

Activity List October 2021

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

Activity	Day/Time	Venue/Platform
Mondays		
Yoga (Starts Monday 1st November)	11am – 12:00pm or 12:00pm -1pm	KHL
Busy Minds Relaxation and Mindfulness 1 st and 3 rd Monday of every month (Starts Monday 15th November)	10am - 11:15am	KHL Run by the Well Together Service Contact 01274 321911 for details
STICKS Simple Therapy in Crochet/Knitting 2 nd and 4 th Monday of every month (Starts Monday 15th November)	10am - 11:15am	KHL Run by the Well Together Service Contact 01274 321911 for details
Parkinson Support Group First three Mondays of every month Contact 01274 563126	1:30pm – 3.30pm	KHL
Tuesdays		
Conversation Cafés	10am – 11:00am or 11:15am-12:15am	KHL
BalletBeFit, (Exercise Class)	10:00am – 10:45am or 11:00am – 11:45am	KHL in the Sight Airedale Building 1 Albert Street, Keighley BD21 2AT
Art 4 All	10:00am – 12:00pm or 1:00pm – 3:00pm	KHL
Digital Hub (Drop In)	1:00pm – 3:00pm	Highfield Community Association Keighley BD21 2QG
Wednesdays		
Keighley Come Dancing DDMIX (Dance Exercise Class)	10:00am – 11:00am	Civic Hall North Street, Keighley BD21 3RZ
FitStart (Group Exercise Class)	11:00am – 12:00pm	Civic Hall North Street, Keighley BD21 3RZ
Healthy Weight Loss Programme (6 week course various start dates)	10:00am - 12:00pm	KHL
Art 4 All	10:00am – 12:00pm or 1:00pm – 3:00pm	KHL
Cavendish Art Group	1:00pm – 3:00pm	KHL

Thursdays		
Games Cafés	10:00am – 10:45am or 11:00am-11:45am	KHL
Beginners Computing Course	10:00am – 11:30am	KHL
Staying Steady (Fall Prevention Seated Exercise Class)	12:30pm – 1:30pm	KHL
Digital Hub (Drop in)	1:00pm – 3:00pm	Sue Belcher Community Centre, Bracken Bank, Keighley BD22 7AF
Oakworth Shed	1:00pm – 3:00pm	Oakworth Village Hall
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		
Exercise around the World (In association with Mencap)	12:30pm – 2:30pm	Central Hall, Alice Street Keighley BD21 3JD
KHL Cookery Club (Now taking bookings for Jan 2022)	10:00am – 11:30pm or 1:00pm – 2:30pm	KHL
Tai Chi (Coming in November please register now to reserve your place)	Date and Time TBC	KHL
<i>Various, by appointment and coming soon.</i>		
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
Menopause Support Group (Coming soon please register now to reserve your place)	Date and Time TBC	KHL
Walks For Wellbeing (Coming in November please register now to reserve your place)	Date and Time TBC	KHL
Ilkley Pathways (Coming soon please contact KHL to register your interest)	Date and Time TBC	An Ilkley based service for people needing support with healthier lifestyle choices and managing problems in their life's.

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 and by visiting us at **Keighley Healthy Living, 13 Scott Street, Keighley, BD21 2JH**