

Activity List February 2024

Please note, activities shown in orange WILL NOT be running during the week commencing 12th February

Mondays		
Maternity Circle New session starting 26th February (every last Monday of the month)	9.30am - 11.30am	Keighley & Shipley Family Hub BD22 6JB (Drop in)
Walk & Talk (Ladies Only)	10.00am - 11.00am	KHL (Book via KHL)
* Cardio Dance Workout	10.00am - 10.45am	Civic Hall (Book via KHL)
* Seated Yoga	11.00am - 11.45am	Civic Hall (Book via KHL)
* Seated Yoga	12.00pm - 12.45pm	KHL (Book via KHL)
Maternity Circle	12.30pm - 2.00pm	KAWACC, BD21 3HU (Drop in)
My Healthy Weight Journey: Healthy Weight 8-week course starting on 8th January	1.30pm - 3.30pm	KHL (Book via KHL)
Parkinson's Support Group Running on 5th, 12th and 19th February	1.30pm - 3.30pm	KHL (Book via KHL)
* Seated Yoga No class on 19th February	2.00pm - 3.00pm	St Johns, Ilkley (Book via KHL)

Tuesdays		
Conversation Café	10.00am - 11.45am	KHL (Drop in)
My Healthy Weight Journey: Healthy Cookery 6-week course starting on 16th January	10.00am - 12.00pm	KHL (Book via KHL)
One to One I.T. Support	10.00am - 12.00pm	KHL (Book via KHL)
* BalletBeFit (Ladies only)	10.00am - 10.45am	Civic Hall (Book via KHL)
* BalletBeFit Exercise Class	11.00am - 11.45am	Civic Hall (Book via KHL)
Art4All (Drawing and painting class)	10.00am - 12.00pm or 12.30pm - 2.30pm	KHL (Book via KHL)
* Exercise & Tone (Ladies only)	12.15pm - 1.00pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group (Monthly) 20th February	1.00pm - 3.00pm	Central Hall, Alice Street (Book via mentalhealthconnect@KHL.org.uk)
* Rethinking Pain Exercise Group	1.00pm - 2.00pm at West Lane Baptist Church, Haworth BD22 8EN 3.00pm - 4.00pm at The Hive, Silsden BD20 0DE (Book via KHL)	
* Cardio Blast (Ladies only)	1.15pm - 2.00pm	KAWACC, BD21 3HU (call 07593791682 to book)
One to One I.T. Support	1.30pm - 3.30pm	Keighley Library (Call 01535 618212 to book)

Wednesdays		
Art4All (Drawing and painting class)	9.45am - 11.45am or 12.30pm - 2.30pm	KHL (Book via KHL)
'Mind How You Grow' Gardening Club	10.00am - 12.00pm	KHL (Book via KHL)
* DDMIX (Dance Exercise)	10.00am - 10.50am	Civic Hall (Book via KHL)
* FitStart (Group Exercise)	11.00am - 12.00pm	Civic Hall (Book via KHL)
* Seated Zumba® Gold	11.15am - 12.15pm	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)

Wednesdays Continued

* DDMIX-SIT (Ladies Only Seated Exercise)	11.15am – 12.00pm	Sangat Centre (call 01535 610263 to book)
Menopause Café (Monthly Group) 21st February	6.00pm - 8.00pm	KHL (Book via KHL)

Thursdays

Maternity Circle New session starting 8th February (every four weeks)	9.30am - 11.30am	Modality Unit, Airedale Shopping Centre (Drop in)
Busy Minds - Relaxation & Mindfulness Running on 1st and 15th February	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)
STICKS - Crochet & Knitting Running on 8th and 22nd February	9.45am – 11.45pm	Run by Well Together (call 01274 259190 to book)
Games Café	10.00am - 11.45am	KHL (Drop in)
* Core and Floor (Ladies Only)	10.00am – 10.45am	Civic Hall (Book via KHL)
* Somatic Yoga	11.00am – 12.00pm	Civic Hall (Book via KHL)
Keighley History Walk	11.00am – 12.00pm	Meet at KHL (Book via KHL)
Men's Support Group	11.30am - 1.30pm	BCA, BD21 1PW (call 01535 604359 to book)
* Seated & Strength Training No class on 8th February	12.30pm – 1.15pm	Civic Hall (Book via KHL)
Maternity Circle	12.30pm - 2.00pm	KHL (Drop in)
Oakworth Shed (Woodwork Activities)	1.00pm - 3.00pm	Oakworth Village Hall (Drop in)
Young Parents & Baby Group	2.00pm – 4.00pm	KHL (Book via KHL)
Singing Group New 4-week course starting on 29th February	1.45pm – 2.45pm	KHL (Book via KHL)

Fridays

Maternity Circle New session starting 2nd February (every first Friday of the month)	9.30am - 11.00am	Good Shepherd Centre, BD22 6ES (Drop in)
* Tai Chi & Tea	10.00am – 11.00am	KHL (Book via KHL)
* Boxercise	11.15am - 12.00pm	KHL (Book via KHL)
* Seated Mindfulness Yoga	1.00pm - 2.00pm	Silsden Town Hall BD20 0AJ (Book via KHL)
Keighley Crafters	7.00pm - 9.00pm	KHL (Drop in)

By Appointment

Bump to Baby Antenatal Sessions	6 week courses Fridays 3.00pm - 5.30pm	Contact Flora on 07920432428 - Booking is essential
T-Natal Project - Young Parent Support Parents up to the age of 21	Various	Contact Flora on 07920432428

Keighley Pathways Wellbeing Service

Keighley Pathways for Carers 1:1 appointments with Carers' Resource	Tuesdays (All day)	KHL (Book via KHL)
Keighley Pathways Health & Wellbeing 1:1 support - appointment only	Wednesdays 1.00pm - 5.00pm	Keighley Library (call 01535 610180 to book)
Wharfe Valley Pathways Community-based support for people who need help with their mental, physical or social health	Thursdays Drop in: 10.00am - 12.00pm Appts: 1.00pm - 3.00pm	Christchurch, The Grove, Ilkley LS29 9LW (Book via KHL)