

**Activity Booklet** 



#### Monday:

Yoga for Women: 10:30-11:30 am

Shree Hindu Temple & Community Centre, St Barnabas Rd, Leicester LE5 4BD

*Craft Group*: 10:00-12:00 pm

St Barnabas Library, 5 French Rd, Leicester LE5 4AH. Free

Knit & Natter: 01:00-03:00 pm

St Barnabas Library, 5 French Rd, Leicester LE5 4AH. Bring along your knitting! Free

Vitality Exercise Group for Elderly Women: 02:00-03:00 pm

Uppingham Road Methodist Church, 178 Uppingham Rd, Leicester LE5 0QG (£1)

## **Tuesday:**

Coffee Morning: 9:30-12:30 pm

St Chad's Church Hall, Coleman Rd, Leicester LE5 4LG. Call 0789 569 1054

Nice & Easy Aerobics: 10:15-11:00 am (£2.10)

Spence Street Sports Centre, Spence Steet, Leicester LE5 3NW

Coffee Afternoon for Elderly Women: 1:00-3:00pm

Café an Nisaa, 94 Wood Hill, Leicester LE5 3SQ

# **North Evington**



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#### Thursday:

Senior Ladies' Coffee Morning: 10:00-12:00

Taybah Community Centre, 362 St Saviours Rd, Leicester LE5 4HJ

Lunch Club for all: 01:00-03:00pm (vegetarian food)

Shree Hindu Temple & Community Centre, St Barnabas Rd, Leicester LE5 4BD (donation basis)

Lunch Club for Elderly Muslims: 10:00-3:00pm

Memon Association Leicester Ltd., 7 Abbotsford Rd, Leicester LE5 4DA, UK. Call 07478 630311 to register (£5)

# Friday:

*Coffee Morning:* 10:00-12:00 am (50p for your cup) Uppingham Road Methodist Church, 178 Uppingham Rd, Leicester LE5 0QG

*Craft Group:* 01:00-03:00 pm

St Barnabas Library, 5 French Rd, Leicester LE5 4AH. Free

# Saturday:

Coffee Morning: 10:00-12:00pm (50p for your cup)

Uppingham Road Methodist Church, 178 Uppingham Rd

For any more information, please contact your North Evington Connector Aamenah:

07519 985425

Aamenah@leicesterageingtogether.org.uk

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