













# Age UK Leicester Shire & Rutland Activities & Services

Clarence House  
46 Humberstone Gate, Leicester LE1 3PJ  
Tel: 0116 299 2233 ✉ enquiries@ageukleics.org.uk

**Open to the  
general public**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE	<p>DANCE FIT £4 10.15am - 11AM</p> <p>ZUMBA £4 11.15AM - 12.15AM</p>	<p>TAI CHI £6 12.30pm - 1.30pm</p>  <p>SEATED EXERCISE £6 2pm - 3pm</p>	<p>DANCE FIT £4 10.15am - 11AM</p> <p>ZUMBA £4 11.15AM - 12.15AM</p>	<p>KARATE DOJO FOR SENIORS £7 10.30AM - 11.30AM</p> 	<p>"SILVER SWANS" BALLET £6 11.15am - 12.15am</p> 
MUSIC & DANCE	<p>GUITAR LESSONS £7.50 2pm - 4pm</p> 	<p>LINE DANCING £3 10.30am - 12pm</p>	<p>SEQUENCE DANCING £2.50 1.45pm - 3.45pm</p> 	<p>SOUND MEDITATION JOURNEY £5 1.30PM - 2.30PM Last Thurs of the Month</p> 	<p>LINE DANCING £3 12.30pm- 1.30pm Absolute Beginners 1.30pm - 3pm Beginners &amp; Improvers</p> 
WELLBEING & SKILL BUILDING	<p>DIGITAL HELP Free Drop-In 10am - 12 pm Help with phones &amp; computers</p>	<p>FOOTCARE Appointments only Tel: 0116 299 2266</p>  <p>CARERS CAFE 1pm - 3pm</p>	<p>FOOTCARE Appointments only Tel: 0116 299 2266</p>  <p>CARERS CAFE 10am - 12pm</p>	<p>FOOTCARE Appointments only Tel: 0116 299 2266</p>  <p>GET WALKING KEEP WALKING Meet @ 10.45am 11am - 12pm</p>	<p>FOOTCARE Appointments only Tel: 0116 299 2266</p> 
FUN & GAMES	<p><b>B I N G O</b> £1.50 per book 1pm - 3pm</p>				<p>SEASONS CAFE FRIDAY SOCIAL 10am - 12.30pm</p> 



**Mon - Fri**  
**8.30am - 3.30pm**  
Hot food served until 3.30pm




**Charity shop**  
**Open**  
**9.30am - 3.30pm**

**Function Room Hire**  
**Office Space Rentals**  
short or long term lease

For more info  
Call the Centre Manager on  
**0116 299 2233**  
Option 6

