

THE REGINALD CENTRE COMMUNITY HUB

Summer Timetable

We have a great range of activities and groups to get you active, stretch your mind and keep you connected.



263
Chapeltown Rd
LS7 3EX



0113 336 7683



@ReginaldCentre



Bike Library

Rent a bike for FREE
for up to TWO weeks



Fusion Cafe

Coffee/Salad boxes/Toasties
8.30-4pm Tues-Fri



Table Tennis

Play for free
Mon - Fri 5-7pm

MONDAY

Chair Based Exercise
10.30 - 11.30pm (£1.50)

Keep fit and make friends.
Part of Healthy Homes Healthy Lives project.

Zumba (£1)
5.30 - 6.30pm

Keep fit and make friends.



CHAPELTOWN
COMMUNITY HEALTH CHAMPIONS

TUESDAY

Chess Club
5-7pm
Beginners, intermediate and
advanced players welcome.
Friendly atmosphere

Yoga (£1)
6 - 7pm
Great way to stay
flexible and keep fit.

Late night Library
5-7pm
ChapelTown Library stays open,
with access to books, PCs and
much more.



CHAPELTOWN
COMMUNITY HEALTH CHAMPIONS

WEDNESDAY **Story time &
Toy Library**
2 - 4pm
Fun session to share
stories.

**Secret Cinema
Club 5-6pm**
Every 3rd Weds of the month
family friendly movies screened.
Popcorn and Juice provided.

Soca (£1)
5.30 - 6.30pm
Family fun to get fit and
feel the rhythm.



FEEL
GOOD
FACTOR
...a health and wellbeing organisation

THURSDAY **More Than a Coffee Morning**
10 - 12pm
Keep active with gentle Zumba sessions, arts & crafts,
dominoes, knitting and table tennis. Coffee is available.
@ Leeds Polish Centre LS7 4JE

Community Learning
1 - 3.30pm
Check out our vocational modules by
speaking to the JobShop

FRIDAY **A New Connection**
11 - 1pm
Stay connected with gentle Zumba, thread
art, relaxation and storytelling.
@ St Aiden's Community Hall

**Duara: Womens Healing
Circle 5 - 7pm**
Every 3rd Friday of the Month: A free community
health & wellbeing workshop to allow woman to
network, educate and empower themselves.

SATURDAY **SOCIAL** **Chess** **Dominoes**
SATURDAYS **Club** **Club**
10.30 - 1pm



CHAPELTOWN
COMMUNITY HEALTH CHAMPIONS



Looking for an opportunity to volunteer in ChapelTown?
Call Joseph on 07891 272 150
Come see how you could share your passions and skills.

In partnership:



