

# Activity List November 2021

Call 01535 677177 or email [admin@khl.org.uk](mailto:admin@khl.org.uk) for more info or to book your place.

Activity	Day/Time	Venue/Platform
<b>Mondays</b>		
<b>Yoga</b> (Starts Monday 1st November)	11am – 12:00pm or 12:00pm -1pm	KHL
<b>Busy Minds</b> Relaxation and Mindfulness 1 <sup>st</sup> and 3 <sup>rd</sup> Monday of every month (Starts Monday 15th November)	10am - 11:15am	KHL Run by the Well Together Service Contact 01274 321911 for details
<b>STICKS</b> Simple Therapy in Crochet/Knitting 2 <sup>nd</sup> and 4 <sup>th</sup> Monday of every month (Starts Monday 15th November)	10am - 11:15am	KHL Run by the Well Together Service Contact 01274 321911 for details
<b>Parkinson Support Group</b> First three Mondays of every month	1:30pm – 3.30pm	KHL Run by the Parkinson's support service Contact 01274 321911 for details
<b>Tuesdays</b>		
<b>Conversation Café</b>	10am – 12pm	KHL
<b>BalletBeFit, (Exercise Class)</b> (Returns 9 <sup>th</sup> November)	10:00am – 10:45am or 11:00am – 11:45am	KHL in the Sight Airedale Building 1 Albert Street, Keighley BD21 2AT
<b>Art 4 All</b>	10:00am – 12:00pm or 1:00pm – 3:00pm	KHL
<b>Digital Hub</b> (Drop In)	1:00pm – 3:00pm	Highfield Community Association Keighley BD21 2QG
<b>Wednesdays</b>		
Keighley Come Dancing <b>DDMIX (Dance Exercise Class)</b>	10:00am – 11:00am	Civic Hall North Street, Keighley BD21 3RZ
<b>FitStart</b> (Group Exercise Class)	11:00am – 12:00pm	Civic Hall North Street, Keighley BD21 3RZ
<b>Healthy Weight Loss Programme</b> (6 week course various start dates) Please phone 01535 677177 to book your place	10:00am - 12:00pm	KHL
<b>Art 4 All</b>	10:00am – 12:00pm or 1:00pm – 3:00pm	KHL
<b>Cavendish Art Group</b>	1:00pm – 3:00pm	KHL Community Art Group, Please contact Sandra on 01535 957395 for further details

## Thursdays

<b>Wharfe Valley Pathways</b> (Starting 4 <sup>th</sup> November).	9:30am - 4:30pm	Community based support for people who need help with their mental, physical or social health.
<b>Walks For Wellbeing</b> (Starting Thurs 11 <sup>th</sup> November for 4 weeks)	Meet 10:00am at KHL or 10:30 at Cliffe Castle	KHL
<b>Games Café</b>	10:00am – 10:45am or 11:00am-11:45am	KHL
<b>Beginners Computing Course</b> (6 week course various start dates) Please phone 01535 677177 to book your place	10:00am – 11:30am	KHL
<b>Staying Steady</b> (Fall Prevention Seated Exercise Class)	12:30pm – 1:30pm	KHL
<b>Digital Hub</b> (Drop in)	1:00pm – 3:00pm	Sue Belcher Community Centre, Bracken Bank, Keighley BD22 7AF
<b>Oakworth Shed</b>	1:00pm – 3:00pm	Oakworth Village Hall
<b>MSK Connect</b> Supporting people living with Musculoskeletal (MSK) conditions and chronic pain	1:30pm – 3:00pm	KHL Individual and Small group sessions. Telephone support also available.

## Fridays

<b>Tai Chi</b> (Starts November 5th)	10:00am – 11:00am	KHL
<b>Exercise around the World</b> (In association with Mencap)	12:30pm – 2:30pm	Central Hall, Alice Street, Keighley BD21 3JD
<b>KHL Cookery Club</b> (4 week course various start dates) Currently fully booked, but more sessions coming soon please register now to reserve your place).	10:00am – 11:30pm or 1:00pm – 2:30pm	KHL

## *Various, by appointment and coming soon.*

<b>Prepare 4 Parenthood.</b>	By appointment	For more information or to book an appointment contact Flora 0792 0432428
<b>T-Natal Project - Young Parent Support</b>	Various	Contact Flora 0792 0432428 or Facebook t-natal Keighley.
<b>Menopause Support Group</b> (Starting December please register now to reserve your place)	Monthly Support Group Date and Time TBC	KHL

Further information on our services can be found on our Facebook page [www.facebook.com/KeighleyHealthyLiving](https://www.facebook.com/KeighleyHealthyLiving), by visiting our website [www.khl.org.uk](http://www.khl.org.uk) or YouTube Channel [www.youtube.com/channel/UCONy00Yq\\_cHbkT4-yn3Gqvg](https://www.youtube.com/channel/UCONy00Yq_cHbkT4-yn3Gqvg) and by visiting us at **Keighley Healthy Living, 13 Scott Street, Keighley, BD21 2JH. Telephone 01535 677177.**