

# Activity List October 2023

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**The KHL building renovation is almost complete! Throughout October, we will start to re-introduce groups back in to the centre.**

## Mondays

Weight Loss Club <b>Starts 23rd October</b>	9.30am - 11.30am	KHL (Book via KHL)
Walk & Talk (Ladies Only)	10.00am - 11.00am	KHL (Book via KHL)
Cardio Dance <b>No class on 2nd, 23rd and 30th October</b>	10.00am - 10.45am	Civic Hall (Book via KHL)
Seated Yoga <b>No class on 2nd, 23rd and 30th October</b>	11.00am - 11.45am	Civic Hall (Book via KHL)
DDMIX & Tone (Ladies Only) <b>No class on 23rd and 30th October</b>	11.30am - 12.30pm	Sangat Centre (call 01535 610263 to book)
British Sign Language Course (6 week course) <b>Starts 31st October</b>	12.15pm - 2.15pm	KHL (Book via KHL)
Parkinson's Support Group	1.30pm - 3.30pm	KHL
Beginners Seated Yoga <b>No class on 2nd and 23rd October</b>	2.00pm - 3.00pm	St Johns, Ilkley (book via KHL)

## Tuesdays

Conversation Cafe (Drop In)	10.00am - 10.45am 11.00am - 11.45am	3rd & 10th: Sight Airedale 17th, 24th & 31st: KHL
BalletBeFit (Exercise Class) Ladies Only <b>No class on 3rd, 24th and 31st October</b>	10.00am - 10.45am	Civic Hall (Book via KHL)
BalletBeFit (Exercise Class) <b>No class on 3rd, 24th and 31st October</b>	11.00am - 11.45am	Civic Hall (Book via KHL)
Art4All (Drawing and painting class)	10.00am - 12.00pm or 12.30pm - 2.30pm	KHL (Book via KHL)
Exercise & Tone <b>No class on 24th and 31st October</b>	12.15pm - 1.00pm	Bangladeshi Community Association, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group <b>17th October</b>	1.00pm - 3.00pm	Central Hall, Alice Street (Book via KHL)
Cardio Blast <b>No class on 24th and 31st October</b>	1.15pm - 2.00pm	KAWACC, BD21 3HU (call 07593791682 to book)
Rethinking Pain Exercise Group (Exercise for people with pain) <b>No class on 10th and 17th October</b>	1.00pm - 2.00pm at West Lane Church, Haworth 3.00pm - 4.00pm at The Hive, Silsden Book via KHL	
One to One I.T Support	1.30pm - 3.30pm	Keighley Library (Call 01535 618212 to book)

## Wednesdays

Weight Loss Cookery Course <b>Starts 18th October</b>	10.00am - 11.30am or 1.00pm - 2.30pm	KHL (Book via KHL)
'Mind How You Grow' Gardening Club	10.00am - 12.00pm	KHL (Book via KHL)
Art4All (Drawing and painting class)	9.45am - 11.45am or 12.30pm - 2.30pm	KHL (Book via KHL)
DDMIX (Dance Exercise) <b>No class on 4th, 25th October and 1st November</b>	10.00am - 10.50am	Civic Hall (Book via KHL)
FitStart (Group Exercise) <b>No class on 4th and 25th October</b>	11.00am - 12.00pm	Civic Hall (Book via KHL)

### Wednesdays Ctd.

Zumba® Gold Seated	11.15am - 12.15am	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)
DDMIX-SIT (Ladies Only Seated Exercise) <b>No class on 25th October and 1st November</b>	11.15am - 12.00pm	Sangat Centre (call 01535 610263 to book)
Menopause Cafe (Monthly Group) <b>18th October</b>	6.00pm - 8.00pm	KHL (Book via KHL)

### Thursdays

Games Cafe	10.00am - 11.45am	KHL (Drop in)
Core and Floor (Ladies Only) Exercise Class <b>No class on 5th, 26th October and 2nd November</b>	10.00am - 10.45am	Civic Hall (Book via KHL)
Somatic Yoga <b>No class on 5th, 26th October and 2nd November</b>	11.00am - 12.00pm	Civic Hall (Book via KHL)
Keighley History Walk	11.00am - 12.00pm	Keighley Library (Book via KHL)
Men's Support Group	11.30am - 1.30pm	Bangladeshi Community Association, BD21 1PW (call 01535 604359 to book)
Seated & Strength Training (Seated Exercise) <b>No class on 5th, 26th October and 2nd November</b>	12.30pm - 1.30pm	Civic Hall (Book via KHL)
Oakworth Shed Handycrafts & Woodwork Activities	1.00pm - 3.00pm	Oakworth Village Hall (Drop in)
Young parents & baby group <b>No group 6th and 13th October</b>	1.30pm - 4.00pm	Unit 37, Airedale Shopping Centre (Book via KHL)
Rethinking Pain: Monthly Peer Support Group <b>19th October</b>	2.00pm - 3.30pm	KHL (Book via KHL)
Singing Group	1.45pm - 2.45pm	KHL (Book via KHL)

### Fridays

Tai Chi <b>No class on 6th and 27th October</b>	10.00am - 11.00am	Civic Hall (Book via KHL)
Boxercise <b>No class on 6th and 27th October</b>	11.15am - 12.00pm	Civic Hall (Book via KHL)

### By appointment

Bump to Baby Antenatal Sessions	6 week courses Fridays 3.00pm - 5.30pm	Contact Flora on 07920432428 - Booking is essential
T-Natal Project - Young Parent Support Parents up to the age of 21	Various	Contact Flora on 07920432428

### Keighley Pathways Wellbeing Service

Keighley Pathways for Carers <b>1:1 appts with Carers Resource</b>	Tuesdays (All day)	KHL (Book via KHL)
Keighley Pathways Health & Wellbeing <b>1:1 support - appointment only.</b>	Wednesdays 1.00pm - 5.00pm	Keighley Library, contact 01535 610180 to book.
Wharfe Valley Pathways <b>Community based support for people who need help with their mental, physical or social health.</b>	Thursdays Drop in: 10.00am - 12.00pm Appts: 1.00pm - 3.00pm	Christchurch The Grove Ilkley LS29 9LW (Book via KHL)