

Activities @ Cross Gates & District Good Neighbours' Scheme CIO

Monday	Tuesday	Wednesday	Thursday	Friday
Computer Lessons with Joe, including laptops and tablets 10am-4pm Individual lessons. Please book with the office. Cost: £2	Drop-In Coffee Morning 9.30am-11.30am See Friday for details	Mixed Activity Group 9.45am-11.45pm Arts, crafts and table games. Includes tea and coffee. Cost: £3	T-Days Coffee Morning 9.45am-12pm Crossgates Working Men's Club Cost: £1	Drop-In Coffee Morning 9.30am-11.30am Opportunity to call in for a chat. Tea, coffee & biscuits. Information, events and advice. All welcome. Cost: £2
	Ukulele (Intermediate) 11.30am -12.30pm: £5	Luncheon Club 12pm--1.30pm Cost £5	Creative Writing Group 10am-12pm Cost: £3	
	Ukulele (Beginners) 12.30pm -1.30pm: £5			
Walking group 12pm-3pm Walks of approximately 3-4 miles led by qualified leaders. Meet at Cross Gates & District Good Neighbours. Cost: £1 / £3 minibus	Line Dancing at the Newman Centre 1.15pm-2.45pm Cost: £3.50	Joan's Flexicise - please book 1.30pm-3pm Gentle exercise suitable for those with osteoarthritis Cost: £3	T-Days Exercise class 10am-10.45am Cost: £3	Painting & Drawing 12.30pm-2.30pm Places Limited. Cost: £4
	Sandwich and a Song 12pm-2pm First Tuesday of the month Cost: £5	Leeds Carers' Support Group 2pm-4pm First Wednesday of month	T-Days Big Breakfast 11.30am First Thurs of month Crossgates Working Men's Club Cost: £4	IT Support Drop-In Come along and find out more! 1pm-3pm Cost: £2
Our activities take place in a variety of locations. Please check before attending.	Birds of a Feather 1.30pm-3.30pm Third Tuesday of the month. Cost: £2.50	Bereavement Support Drop-In 3pm-4pm Fourth Wednesday of the month Cost: £1	T-Days Lunch Club 12pm Crossgates Working Men's Club Cost: £4	In addition we offer a befriending service to older people who are housebound, bereaved, lonely or feeling isolated. Please contact us for more details.
	Food and a Film 12pm-3pm Fourth Tuesday of the month. Sept - March Cost: £5		Cryptic Crossword Club 1.30pm-3pm - new members welcome Cost: £2	
			Halton Activity Group 1.30pm-3.30pm Art&Craft, painting, games, knitting, chat and refreshments. Christ Church, Chapel St.Cost: £3	

	Weekly Groups
	Monthly Groups