

Activity List - November 2024

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

Mondays		
Walk & Talk (Womens only)	10.00am - 11.00am	KHL (Book via KHL)
Dance & Tone	10.00am - 10.45am	Civic Hall (Book via KHL)
British Sign Language <small>Starts 11th Nov - 6 week course</small>	10.00am - 12.00pm	KHL (Book via KHL)
Somatic Yoga	11.00am - 12.00pm	Civic Hall (Book via KHL)
Seated Yoga	11.00am - 11.45am or 12.00pm - 12.45pm	KHL (Book via KHL)
Parkinson's Support Group <small>4th & 18th November</small>	1.30pm - 3.30pm	KHL (Book via KHL)
Angelic Reiki Group <small>4th November</small>	6.00pm - 8.00pm	Call 07712804538 to book
Tuesdays		
Conversation Café	10.00am - 11.45am	KHL (Drop in)
BalletBeFit (Womens 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 <small>Online class</small>	10.30am - 11.30am	'KHL - Exercise and Wellbeing at Home' on Facebook
Sit & Stay Fit	12.00pm - 12.45pm	KHL (Book via KHL)
Maternity Circle (fortnightly) <small>2nd & 4th Tues of the month</small>	12.00pm - 2.00pm	The Hive, Silsden, BD20 0DE (Drop in)
Exercise & Tone (Womens only)	1.15pm - 2.00pm	BCA, BD21 1PW (call 01535 604359 to book)
Bereavement Support Group (Monthly) <small>19th November</small>	1.00pm - 3.00pm at Central Hall, Alice Street, BD21 3JD (Book via KHL) 6.00pm - 8.00pm at KHL, Scott Street, BD21 2JH (Book via KHL)	
Rethinking Pain Exercise Group	1.00pm - 2.00pm at West Lane Baptist Church, Haworth BD22 8EN 2.45pm - 3.45pm at The Hive, Silsden BD20 0DE (Book via KHL)	
Cardio Blast (Womens only)	1.15pm - 2.00pm	KAWACC, BD21 3HU (call 07593 791682 to book)
Movement Matters with Andy Watmuff	7.00pm - 8.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Wednesdays		
Maternity Circle (monthly) <small>Last Wednesday of the month</small>	9.30am - 11.00am	Sangat Centre, Marlborough Street, BD21 3HU (Drop in)
Art4All (Drawing and painting class)	10.00am - 12.00pm 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)
Maternity Circle (fortnightly) <small>1st & 3rd Weds of the month</small>	10.30am - 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)
Fit-Start	11.00am - 12.00pm	Civic Hall (Book via KHL)
FRESH Drug and Alcohol Support Group	11.00am - 1.00pm	Christchurch, The Grove, Ilkley LS29 9LW (Drop in)
Seated Zumba® Gold	11.15am - 12.00pm	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)
DDMIX-SIT (Womens Only Seated Exercise)	11.15am - 12.00pm	Sangat Centre (call 01535 610263 to book)

Wednesdays Continued		
Maternity Circle (fortnightly) 2nd & 4th Weds of the month	12.00pm - 2.00pm	Keighley Rainbow Family Hub BD22 6JB (Drop in)
Give it a go Starts 6th Nov - 6 week course	1.00pm - 3.00pm	KHL (Book via KHL)
Movement Matters with Alison Lee Online class	2.00pm - 3.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Menopause Café (monthly) 13th November	6.00pm - 8.00pm	KHL (Book via KHL)
Maternity Circle Pregnancy Group (monthly) 6th November	5.00pm - 7.00pm	KHL (Drop in)
Thursdays		
Maternity Circle (monthly) Contact us for date of event	9.30am - 11.30am	Modality Unit, Airedale Shopping Centre (Drop in)
Busy Minds - Relaxation & Mindfulness 7th and 21st November	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)
STICKS - Crochet & Knitting 14th and 28th November	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 (Womens Only)	10.00am - 10.45am	Civic Hall (Book via KHL)
Men's Support Group	10.30am - 12.30pm	BCA, BD21 1PW (call 01535 604359 to book)
Cardio Conditioning	11.00am - 11.45am	Civic Hall (Book via KHL)
Keighley History Walk	11.00am - 12.00pm	Meet at KHL (Book via KHL)
Seated & Strength Training	12.00pm - 12.45pm	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	1.45pm - 3.00pm	KHL or Keighley Library (Book via KHL)
Young Parents & Baby Group	2.00pm - 4.00pm	KHL (Drop in)
Rethinking Pain Support Group 21st November	2.00pm - 3.30pm	KHL (Drop in)
Fridays		
Maternity Circle (monthly) 1st 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)
Maternity Circle	10.00am - 11.30am	All Saints Pre-School, Ilkley LS29 8HZ (Drop in)
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		
Young Parents 1:1 Support	Various times available	Contact Flora on 07920432428 - Booking is essential
Pregnancy and Parenting Sessions		
Keighley Pathways Wellbeing Service		
Keighley Pathways Health & Wellbeing with KHL 1:1 support - appointment only	Wednesdays 1.00pm - 5.00pm	Keighley Library (call 01535 610180 to book)