

## 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



3 Course Lunch Club

12:15pm - 1:30pm

Meal £4.00  
Transport £2.00



Friendship Club

1:45pm - 3pm

Activity £0.50

## Wednesdays



Computer Class

10.00am - 12 noon

**FREE of charge**



Ingram Court Coffee Morning

10.30am – 11.30am

**FREE of charge**



Shopping to Morrisons

10.00am - 1.00pm

Transport £3.00

## Thursdays



Chair Based Exercise Group  
@ Ingram Court

10.00am – 11.00am

Activity £2.00  
Transport £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  
8<sup>th</sup> Jan, 12<sup>th</sup> Feb, 11<sup>th</sup> March

1:30pm - 3:00pm

20p per ticket

## Saturday- Once a Month



Shopping with Roy 9<sup>th</sup> Jan, 13<sup>th</sup> Feb, 12<sup>th</sup> 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 (31<sup>st</sup> Jan, 28<sup>th</sup> Feb, 20<sup>th</sup> Mar book your place!)

Phone **0113 245 5553** for more information  
Transport is available for some of the activities

# JAN- MAR TRIPS AND EVENTS

ALL THE **TRIPS** 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 <sup>th</sup> Jan	10 Pin Bowling at Hollywood Bowl in Kirkstall	Pick-ups from 12:00pm. Leaving Approx. 3:00pm	£2.50 for transport
Thur 21 <sup>st</sup> Jan	Pub Meal at Hawthorne Farm, Yeadon	Pick-ups from 11:00am. Leaving Pub Approx. 2:30pm	£5 for transport
Mon 25 <sup>th</sup> Jan	Showcase Cinema Senior Special Film TBC by 22/01/16	Approximately 10:00am- 1:30pm Dependant on Film & Running Time	£5 Film £5 Transport
Thur 28 <sup>th</sup> Jan	National Breakfast Week Event at St Matthews Centre	10:00am-11:30am	Café Prices £2 transport
Fri 29 <sup>th</sup> Jan	Sleeping Beauty Pantomime at St Andrews Church *Limited Availability*	Pick-ups start at 5:15pm 7:00pm performance	£5 ticket £5 transport
Fri 5 <sup>th</sup> Feb	British Heart Foundation Coffee Morning at St Matthews Centre	10:00am-12:00pm	FREE Entry £2 Transport
Wed 10 <sup>th</sup> Feb	10 Pin Bowling at Hollywood Bowl in Kirkstall	Pick-ups from 12noon. Leaving Approx. 3:00pm	£2.50 for transport
Thur 18 <sup>th</sup> Feb	Wetherby Whaler, Guiseley (inc 3 course senior special)	Pick-ups from 11:00am. Leaving Approx. 3:00pm	£15 inc meal & transport
Mon 22 <sup>nd</sup> Feb	Showcase Cinema Senior Special Film TBC by 19/02/16	Approximately 10:00am- 1:30pm Dependant on Film & Running Time	£5 Film £5 Transport
Tues 1 <sup>st</sup> Mar	World Book Day at St Matthew's Community Centre	1:45pm-3:00pm	FREE of Charge
Wed 9 <sup>th</sup> Mar	10 Pin Bowling at Hollywood Bowl in Kirkstall	Pick-ups from 12noon. Leaving Approx. 3:00pm	£2.50 for transport
Thur 10 <sup>th</sup> Mar	Tong Garden Centre & Café	Pick-ups from 10:30am. Leaving Approx. 3:00pm	£4.00 for transport
Thur 17 <sup>th</sup> Mar	St Patricks Day Pub Meal Outing The Richard Oastler, Brighouse	Pick-ups from 11:00am. Leaving Pub Approx. 2:30pm	£6.00 for transport
Fri 18 <sup>th</sup> Mar	Sport Relief 2015 St Matthews Community Centre	10:00am-12:00pm	FREE Entry £2 Transport
Mon 21 <sup>st</sup> Mar	Showcase Cinema Senior Special Film TBC by 18/03/16	Approximately 10:00am- 1:30pm Dependant on Film & Running Time	£5 Film £5 Transport
Wed 23 <sup>rd</sup> Mar	Leeds Grand Theatre Outing Joseph & The Technicolour Dreamcoat	Starts at <b>2:00pm</b> , Pick-ups from 12:00pm. Ticket is senior stall's	£21.50 ticket £5 Transport
Thur 24 <sup>th</sup> Mar	Oswaldtwistle Mills Shopping Village & Restaurant	Pick-ups from 9:30am. Leaving 3.30pm	£11.00 for 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-REFUNDABLE THERE ARE NO RESERVED SEATS ON THE MINIBUS**