

Activity List - May 2024

Telephone: 01535 677177 Email: admin@khl.org.uk

Activities shown in yellow WILL NOT be running during the school half term holiday (27th - 31st May)

Mondays

Closed on Monday 6th and 27th May for Bank Holidays - no sessions running on these dates

Walk & Talk (Ladies only)	10.00am - 11.00am	KHL (Book via KHL)
Cardio Dance Workout	10.00am - 10.45am	Civic Hall (Book via KHL)
Seated Yoga	11.00am - 11.45am	Civic Hall (Book via KHL)
Seated Yoga	12.00pm - 12.45pm	KHL (Book via KHL)
Maternity Circle Term time only	12.30pm - 2.00pm	KAWACC, BD21 3HU (Drop in)
Parkinson's Support Group Running on 13th and 20th April	1.30pm - 3.30pm	KHL (Book via KHL)
Seated Yoga	2.00pm - 3.00pm	St Johns, Ilkley (Book via KHL)
Angelic Reiki Group 13th May	6.00pm - 8.00pm	Call 07712804538 to book

Tuesdays

Conversation Café	10.00am - 11.45am	KHL (Drop in)
BalletBeFit (Ladies only)	10.00am - 10.45am	Civic Hall (Book via KHL)
BalletBeFit Exercise Class	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)
Movement Matters with Mary Parkinson Online class	10.30am - 11.30am	'KHL - Exercise and Wellbeing at Home' on Facebook
Exercise & Tone (Ladies only)	12.15pm - 1.00pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group (Monthly) 21st May	1.00pm - 3.00pm	Central Hall, Alice Street (Book via mentalhealthconnect@KHL.org.uk)
Rethinking Pain Exercise Group	1.00pm - 2.00pm at West Lane Baptist Church, Haworth BD22 8EN 3.00pm - 4.00pm at The Hive, Silsden BD20 0DE (Book via KHL)	
Cardio Blast (Ladies only)	1.15pm - 2.00pm	KAWACC, BD21 3HU (call 07593 791682 to book)
One to One I.T. Support	1.30pm - 3.30pm	Keighley Library (Call 01535 618212 to book)
Movement Matters with Andy Watmuff Online class	7.00pm - 8.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook

Wednesdays

Maternity Circle (monthly) 22nd May	9.30am - 11.30am	Keighley Rainbow Family Hub BD22 6JB (Drop in)
Art4All (Drawing and painting class)	9.45am - 11.45am or 12.30pm - 2.30pm	KHL (Book via KHL)
'Mind How You Grow' Gardening Club	10.00am - 12.00pm	KHL (Book via KHL)
DDMIX (Dance Exercise)	10.00am - 10.50am	Civic Hall (Book via KHL)
Maternity Circle (fortnightly) First & third Weds of the month. 1st & 15th May	10.00am - 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)
Fit-Start	11.00am - 12.00pm	Civic Hall (Book via KHL)
Seated Zumba® Gold	11.15am - 12.15pm	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)
DDMIX-SIT (Ladies Only Seated Exercise)	11.15am - 12.00pm	Sangat Centre (call 01535 610263 to book)

Wednesdays Continued

Rethinking Pain Exercise Group	1.00pm - 2.00pm	Windhill Community Centre, Shipley (Book via KHL)
Give it a Go Group <small>6 week course, starting 1st May</small>	1.00pm - 3.00pm	KHL (Book via KHL)
Movement Matters with Alison Lee <small>Online class</small>	2.00pm - 3.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Menopause Café (monthly) <small>22nd May</small>	6.00pm - 8.00pm	KHL (Book via KHL)

Thursdays

Maternity Circle (monthly) <small>2nd May</small>	9.30am - 11.30am	Modality Unit, Airedale Shopping Centre (Drop in)
Busy Minds - Relaxation & Mindfulness <small>2nd and 16th May</small>	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)
STICKS - Crochet & Knitting <small>9th and 23rd May</small>	9.45am - 11.45pm	Run by Well Together (call 01274 259190 to book)
Wharfedale Wellness Together	10.00am - 12.00pm	Christchurch, The Grove, Ilkley LS29 9LW (Drop in)
Games Café	10.00am - 11.45am	KHL (Drop in)
Core and Floor (Ladies Only)	10.00am - 10.45am	Civic Hall (Book via KHL)
Somatic Yoga	11.00am - 12.00pm	Civic Hall (Book via KHL)
Keighley History Walk	11.00am - 12.00pm	Meet at KHL (Book via KHL)
Men's Support Group	10.30am - 12.30pm	BCA, BD21 1PW (call 01535 604359 to book)
Seated & Strength Training	12.30pm - 1.15pm	Civic Hall (Book via KHL)
Maternity Circle	12.30pm - 2.00pm	KHL (Drop in)
Oakworth Shed (Woodwork Activities)	1.00pm - 3.00pm	Oakworth Village Hall (Drop in)
Singing Group <small>Starts Thursday 18th April</small>	1.45pm - 3.00pm	KHL (Book via KHL)
Young Parents & Baby Group	2.00pm - 4.00pm	KHL (Drop in)
Angelic Reiki Group <small>9th May</small>	6.00pm - 8.00pm	Call 07712804538 to book

Fridays

Maternity Circle (monthly) <small>3rd May</small>	9.30am - 11.00am	Good Shepherd Centre, BD22 6ES (Drop in)
Tai Chi & Tea	10.00am - 11.00am	KHL (Book via KHL)
Boxercise	11.15am - 12.00pm	KHL (Book via KHL)
Seated Mindfulness Yoga	1.00pm - 2.00pm	Silsden Town Hall BD20 0AJ (Book via KHL)

By Appointment

Pregnancy and Parents Antenatal Sessions	6 week courses Fridays 3.00pm - 5.30pm	Contact Flora on 07920432428 - Booking is essential
T-Natal Project - Young Parent Support <small>Parents up to the age of 21</small>	Various	Contact Flora on 07920432428

Keighley Pathways Wellbeing Service

Keighley Pathways for Carers <small>1:1 appointments with Carers' Resource</small>	Tuesdays (All day)	KHL (Book via KHL)
Keighley Pathways Health & Wellbeing <small>1:1 support - appointment only</small>	Wednesdays 1.00pm - 5.00pm	Keighley Library (call 01535 610180 to book)