

DAY	MORNING (AM)	AFTERNOON (PM)
MONDAY	Pottery	Baking Enterprise *
	Ready Steady Cook - Around the World! *	Computers: Mixed Media *
	Singing and Karaoke	Marvellous Music Monday!
		Reading and Creative Writing
TUESDAY	Arts and Crafts	Arts and Crafts
	Computers: Gaming*	Dan's Rhythm Rebels
	Music, Movies and Broadway	Tabletop Hobby Gaming and Lego Builders *
	Out and About (all day group)	
WEDNESDAY	Arts and Crafts	Arts and Crafts
	HS4L Newsletter Group*	Computers: Photography and Imagery *
	It's All About You!	Pop, Rock, Music and Artists
	Wednesday Social: Market, Shops and Cafes	Wednesday Wanderers Walking Group <i>(Please turn over for more information)</i>
	Gym & Fitness <i>(Please turn over for more information)</i>	
THURSDAY	Performing Arts (all day group)	
	Grow Your Own Food	Grow Your Own Food
	Arts and Crafts	Arts and Crafts
	Healthy Soups and Seasonal Lunches*	Cooking for Independent Living*
	Recording and Creating Music	Movement and Relaxation
	Swimming <i>(Please turn over for more information)</i>	Social Walking Group <i>(Please turn over for more information)</i>
FRIDAY	Arts and Crafts – inspired by Disney	Arts and Crafts – inspired by Disney *
	Computers: Creative Media	Computers: Creative Media
	Cooking with Spices *	Games Group
	Film Club	Take Away Cooking

*\*Classes will run on the first floor.*

Please see the course details sheet for further information on each of the courses.



## HS4L Swimming, Gym and Fitness Sessions

HS4L's 1 hour Swimming, Gym and Fitness sessions take place at the Harrogate Leisure and Wellness Centre (formally known as The Hydro) and are run by our qualified staff. Gym and Fitness are 1:1 sessions. Swimming is a group session. Each 1 hour time slot includes time to get changed, warm up, exercise / swim and get changed again.

DAY	MORNING (AM)	AFTERNOON (PM)
WEDNESDAY	Gym and Fitness	
THURSDAY	Swimming	

## HS4L Healthy Hearts Walking Activities at 9 North Park Road

This year we will be running two Healthy Hearts walking groups in which you will have an opportunity to improve your fitness with your friends.

**Wednesday Wanderers Walking group:** this group is for people who are serious about improving their fitness and want to take part in a weekly 5K walk.

**Social Walking Group:** this group will have a more relaxed approach for people who want to improve their fitness. There will be a 3K walk with plenty of rests and the option to walk to places in the community e.g. a cafe for well-earned refreshments.

DAY	MORNING (AM)	AFTERNOON (PM)
WEDNESDAY		Wednesday Wanderers Walking Group
THURSDAY		Social Walking Group

## Extra activities

DAY	EXTRA ACTIVITIES
WEEKLY	Musical Instrument 1/2 hr 1:1 lesson (appointments bookable - various times to suit)