

Activity List - July 2024

Telephone: 01535 677177 Email: admin@khl.org.uk

This Activity List runs until Friday 19th July. A summer holiday timetable will be published later in July.

Mondays		
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 Term time only	12.30pm - 2.00pm	KAWACC, BD21 3HU (Drop in)
Parkinson's Support Group 1st and 15th July	1.30pm - 3.30pm	KHL (Book via KHL)
Seated Yoga	2.00pm - 3.00pm	St Johns, Ilkley (Book via KHL)
Angelic Reiki Group 1st July	6.00pm - 8.00pm	Call 07712804538 to book
Tuesdays		
Conversation Café	10.00am - 11.45am	KHL (Drop in)
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)
Movement Matters with Mary Parkinson Online class	10.30am - 11.30am	'KHL - Exercise and Wellbeing at Home' on Facebook
Exercise & Tone (Ladies only)	12.15pm - 1.00pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group (Monthly) 16th July	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 07593 791682 to book)
One to One I.T. Support	1.30pm - 3.30pm	Keighley Library (Call 01535 618212 to book)
Movement Matters with Andy Watmuff Online class	7.00pm - 8.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Wednesdays		
Art4All (Drawing and painting class)	9.45am - 11.45am or 12.30pm - 2.30pm	KHL (Book via KHL)
Maternity Circle (fortnightly) 1st & 3rd Weds of the month. 3rd & 17th July	10.00am - 11.30am	Haworth Medical Practice BD22 8DH (Drop in)
'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)
Fit-Start	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)
DDMIX-SIT (Ladies Only Seated Exercise)	11.15am - 12.00pm	Sangat Centre (call 01535 610263 to book)
Maternity Circle (fortnightly) 2nd & 4th Weds of the month. 10th and 24th July	12.00pm - 2.00pm	Keighley Rainbow Family Hub BD22 6JB (Drop in)
Rethinking Pain Exercise Group	1.00pm - 2.00pm	Windhill Community Centre, Shipley (Book via KHL)

Wednesdays Continued

Movement Matters with Alison Lee Online class	2.00pm - 3.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Menopause Café (monthly) 24th July	6.00pm - 8.00pm	KHL (Book via KHL)

Thursdays

Maternity Circle (monthly) 11th July	9.30am - 11.30am	Modality Unit, Airedale Shopping Centre (Drop in)
Busy Minds - Relaxation & Mindfulness 4th and 18th July	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)
STICKS - Crochet & Knitting 11th and 25th July	9.45am - 11.45pm	Run by Well Together (call 01274 259190 to book)
Wharfedale Wellness Together - Mental Health Support Group	10.00am - 12.00pm	Christchurch, The Grove, Ilkley LS29 9LW (Drop in)
Games Café	10.00am - 11.45am	KHL (Drop in)
Core and Floor (Ladies Only)	10.00am - 10.45am	Civic Hall (Book via KHL)
My Healthy Weight Journey: Healthy Cookery 5-week course starts on 25th July	10.00am - 12.00pm	KHL (Book via KHL)
Men's Support Group	10.30am - 12.30pm	BCA, BD21 1PW (call 01535 604359 to book)
Somatic Yoga	11.00am - 12.00pm	Civic Hall (Book via KHL)
Keighley History Walk	11.00am - 12.00pm	Meet at KHL (Book via KHL)
Seated & Strength Training	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)
Singing Group 6-week course ending on 11th July	1.45pm - 3.00pm	KHL or Keighley Library (Book via KHL)
Young Parents & Baby Group	2.00pm - 4.00pm	KHL (Drop in)
Cookery Club 5-week course starts on 25th July	2.00pm - 4.00pm	KHL (Book via KHL)
Angelic Reiki Group 4th July	6.00pm - 8.00pm	Call 07712804538 to book

Fridays

Maternity Circle (monthly) 1st Friday of the month. 5th July	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)

By Appointment

Pregnancy and Parents 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)