

Activity List September 2021

Call 01535 677177 or email admin@khl.org.uk for more info or to book your place.

Activity	Day/Time	Venue/Platform
Mondays		
Beginners Yoga (Starts Monday 6 th September)	11am – 12:00pm or 12:00pm -1pm	KHL
Busy Minds 1 st and 3 rd Monday of every month	Contact Champions show the way for details. 01274 321911	KHL
STICKS Simple Therapy in Crochet/Knitting 2 nd and 4 th Monday of every month	Contact Champions show the way for details. 01274 321911	KHL
Parkinson Support Group First three Mondays of every month (Starts Monday 6 th September)	1:30pm – 3.30pm	KHL
Tuesdays		
Outdoor Cafés	10am – 11:00am or 11:15am-12:15am	KHL Garden
BalletBeFit, (Exercise Class) (Starts Tuesday 14 th September)	10:00am – 10:45am or 11:00am – 11:45am	KHL
Art 4 All (Starts Tuesday 7 th September)	10:15am – 12:15pm or 1:00pm – 3:00pm	KHL
Digital Hub	1:00pm – 3:00pm	Highfield Community Association Keighley BD21 2QG
Wednesdays		
Keighley Come Dancing DDMIX (Dance Exercise Class) (Starts Wednesday 15 th September)	10:00am – 11:00am	Civic Hall
Healthy Weight Loss Programme (6 week course starting 15 th September)	10:00am - 12:00pm	KHL
Cavendish Art Group	1:00pm – 3:00pm	KHL

Thursdays		
Games Cafés	10:00am – 10:45am or 11:00am-11:45am	KHL Garden
Information Technology for Beginners	10:00am – 11:30am	KHL
Staying Steady (Fall Prevention Seated Exercise Class)	12:30pm – 1:30pm	KHL
Digital Hub	1:00pm – 3:00pm	Sue Belcher Community Centre, Bracken Bank, Keighley BD22 7AF
MSK Connect Supporting people living with Musculoskeletal(MSK) conditions and chronic pain.	1:30pm – 3:30pm	Individual and Small group sessions. Telephone support also available.
Fridays		
Art 4 All (in person)	10:00am – 12:00pm or 1:00pm – 3:00pm	KHL
KHL Cookery Club	10:00am – 11:30pm or 1:00pm – 2:30pm	KHL
Various and By Appointment		
Prepare 4 Parenthood.	By appointment	For more information or to book an appointment contact Flora 0792 0432428
T-Natal Project - Young Parent Support	Various	Contact Flora 0792 0432428 or Facebook t-natal Keighley.
Breastfeeding Support	Various	Text Feed to 667777 with name, postcode and baby's date of birth and a mentor will contact you or Book via Facebook @Bradfordbreastfeedingbuddies
Keeping it Cool in Midlife (Coming soon)	Date and Time TBC	KHL
Walks For Wellbeing (Coming soon)	Date and Time TBC	KHL
Oakworth Shed (Coming soon)	Date and Time TBC	Oakworth Village Hall

Further information on our services can be found on our Facebook page www.facebook.com/KeighleyHealthyLiving , by visiting our website www.khl.org.uk or YouTube Channel www.youtube.com/channel/UCONy0OYq_cHbkT4-yn3Gqvg