

Weekly Activities



Mondays



Ingram Gardens Coffee Morning 9.45am - 11:15am £2.00



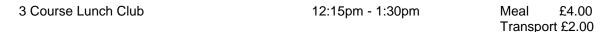
Swimming at Armley Leisure Centre 9:45am – 12 noon Transport £2.00



Computer Social 2:00pm – 4:00pm FREE of charge



Tuesdays

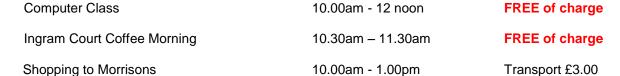




Friendship Club 1:45pm - 3pm Activity £0.50



Wednesdays





Thursdays

Chair Based Exercise Group @ Ingram Court	10.00am – 11.00am	Activity Transport	£2.00 £2.00
HEART cafe	10.00am – 11.30am	Transport	£2.00
Craft	1:30pm – 3:30pm	Activity	£1.00



Fridays

Shopping to Morrisons 10:00am - 12.30pm Transport £3.00



Fish & Chips Lunch Club 12:30pm - 1:30pm Meal £4.00 Transport £2.00



Games Afternoon 1:30pm - 3:00pm FREE of charge

Bingo @ St Matthews 1:30pm - 3:00pm 20p per ticket 8th Jan, 12th Feb, 11th March



Saturday- Once a Month

Shopping with Roy 9th Jan, 13th Feb, 12th Mar 10:00am – 1:00pm Transport £4.00



Sunday Once a month

Sunday Lunch for the Over 60's 12:30 – 2:00pm FREE of charge St Matthews Community Centre (31st Jan, 28th Feb, 20th Mar book your place!)



JAN- MAR TRIPS AND EVENTS

ALL THE <u>TRIPS</u> BELOW ARE UNACCOMPANIED AND ARE TRANSPORT ONLY. IF YOU WOULD LIKE TO TAKE YOUR HELPER/CARER THEN PLEASE PHONE THE OFFICE.

TRIPS CAN ONLY GO AHEAD WITH SUFFICIENT PASSENGER NUMBERS

DATE	TRIP/EVENT	TIME	COST
Wed 13 th	10 Pin Bowling at	Pick-ups from 12:00pm. Leaving	£2.50 for
Jan	Hollywood Bowl in Kirkstall	Approx. 3:00pm	transport
Thur 21 st	Pub Meal at Hawthorne Farm,	Pick-ups from 11:00am. Leaving Pub	£5 for
Jan	Yeadon	Approx. 2:30pm	transport
Mon 25 th	Showcase Cinema Senior Special	Approximately 10:00am- 1:30pm	£5 Film
Jan	Film TBC by 22/01/16	Dependant on Film & Running Time	£5 Transport
Thur 28 th	National Breakfast Week Event	10:00am-11:30am	Café Prices
Jan	at St Matthews Centre		£2 transport
Fri 29 th	Sleeping Beauty Pantomime at	Pick-ups start at 5:15pm	£5 ticket
Jan	St Andrews Church *Limited Availability*	7:00pm performance	£5 transport
Fri 5 th	British Heart Foundation	10:00am-12:00pm	FREE Entry
Feb	Coffee Morning at St Matthews Centre		£2 Transport
Wed 10 th	10 Pin Bowling at	Pick-ups from 12noon. Leaving	£2.50 for
Feb	Hollywood Bowl in Kirkstall	Approx. 3:00pm	transport
Thur 18 th	Wetherby Whaler, Guiseley	Pick-ups from 11:00am. Leaving	£15 inc meal
Feb	(inc 3 course senior special)	Approx. 3:00pm	& transport
Mon 22 nd	Showcase Cinema Senior Special	Approximately 10:00am- 1:30pm Dependant on Film & Running Time	£5 Film
Feb	Film TBC by 19/02/16		£5 Transport
Tues 1 st	World Book Day at	1:45pm-3:00pm	FREE of
Mar	St Matthew's Community Centre		Charge
Wed 9 th	10 Pin Bowling at	Pick-ups from 12noon. Leaving Approx. 3:00pm	£2.50 for
Mar	Hollywood Bowl in Kirkstall	•	transport
Thur 10 th	Tong Garden Centre & Café	Pick-ups from 10:30am. Leaving Approx. 3:00pm	£4.00 for
Mar		•	transport
Thur 17 th	St Patricks Day Pub Meal Outing	Pick-ups from 11:00am. Leaving Pub Approx. 2:30pm	£6.00 for
Mar	The Richard Oastler, Brighouse		transport
Fri 18 th	Sport Relief 2015	10:00am-12:00pm	FREE Entry
Mar	St Matthews Community Centre		£2 Transport
Mon 21 st	Showcase Cinema Senior Special	Approximately 10:00am- 1:30pm Dependant on Film & Running Time	£5 Film
Mar	Film TBC by 18/03/16		£5 Transport
Wed 23 rd	Leeds Grand Theatre Outing	Starts at <u>2:00pm</u> , Pick-ups from 12:00pm. Ticket is senior stall's	£21.50 ticket
Mar	Joseph & The Technicolour Dreamcoat	•	£5 Transport
Thur 24 th	Oswaldtwistle Mills	Pick-ups from 9:30am. Leaving 3.30pm	£11.00 for
Mar	Shopping Village & Restaurant		transport

PLEASE READ - Additional information for the above trips/events:

We can only book you onto the trip once you have paid.

If you are able to make your own way to St Matthews to get on the minibus please do so as this will help in reducing the time it takes to pick everyone up. If you are unable to do so we will arrange to pick you up from home.

The price is only for transport to and from the venue and does not include entrance fees or additional costs such as food and drink unless stated.

All times are approximate and may be subject to change.

ALL TRIPS ARE NON-REFUNDABLETHERE ARE NO RESERVED SEATS ON THE MINIBUS