

## Local Activities

Activity	Description	Day	Time	Location	Cost	Contact Details	Date Reviewed
Memory Lane Day Centre	Day Care with Activity & Cognitive Stimulation for people living with Dementia. Gives respite for Carers	Monday - Friday	10am – 4pm	Ingots Building, Cemetery Road Yeadon (Transport available)	Contact for costs	Amanda 07989 356923 <a href="http://www.memorylanecare.co.uk">www.memorylanecare.co.uk</a>	January 2017
Active Liife	If you ever wanted to know what to do with all those machines this is for you, a coach led session.	Monday	10:15am or 11:15am	Aireborough lesuire Centre	Please ask at the Centre	The Green, Leeds LS20 9BT 0113 378 1230	January 2017
Craft Club	Weekly craft group	Monday	10-12	St. John's Church, Barcroft Grove, Yeadon.	Ask for details	Church Office	January 2017
Rawdon Darby and Joan Club	Social activities including whist.	Monday	1pm - 3.30pm	Greenacre Hall Rawdon		Cynthia Gray 0113 2504122	January 2017
Aireborough Historical Society	Recording and preserving the history of Aireborough	Monday	1.30 to 3.30	Yeadon Town Hall Also talks at Guiseley Methodist Church on 2 <sup>nd</sup> Thursday evenings.	Admission to talks is £2.00	Carlo Harrison <a href="mailto:airbhistory@aol.com">airbhistory@aol.com</a> Check the access to the Archive Room.	January 2017
Guiseley Art Club	Relaxing, friendly and helpful. Come along and see for yourself.	Monday	1.30-4.00pm	Guiseley Methodist Church, Oxford Road, Guiseley.	Members pay £60 per year but try an initial visit for no charge.	<a href="mailto:artguiseley@hotmail.co.uk">artguiseley@hotmail.co.uk</a>	January 2017

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Readers Group	Books chosen by the group but don't worry if you don't finish it.	Every 4 weeks on Monday afternoons	2-3pm	Rawdon Community Library	£2.00	Library for details 0113 3910440	January 2017
Railway interest Group	Discussion group about mainly Yorkshire railways with some trips out.	3 <sup>rd</sup> Monday of the month	2-4pm	Rawdon Community Library	£2.00	Library for details 0113 3910440	January 2017
Knit and Knatter	Knitting and crafts	Monday	2pm – 3.30pm	Yeadon Library, High Street, Yeadon		Library for details	January 2017
Gardening Group	Enjoy gardening? Come and share or learn.	2 <sup>nd</sup> Monday in the month	2pm	Rawdon Community Library	£2.00	Library for details 0113 3910440	January 2017
Burley Probus Club	Retired or semi-retired men from Burley in Wharfedale and surrounding area.	Fortnightly on Tuesday	10.00am	Salem Church Hall, Main Street, Burley in Wharfedale	Try before you buy, receive a warm welcome without any obligation to join.	Martin Priest 01943 510489	January 2017
Coffee Morning	Friendly chat over a hot drink	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month	10.30-12pm	Rawdon Community Library, Micklefield Park, Rawdon	£2.00	Library for details 0113 3910440	January 2017
Friendship Group	Cakes and Company	Tuesday	10.00 – 11.30am	St peter and Paul's Church, New Road	Small cost		March 2018

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BID	Hearing Aid checks, replacement tubes, batteries for hospital supplied hearing aids	1 <sup>st</sup> Tuesday of the month	10-12	Otley Library		Sit and wait. Hospital prescribed hearing aids only	June 2018
Craft Group/ Knitting etc		Tuesday	10.30am	Wharfedale View	£1.00	0113 378 9439	March 2017
Line Dancing	Beginners, men and women of all ages welcome.	Tuesday	10.45 to 11.45am	Guiseley Theatre, the Green, Guiseley	Ask for details	Run by Rodeo Girl, please see website to email them. Donna- 01274 427042	January 2017
Games	Dominoes, Beetle etc  Everybody welcome	Every 4 weeks on Tuesday	Afternoon	Wharfedale View	Ask for details	Judith (0113)345 8581. How about coming early (12 noon) and having lunch?	Dec. 2017
Knit Café	Not a shreddie in sight!	Tuesday	2pm	Brown's Greens Vegetarian Café, 3b Harrogate Road, Rawdon		0113 250 7463	May 2017
Knit Knax	Craft Club and Tea	Tuesday	2.15 pm	Yeadon Methodist Church, Chapel Hill, Yeadon	Small Charge	Susan 01132504379	February 2017
Carers group	Run by Carers Leeds, group for cared for running alongside	Last Tuesday of the month	2-3pm	Wharfedale View	Free 50p for refreshments	Contact Fiona Porteous at Carers Leeds 0113 380 4300	June 2018
Crime Readers		Wednesday	Mornings	Yeadon Library, Town Hall Square		Library for date of next meeting 0113 3781909	January 2017
Leeds Bradford Model Boating Club	All welcome, there is a wealth of experience amongst the members.	Wednesday and Sunday mornings	9 to 12noon	Yeadon Tarn, off Cemetery Road, Yeadon	There may be opportunities	idlebern@blueyonder.co.uk	January 2017

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					s to try a boat.		
Tai Chi	Beginners Group	Wednesday	9.30-10.10am	WYSPA Dance Academy, Oxford Street, Guiseley	£30 for 5 week block	Susie – 07912140893 Susie.entwistle@hotmail.com	May 2019
Walking Group	Check with organiser about length of walks.	Every alternate Wednesday	9.30am	Yeadon Methodist Church	-	Eric Nelson 01943 875643	January 2017
Active Liife	Active Life aerobics	Wednesday	10:00-11:00am	Aireborough Iesuire Centre	Please ask at the Centre	The Green, Leeds LS20 9BT 0113 378 1230	January 2017
Coffee Club	Everyone Welcome	Wednesday	10-12	Wharfedale View	50p	Judith (0113) 345 8581	Dec 2017
Creative Writing Group	Supportive group offering help to beginners and more experience writers.	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of the month	10.30- 12.30	Rawdon Community Library	£2.00	Library for details 0113 3910440	January 2017
Coffee Mornings at Billing View.	Come along and make new friends, learn about our activities and trips out.	Every 2 <sup>nd</sup> Wednesday.	10.30-12.00	Billing View Community Centre, Rawdon.		Call in to check exact date. Also Craft group and computer group.	January 2017
Tai Chi	Beginners	Wednesday	11-12pm	Centre Stage Academy, Sizers Court, Yeadon	£30 for a 5 week block	Susie – 07912140893 Susie.entwistle@hotmail.com	May 2019
Chair Based Exercise	Run by the British Lung Foundation – all	Wednesday	11.30-12.30pm	Guiseley Theatre	£4.00	Liz Chapman 07505 145153	Jan 2019

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	welcome						
Bingo	Everybody welcome	Wednesday and Saturday	Afternoon	Wharfedale View	Ask for details	Judith (0113)345 8581.	Dec. 2017
Cornerstone	Come for a light lunch, entertainment and enjoy each other's company.	Wednesday	12.00-2.00pm	Guiseley Baptist Church, Oxford Road, Guiseley	Donation appreciated.	Level access All welcome Church office 01943 884233	January 2017
Gentle Exercise		Wednesday	12-1pm THEN 1.30-2.30pm	Jubilee Hall, Layton Ave, Rawdon	£2.50 - £5.00 depending on how many classes you pay for	Jenny Wilson : 0113 250 0209 / 07941 707397	January 2019
Coffee Afternoon/bingo	All proceeds to Guiseley Senior Citizens, Everyone welcome	Every Wednesday	2.30-4.30	New Inn, Towngate, Guiseley LS20 9JA		Karina 07931948901 Just turn up on the day	June 2018
Guiseley Women's Institute	Much more than sponge cakes- Campaigning and Company	2 <sup>nd</sup> Wednesday of the month.  Outings and craft meeting on 4 <sup>th</sup> Wednesday of month	1.30pm – 3.15pm	The Scout Hut, The Green, Guiseley. Level Access from the street.	Annual Subscription £39 but pro rata through the year.	Call in on the 2 <sup>nd</sup> Wednesday.	January 2017
Forget me not Café	A social environment for people with dementia and their carers.	First Wednesday of the month	1.30 to 3.30pm	Rawdon Cricket Club, Larkfield Road LS19 6DZ	£1.50 Please go along on the first Wednesday.		October 2018

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French Conversation	Topical French conversation for all	Alternate Wednesday afternoons	2-3pm	Rawdon Community Library	£2.00	Library for details 0113 3910440	January 2017
Guiseley and Esholt Mother's Union	All welcome, not just mothers! For fellowship and friendship	1 <sup>st</sup> Wednesday of the month	2pm	St Oswalds Parish Centre, Church Lane, Guiseley		The Leader – 01943 461389	
Science Fiction readers		Wednesday	5.30pm	Yeadon Library, Town Hall Square		Library for date of next meeting 0113 3781909	January 2017
Granny Pat's Knit and Natter Group	All skill levels welcome to have a natter and some knitting as well	2nd Wednesday of the month	7pm to 9pm	Held at Whitaker Firth Solicitors, 18 Springfield Court, Guiseley		Office number 01943 883960	January 2017
Mercury Movie Makers	Learn how to make your holiday film come to life or create your own documentary style film. Varied programme of speakers and competitions	Wednesday	7.30pm	Rawdon Conservative Club		<a href="http://www.mercurymoviemakers.com">www.mercurymoviemakers.com</a>  Mr Bob Rowley (Secretary) on 07793383600  or e-mail <a href="mailto:mercurymovies@hotmail.com">mercurymovies@hotmail.com</a>	May 2017
Aireborough Camera Club	Varied programme of talks and competitions	Wednesdays, September to May	7.45pm	Guiseley , The Green, Guiseley		<a href="http://www.aireboroughcameraclub.co.uk">www.aireboroughcameraclub.co.uk</a>	May 2017

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Active Life	Active Life aerobics	Thursday	10:00-11:00am	Aireborough lesuire Centre	Please ask at the Centre	The Green, Leeds LS20 9BT 0113 378 1230	January 2017
Coffee Stop	New people are guaranteed a warm welcome by this friendly group.	Thursday	10.00 to 10.30am	Guiseley Methodist Church, Oxford Road, Guiseley		Access the car park from Orchard Way, Guiseley	January 2017
Aireborough Civic Society	Local History Group. Interested in old Aireborough? See the archive collection held by the library.	Last Thursday of the month	10.30am	Rawdon Community Library	£2.00	Library for details 0113 3910440	January 2017
Walking Netball	It's open to everyone but particularly suitable for older people and those with old injuries, health conditions etc as no running or jumping is allowed	Thursday	11am	Aireborough Lesuire Centre	£3.30	Nathan Jone – Netball Development Community Coach – Leeds  Tel :07871 407218  <a href="mailto:nathan.jones@englandnetball.co.uk">nathan.jones@englandnetball.co.uk</a>	July 2018
Tai Chi		Thursday	11-12pm	Laurel Bank House, Guiseley, LS20 9AT	£4.00	Gareth Wilson. 0113 256 2717 <a href="mailto:enquires@soundsense.info">enquires@soundsense.info</a>	August 2019
Lunch Time Concerts	Soup and a roll, followed by an informal 30 min concert	1st Thursday of the month	12.15pm	St Oswalds Church	PWYC		Feb 2019

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Yeadon Senior Citizens	1.15pm Music and Movement  1.45-3.15pm Dominoes and refreshments	Thursday	1.15pm – 3.15pm	Yeadon Town Hall	Yearly Sub = £3. Weekly charge £1.50		
The Not Grown Up Club	For over 60's, a creative club be it art, poetry, knitting or something entirely different.	Wednesday OR Thursday afternoons	1.30 to 3.30	Bramble Bakehouse, Springfield Road, Guiseley	Donation basis to cover costs	Codswallop 07902190002	June 2019
EXTEND class – Parkinsons UK		Thursday	1.30pm	Yeadon Health Centre		Philimena Commons 0113 2696895	August 2019
Mindful Colouring Group	Group aimed at adults	Thursday	2pm	Yeadon Library, Town Hall Square		Library for details 0113 3781909	January 2017
Film Afternoon		Thursday	2pm	Wharfedale View		0113 378 9439	March 2017
Craft Club	Small group of crafters, so revive your old skills in this friendly group.	Thursday	2.00pm	Guiseley Baptist Church, Oxford Road, Guiseley	Donation appreciated.	Call ahead to the Church office 01943 884233	January 2017
Needle Crafts	All kinds of needlecrafts in a friendly group.	2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the Month	2-4pm	Rawdon Community Library	£2.00	Please check day a with Library / 0113 3910440	January 2017
Billing Belles	WI	2 <sup>nd</sup> Thursday of the month	7.45pm	Billing View Community Room, LS19 6PR	Annual membership and attendance fee	Call in on 2 <sup>nd</sup> Thursday of the month	April 2019
Coffee Morning	Also, Confidential "listening ear" is available for all to talk	Friday	9.45-11.45 am Listeners	Yeadon Methodist Church, Chapel Hill, Yeadon	Small charge	Use the side door for level access. All welcome not just church members.	February 2017

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	things over. Don't let it get you down.		available 10-11am			David 07734690661	
Active Liife	Active Life aerobics . Exercise for 1 hr then a break for half an hour , then half an hour more exercise.	Friday	10:00am – 12:00pm	Aireborough lesuire Centre	Please ask at the Centre	The Green, Leeds LS20 9BT 0113 378 1230	January 2017
Chair Based Exercise	Exercise for all abilities	Friday	2.00 -3.00	Rawdon Community Library		Starts again 2 <sup>nd</sup> June, Contact Library for details 0113 3910440	May 2017
Relaxation Group	And relax.....	Friday	10.30-12pm	Rawdon Community Library	£2.00	Library for details 0113 3910440	January 2017
Table Tennis	New members welcome, beginners or coaching to improve your game	Friday	12.30 – 2.30pm	Aireborough Leisure Centre		Sandra Rider 07778420348 <a href="mailto:sandrarider@ntlworld.com">sandrarider@ntlworld.com</a>	May 2017
Memory Lane café	For people and carers who are living with Alzheimer's and Dementia	The last Friday of the month	1 to 3.30pm	Yeadon Town Hall, Town Hall Square	£3	Contact Amanda 07989 356923 for date of next café.	January 2017
Falls Prevention Classes	Actiove Leeds 20 weel Falls Prevention Programme	Friday	1-3pm	Yeadon Methodist Church	£2.00	Contact 0113 3783680	December 2018
Craft and chat	Choose a library book then pull up a chair for some crafts.	Friday	1.30 to 3.30pm	Guiseley Library	Suggested Donation £1	Guiseley Library 01943 872675	January 2017
Coffee Afternoon/bingo	All proceeds to Guiseley Senior Citizens, Everyone	Friday	2.30-4.30	New Inn, Towngate, Guiseley LS20 9JA		Karina 07931948901  Just turn up on the day	June 2018

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	welcome						
Extend Exercise		Friday	2pm	Wharfedale View	Free just 50p for refreshments	0113 378 9439	March 2017
Walk and Talk	Local walk, a good chat followed by tea.	Friday	2pm – 3pm	Trinity Church, New Road Side, Rawdon		0113 250 7463	June 2018
Sequence Tea Dance	Afternoon Tea Dance	Friday	2-4pm	Old Pool Bank Village Hall, LS21 3BT		Barbara 07840 133 332	Feb 2019
Walking Group	Talk a walk around the local area with this friendly group. Suitable for most people.	Friday	10.00	Meet inside Aireborough Leisure Centre, The Green, Guiseley			
Walking Football	Slower Version of the beautiful game. For over 50s.		8pm – 9pm	5's Soccer, Kirkfield Business Centre, off Whackhouse Lane, Yeadon, LS19 7LX (indoor pitch)	£5.00 including hot drink	<a href="http://www.5ssoccer.com">www.5ssoccer.com</a> 0113 391 0909	May 2017
The Connection	Second and last Saturday of every month. Coffee, cake and chat.	Saturday	10.15-11.30am	Guiseley Baptist Church, Oxford Road, Guiseley.	Donations	Just turn up! Church Office 01943 884233	January 2017
Guiseley Senior Citizens Association	Monthly Coffee morning at Guiseley Scout Hut and an annual coach trip	Saturday but date varies	10-11.30am	Guiseley Scout Hut, The Green, Guiseley		All welcome, look for the board outside.	January 2017
Guiseley in Bloom	Lend a hand and keep Guiseley tidy and attractive.	Sunday mornings		Around Guiseley		<a href="mailto:info@guiseleyinbloom.org">info@guiseleyinbloom.org</a>	January 2017
Contact the Elderly	Monthly small group Sunday Afternoon Tea Parties for over 75's in	Monthly Sunday Afternoon		Takes part in a volunteer hosts home. Volunteer driver transport to and from home		0800 716 543	

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	a hosts house						
Incredible Edible Aireborough	Help to grow fruit, herbs and veg in local community plots	3 <sup>rd</sup> Sunday of the month	11am	Usually the Station Pub Carpark, Guiseley		incredibleaireborough@gmail.com	Nov 2018
Computer Buddying	Friendly one to one help	As required		Rawdon Community Library	£2.00 per session	Contact Library for details 0113 3910440	January 2017
Language Courses	All abilities – Spanish, Italian, German, French and Chinese	Various		Various local venues	£100 for block of 10 classes	<a href="http://www.leapintolanguages.co.uk">www.leapintolanguages.co.uk</a> 07985622725 anna@leapintolanguages.co.uk	August 2019
Lunch	Everybody welcome	Every day except Sat and mon	12 noon start	Wharfedale View	Snack or hot meal – prices vary	Just turn up! (Walk in, turn right into lounge and follow your nose)	Dec. 2017
Aireborough Gilbert and Sullivan Society	Concert performances of Gilbert and Sullivan operetta	Rehearsals are linked to performances		Menston Methodist Church		John Barnes john.barnes13@ntlworld.com	January 2017
Aireborough Neighbourhood Development forum	Campaigning group to support sustainable development of the Aireborough area.	Please contact them to find out opportunities to get involved		Follow the forum on line <a href="http://aireboroughnf.wordpress.com">aireboroughnf.wordpress.com</a>		aireboroughnp@gmail.com	January 2017
Yeadon Theatre Company	Appear on Stage or help behind the scenes	Rehearsals are linked to performances				secretary@yeadontheatrecompany.co.uk 01943 462283	June 2019

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**Please Note: This list has been compiled by AVSED, your local Neighbourhood Network for older people. The latest copy of this document will always be available on AVSED's Website ([www.avsed.org.uk](http://www.avsed.org.uk))**

**We do our best to keep these details up to date and accurate BUT please let AVSED know on 0113 250 1702 or [info@avsed.org.uk](mailto:info@avsed.org.uk) if any details are incorrect, or we have missed anything!**

