

**AVSED's Weekly Activity Calendar – Please note our activities are for AVSED members only.
To join please contact the office on 0113 250 1702**

Day	Event	Time	Cost	Transport
Monday	Chair based exercise	11.30am – 1.00pm	£4 (£5 with transport)	Yes
Monday	Trips & Lunches Out	12.30pm - Various	Variable	Yes
Tuesday	Tai Chi	10.30am – 11.30am	£4	No
Tuesday	Social Centre	1.30pm – 3.30pm	£2.50 with transport and refreshments. (£1 Self transporters)*	Yes
Wednesday	Cuppa & Company	10.00am – 11.30am	£3.00 (£1 self transporters)	Yes
Wednesday	Social Centre	1.30pm – 3.30pm	£2.50 with transport and refreshments. (£1 Self transporters)*	Yes
Thursday	Social Centre	1.30pm – 3.30pm	£2.50 with transport and refreshments. (£1 Self transporters)*	Yes
Friday	Tai Chi	10.00am – 11.00am	£4	No
Friday	Chair based exercise	11.30am – 1.00pm	£4.00 (or £5.00 with transport)	Yes
Friday	Fish & Chips Home Delivery	Lunch time	Cost of your order only	N/A

*Bingo and raffle extra

- Chair based exercise** An hour to exercise (raise your heart rate and improve strength and mobility) and then a cuppa and natter afterwards for half an hour. A great way to meet people too!
- Cuppa & Company** A great social event – a chance to get out of the house, have fun (why not bring your knitting with you? Or perhaps you would like to have a game of cards or dominoes?), have a cuppa in good company and meet new people.
- Social Centre** Cuppa, chat, bingo, various activities/speakers and monthly lunches out. An opportunity to socialise, get out and about and be in great company.
- Tai Chi** Specifically tailored version of this ancient martial art for older people which combines deep breathing and relaxation with slow and gentle movements – an excellent exercise class with great benefits to health and well-being.
- Trips & Lunches Out** Something for every taste – museums, cinema, shopping, countryside, places of interest, shopping trips and lunches out. You can book on as many outings as you'd like to suit your taste. Advertised and venues listed in our Newsletter.

(All of our activities can accommodate wheelchair users. A tail lift is available on our minibuses for wheelchair users who require transport but they must be able to transfer to a seat on the minibus.)

We also offer [Befriending](#), [Memory Loss Support](#), [Signposting](#) and [general advice](#), lots of exciting ad hoc activities and a [Handyman Service](#)

January 2019