

# Ways to Wellbeing: What's on?



Day/Time	Venue	Description
<b>Monday</b> 2.30pm to 4pm	Box Tree Court, Boston Spa, Wetherby	<b>Digital for Seniors</b> Fun, interactive group sessions to help build digital skills and confidence. Free of charge to all 50+
<b>Tuesday</b> 10.30am-12.00pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	<b>Enjoy Digital</b> Fun, interactive group sessions to help build digital skills and confidence. Free of charge to all 50+
<b>Tuesday</b> 12:30-2:30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	<b>Social Over Soup</b> 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+
<b>Wednesday</b> 11am-12pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	<b>Moving with Confidence</b> 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+
<b>Wednesday</b> 1:30-pm-3.30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	<b>Journal</b> Local history, visits to museums, telling stories about the past and journaling the present. FoC to all 50+
<b>Thursday</b> 11am-12.30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	<b>Wellbeing Workshops</b> 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](mailto:W2W@ageukleeds.org.uk)