

# Social Activity Program

Contributed by Dawn Newsome  
Friday, 17 November 2006  
Last Updated Friday, 08 March 2013

Armley Helping Hands are always looking at new oppertunities for our members .

Additional to our activity list please view our Events Calander for upto date activities and events with in Leeds 12 .....

Activity List 2013

Date

Activity

Location

Details

Transport Pick up time

Activity time

Monday

Coffee

Morning

Strawberry Lane Community Centre

Social Morning Tea, Coffee and Toast served

9:45

to

10:20

10:30

to

12:00

Monday

Armley Lodge Games Afternoon

Strawberry lane Community Centre

Social Afternoon With a selection of Card Games, Bingo and Dominoes

1:00

to

1:30

1:30

to

4:00

Tuesday

Thornhill Court Luncheon Club

Strawberry lane Community Centre

Luncheon club With a selection of afternoon activities

10:00

to

11:30

10:00

to

2:00

Tuesday

Arts & Crafts

Strawberry lane Community Centre

Painting and creative Drawing

1:00

to

1:30

1:30

to

3:00

Tuesday

Assisted Shopping Service

Door to door service to Kirkstall shopping centre

Assisted shopping service for older people who require volunteer escort service

12:15

to

1:00

1:00

to

3:00

Wednesday

Strawberry lane Luncheon Club

Strawberry lane Luncheon Club

Luncheon club With a selection of afternoon Activities

9:45

to

11:30

10:00

to

12:00

Wednesday

Knitting

Group

Strawberry lane

Opportunity to try new and old skills Knitting,

12:00 onwards

1:00

to

2:30

Wednesday

Visual Impaired Group

Cross Grassmere Sheltered Housing

A designated social afternoon supporting older people who are visually impaired or blind

1:00

to

1:30

1:30

to

3:30

Thursdays

Shopping Bus

Door to door service to Hunslet shopping centre

Door to door service to Hunslet shopping centre

12:00 onwards

1:00

To

3:00

Thursdays

Memory Lane

Group

Strawberry lane Community Centre

In partnership with Linden day HospitalA Support Group for older people with dementia and their carers.

12:00

to 1:00



1:00

To

3:30

Thursday

Land Girls Community Garden Project

Strawberry lane Community Centre

In partnership with Land Girl Garden Service, this is a monthly gardening project to share skills and experience about gardening, local environment and the opportunity to develop the community centre community Garden

12:00 onwards

1:00

To

3:30

Thursdays & Friday

Healthy Living Program

## Strawberry lane Luncheon Club

A 8 week healthy living program looking at your health

9:00

to

10:00

10:00

to

12:00

Thursday

Men's Group

Strawberry lane Luncheon Club

A Women Free ZONEA opportunity for retired men's to share experience and hobbies and join in day trips together. this group will be coordinated by the Transport Coordinators , charities male volunteers and drivers

12:00

To

1:00

1:00

To

3:30

Thursday and Friday

Reminiscences

Group

Strawberry lane Community Centre

An opportunity to remember the good old days

9:00

to

10:00

10:00

to

12:00

Thursday & Friday

Cinema

Afternoon

Based at Strawberry Lane Community, Local Nursing & Residential Homes in Leeds 12

Opportunity to watch the good old films like Casablanca and sound of Music Cinema afternoon runs every week with in local Nursing & Residential Homes in Leeds 12

1:00

To

3:00

Friday

Shopping

Bus

Door to door service to Hunslet shopping centre

Provides a door to door shopping service to older people in Leeds 12

11:00 onwards

12:00

To

2:00