113 389 3009 or W2W@ageukleeds.org.uk