

Activity List - January 2025

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Please note, KHL groups and courses will resume week commencing 6th January 2025 unless stated otherwise

Mondays		
Walk & Talk (women only) <i>Group resumes 13th January</i>	10.00am - 11.00am	KHL (Book via KHL)
Dance & Tone	10.00am - 10.45am	Civic Hall (Book via KHL)
Somatic Yoga <i>Cannot be booked as well as Monday Seated Yoga</i>	11.00am - 12.00pm	Civic Hall (Book via KHL)
Seated Yoga <i>Group resumes 13th January Cannot be booked as well as Monday Somatic Yoga</i>	11.00am - 11.45am or 12.00pm - 12.45pm	KHL (Book via KHL)
My Wellbeing Journey <i>6 week course starts 27th Jan</i>	1.00pm - 3.00pm	Silsden Town Hall (Book via KHL)
Parkinson's Support Group <i>6th, 13th, 20th January</i>	1.30pm - 3.30pm	KHL (Book via KHL)
Angelica Reiki Group <i>6th January</i>	6.00pm - 8.00pm	Call 07712804538 to book
Skipton Hearts Support Group <i>23rd Jan</i>	6.00pm - 7.30pm	Quaker Meeting Room, Skipton, BD23 2JA (Drop in)
Tuesdays		
Conversation Café	10.00am - 11.45am	KHL (Drop in)
BalletBeFit (women 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 <i>Online class</i>	10.30am - 11.30am	'KHL - Exercise and Wellbeing at Home' on Facebook
Sit & Stay Fit	12.15pm - 1.00pm	KHL (Book via KHL)
Maternity Circle (fortnightly) <i>2nd & 4th Tuesday of the month</i>	12.00pm - 2.00pm	The Hive, Silsden, BD20 0DE (Drop in)
Exercise & Tone (women only)	1.15pm - 2.00pm	BCA, BD21 1PW (call 01535 604359 to book)
My Wellbeing Journey <i>6 week course starts 14th Jan</i>	1.30pm - 3.30pm	KHL (Book via KHL)
Bereavement Support Group (monthly) <i>21st January</i>	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 (women only) <i>Group resumes 14th Jan</i>	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) <i>Last Wednesday of the month</i>	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)
DDMIX (Dance Exercise)	10.00am - 10.50am	Civic Hall (Book via KHL)
Maternity Circle (fortnightly) <i>1st & 3rd Wednesday of the month</i>	10.30am - 12.00pm	Haworth Medical Practice BD22 8DH (Drop in)
Fit-Start	11.00am - 12.00pm	Civic Hall (Book via KHL)
Seated Zumba® Gold	11.15am - 12.00pm	Queens Hall, Burley in Wharfedale, LS29 7BT (Book via KHL)

Wednesdays Continued

DDMIX and Sit (women only) <small>Group resumes 15th Jan</small>	11.15am – 12.00pm	Sangat Centre (call 01535 610263 to book)
Maternity Circle (fortnightly) <small>2nd & 4th Weds of the month</small>	12.00pm - 2.00pm	Keighley Rainbow Family Hub BD22 6JB (Drop in)
Give it a go <small>5 week course, starting on 15th Jan</small>	1.00pm - 3.00pm	KHL (Book via KHL)
Movement Matters with Alison Lee <small>Online class</small>	2.00pm - 3.00pm	'KHL - Exercise and Wellbeing at Home' on Facebook
Menopause Café (monthly) <small>22nd Jan</small>	6.00pm - 8.00pm	KHL (Book via KHL)
Maternity Circle Pregnancy Group (monthly) <small>8th Jan</small>	5.00pm - 7.00pm	KHL (Drop in)

Thursdays

Maternity Circle (monthly) <small>Contact us for date of event</small>	9.30am - 11.30am	Modality Unit, Airedale Shopping Centre (Drop in)
Busy Minds - Relaxation & Mindfulness <small>2nd and 30th Jan</small>	9.45am - 11.45am	Run by Well Together (call 01274 259190 to book)
STICKS - Crochet & Knitting <small>9th and 23rd Jan</small>	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)
Keighley Hearts Support Group (monthly) <small>14th Jan</small>	10.00am - 11.30am	Sangat Centre (Drop in)
Games Café	10.00am - 11.45am	KHL (Drop in)
Core and Floor (women only)	10.00am – 10.45am	Civic Hall (Book via KHL)
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 - 3.30pm	KHL (Drop in)
Oakworth Shed (Woodwork Activities)	1.00pm - 3.00pm	Oakworth Village Hall (Drop in)
Rethinking Pain Support Group <small>16th Jan</small>	2.00pm - 3.30pm	KHL (Drop in)

Fridays

Maternity Circle (monthly) <small>1st Friday of the month</small>	9.30am - 11.00am	Good Shepherd Centre, BD22 6ES (Drop in)
Tai Chi & Tea <small>Cannot be booked as well as Sit & Stand Somatic Yoga</small>	10.00am – 11.00am	KHL (Book via KHL)
Maternity Circle	10.00am - 11.30am	All Saints Pre-School, Ilkley LS29 8HZ (Drop in)
Sit & Stand Somatic Yoga <small>Cannot be booked as well as Tai Chi & Tea</small>	11.15am - 12.00pm	KHL (Book via KHL)
Seated Mindfulness Yoga	1.00pm - 2.00pm	Silsden Town Hall BD20 0AJ (Book via KHL)
BSL: Introduction to British Sign Language	Start date and time TBC	Please contact KHL to register your interest

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 <small>1:1 support - appointment only</small>	Wednesdays 1.00pm - 5.00pm	Keighley Library (call 01535 610180 to book)
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