

Activity Details	Location	Cost	Contact Details
Adult Art Class Tuesdays 10.00am-12.00pm	Eastwell Village Hall		Kate Cree on 07910 189833 kate@ff-af.co.uk or go to http://ff-af.co.uk/
Advice and Information Drop In Held monthly on Tuesdays	Age UK, Gloucester House, Norman Way, Melton	Free	Age UK 01664 410253
Aqua Class Tuesdays 10.30-11.30am and 8.30-9.30pm Wednesdays 5-6pm Thursdays 6.30-7.30pm Fridays 5-6pm	Waterfield Leisure Centre, Dalby Road, Melton	£5.30	Waterfield Leisure Centre, 01664 563550 waterfieldinfo@everyoneactive.com
Art Class Course runs every Tuesday from September 19 th 2017 - 28 th November 2017, 10-12noon. New term follows in January 2018. Cost covers refreshments, source imagery and some basic materials	Long Clawson Village Hall, Back Lane, Long Clawson	£5	Mike Spicer 01664 822404/07950024893 mike.spicer702@googlemail.com
Art Club The last Tuesday in each month 2pm	Bradgate Flats, Bradgate Lane, Asfordby		Chris Addicott (Warden) 01664 504303 or 07896856254
Art Club Wednesday 10am – 12pm	Waltham Village Hall, Goadby Road, Waltham on the Wolds		Carol Hardistry 01664 444319
Asfordby Garden Club Meet every 2nd Monday of the month 7pm	Bradgate Flats, Bradgate Lane, Asfordby		Daphne Bullimore, 01664 812513

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Back Pain Class Every Wednesday 11am	Waterfield Leisure Centre, Dalby Road, Melton, LE13 0BG	FREE	Waterfield Leisure Centre 01664 563550 waterfieldinfo@everyoneactive.com
Ball Room and Latin American Dancing Tuesdays 7.30pm – 9pm	Eastwell Village Hall		Julie Nelson on 07779 726793 or johnnelson877@btinternet.com
Bingo Every Tuesday 7.30pm and Thursday 2.30pm	Bradgate Flats, Bradgate Lane, Asfordby		Chris Addicott (Warden) 01664 504303 or 07896856254
Bingo Weekly on Wednesdays 2pm	Granby House, Greenslade, Melton	£3	Diana Fanklin (Warden), 01664 504306
Bingo Regular Saturdays from 7.30pm	Sewstern Village Hall, Main Street, Sewstern		Sewstern Village Hall, Mrs. K. Bygott, 01476 861940
Bingo Every Wednesday 7.45pm £10 Every Friday 9pm £6 Every Saturday 9pm £12 Every Sunday 9pm £6	Melton Mowbray Royal British Legion, Kewick House, Thorpe End, Melton	Varies	Mr Brian Johnson, 01664 480057
Beginners Ballroom Lessons Thursday's, 6.30 – 7.30pm	Age UK, Gloucester House		Sandra 01664 562470 or 07530460794
Body Balance Every Thursday 10:45 – 11:45am Thursday 8:30pm	Waterfield Leisure Centre, Dalby Road, Melton	£5.30	01664 563550 waterfieldinfo@everyoneactive.com

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Bollywood Dance Workout Every Monday 7-8pm	Age UK, Gloucester House	£5	Judith Ewing Fitness 07771 866123
Bowls Every Monday 1.45-3.45pm, starting October 2017	Frisby Village Hall, Water Lane, Frisby-on-the-Wreake		Frisby Village Hall, 07597132341 frisbyvillagehall@gmail.com
Care and Share Lunches Lunch is served at 12:15pm on the 4 th Sunday of each month. Monthly lunch programme provides an opportunity for people, individuals and couples, who would normally be eating alone to enjoy a Sunday meal and fellowship together at the Samworth Centre.	The Samworth Centre, Burton Street, Melton	Free	Colin and Gillian Beavis, 01664 851386
Carers Support Group and Activity Group For carers of people living with dementia. Sessions run on 4 th Friday of every month 10.30 – midday.	Dove Cottage, Canal Lane, Stathern, Melton Mowbray, Leics. LE14 04EX	Free	Joanna Matthews, 0116 231 6921 Joanna.Matthews@alzheimers.org.uk
Carpet Bowls Alternate Fridays 2pm	Bradgate Flats, Bradgate Lane, Asfordby		Chris Addicott (Warden) 01664 504303 or 07896856254
Christians Together Every 2nd Wednesday of the month 2.30pm	Bradgate Flats, Bradgate Lane, Asfordby		Chris Addicott (Warden) 01664 504303 or 07896856254
Coffee Morning Every Tuesday and Thursday 9am	Bradgate Flats, Bradgate Lane, Asfordby		Chris Addicott (Warden) 01664 504303 or 07896856254

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Coffee Morning Every Friday 9-11am	The Edge, Dalby Road, Melton	Free	John Bellamy, Chair Shout4Residents, 07506880362 southmeltonra@yahoo.co.uk
Coffee / Afternoon Tea 1st Wednesday each month 3.00pm	Eastwell Village Hall	£2	01949 861893 or 01949 861836
Coffee Morning Every 3rd Saturday of the month 10-12pm Remaining dates for 2016 – 17 Sept, 15 Oct, 19 Nov	Thorpe Arnold Village Hall, Thorpe Road		Mrs Clarissa Kettle, 01664 566371 clarissakettle@outlook.com
Coffee Morning Every Tuesday 10.30-12.30	Wymondham Village Hall, Church Lane, Wymondham	£1	Jenny Westom, 01572 787284 jennifer.weston316@btinternet.com
Coffee Morning Every Tuesday 10-11.15am	Sage Cross Methodist Church, Sage Cross Street		Rev. Jane Carter, 01664 482132 revcarter@btinternet.com
Coffee Shop Every Tuesday 9-11.30am. A chance to get together and relax.	Age UK, Gloucester House, 3 Norman Way	Free	Rhonda at Age UK 01664 410253
Coffee Morning Drop in for a coffee and a chat with friends, or sometimes complete strangers! 1 st Wednesday of each month 10.30am	Hose Baptist Chapel, Chapel Lane, Hose	free	Barry Bedford, 01949 860636
Community Allotment Please ring for seasonal dates and times	Melton Country Park	Free	Alison McGrath – 07584 343 847

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<p>Community Lunch 1st Friday in the month 12noon after the service at 11am. £5.00approx for a 3 course meal, no booking needed.</p>	<p>Sage Cross Methodist Church, Sage Cross Street</p>	<p>£3.50</p>	<p>Rev. Jane Carter, 01664 482132 revcarter@btinternet.com</p>
<p>Community Lunches The Parish community Lunches runs community lunches across a wide rural area including 16 villages in and around Somerby primarily for those who live and or eat alone. Transport is available for participants and included in price.</p>	<p>Various venues</p>	<p>Usually around £10</p>	<p>Davina Bates 01664 454201 Annette – 01664 840627 Janet – 01162 695 295</p>
<p>Contact The Elderly Contact the elderly is a national charity which organises tea parties for small groups of older people, aged 75 and above, who live alone and would appreciate some company on a Sunday afternoon. Each older person is collected from their home by a volunteer driver and taken to a venue organised by the volunteer host for the afternoon. The group is welcomed by different hosts (churches, individual families and friends, schools, social groups) each month. The free parties are a great opportunity to make new friends within the community. The next outing is 25th October. Please call Angela if you wish to come along.</p>	<p>Various venues</p>	<p>Free</p>	<p>Angela Fielding - 01664 424202 or Mary Robinson - 01535 632592 mary.robinson@contact-the-elderly.org.uk</p>
<p>Craft and Chat Wednesday Fortnightly 11am-1pm A sewing session for all. Join Sue Frost for a sewing drop in.</p>	<p>Melton Mowbray Library, Wilton Road, Melton</p>	<p>Free</p>	<p>Melton Mowbray Library, 0116 305 3646 meltonmowbraylibrary@leics.gov.uk</p>
<p>Crafty Ladies Crafting sessions every Thursday 9.30-12noon</p>	<p>Thorpe Arnold Village Hall, Thorpe Road</p>	<p>£4</p>	<p>Mo Jackson 01664 481727</p>
<p>Day Care Held monthly – Monday to Friday</p>	<p>Age UK, Gloucester House</p>		<p>Rhonda, Age UK 01664 410253</p>

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Dominoes Every Sunday 2.00pm	Bradgate Flats, Bradgate Lane, Asfordby		Chris Addicott (Warden) 01664 504303 or 07896856254
Drop In Fridays	Age UK, Gloucester House, 3 Norman Way, Melton		Doug Goss 01664 560887
Eastwell Lunch Club Monthly on Wednesdays at 12.30 None in October 2017 continues from November onwards	Eastwell Village Ring to book and address will be provided	Around £6	Audrey Cawthorn, 01949 861893 AudreyMCawthorn@aol.com
Eat and Meet Coffee Morning 3 rd Wednesday of every month, 10:30am – 12:00pm	Waltham Village Hall, Goadby Road, Waltham on the Wolds		Jean Pratt, 01664 464328 ian.pratt6@btinternet.com
Eat and Meet Lunch Club 1 st Wednesday of every month, 12:30 – 2:00pm	Waltham Village Hall, Goadby Road, Waltham on the Wolds		Jean Pratt, 01664 464328 ian.pratt6@btinternet.com
Evergreen Social Group Every Monday 1-4pm. Social Club for over 60's with activities including bingo, raffle, games tea & biscuits.	Age UK, Gloucester House, 3 Norman Way, Melton	Free	Ann Smith 01664 560263
Falls Clinic Thursdays 9:30am – 12pm. GP referrals only	AGE UK, Gloucester House, 3 Norman Way, Melton		

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Forever Fit 50+ Forever Fit sessions Every Tuesday 11.45am-12.45pm and every Thursday 12-1pm with a tea or coffee afterwards (only on Tuesdays)	Waterfield Leisure Centre, Dalby Road, Melton	£5.30	Waterfield Leisure Centre, 01664 563550 waterfieldinfo@everyoneactive.com
Fox Food Bank Tea Coffee and a friendly chat Monday 10 - 1pm Wednesday 10 – 1pm Friday 1 – 4pm	The Fox Inn, 9 Leicester Street, Melton Mowbray	Free	Caroline Webb 01664 669146 storehouse@meltonvineyard.org
Friendship Club First Thursday of the month 10-12noon	Frisby Village Hall, Water Lane, Frisby-on-the- Wreake		Frisby Village Hall, 07597132341 frisbyvillagehall@gmail.com
Gentle Yoga Every Wednesday 9-10am	Long Clawson Village Hall, Back Lane, Long Clawson	£5	Helen Barker, 07850 024179 helenhideaway1@gmail.com
Health Walk Long Clawson Every Wednesday 10:15 – 11:30am. Perfect for all ages and those wanting a leisurely stroll.	Meet at Long Clawson Village Hall, Back Lane, Long Clawson LE14 4NA	Free	Ian Brown, 01664 822434 ian.brown49@yahoo.com or Christine Larson, 01664 823526 chris.larson@btinternet.com
Health Walk Melton Every Wednesday 10.30am (lasting around 30-60 minutes) Perfect for beginners of all ages & those wanting a leisurely stroll	Meet at Melton Country Park Visitor Centre	Free	The Sports and Leisure Team Melton Borough Council 01664 502502

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Hose & District Gardening Club First Thursday of every month 7.30pm	Hose Village Hall, Harby Lane, Hose		Helen Cheetham, 01949 860350
IT and Biscuits - TBC Held monthly.	Age UK, Gloucester House, Norman Way, Melton	Free	Contact Hollie to book a place 0116 223 7371
Keep Fit Every Monday 9.30-10.30	Burton Lazars Village Hall	£4	Ian Pengally, Burton Lazars Village Hall, 01664 668095
Knit and Knatter Every Wednesday 10.30-12noon	Age UK, Gloucester House, 3 Norman Way, Melton	Free	Rhonda, Age UK 01664 410253
Knitting & Sewing Club Every Tuesday 2pm (moves to Wednesday on the last week of the month to allow for Art Club)	Bradgate Flats, Bradgate Lane, Asfordby		Chris Addicott (Warden) 01664 504303 or 07896856254
Line Dancing Every Tuesday beginners 1-2pm, intermediate 2-3pm	Asfordby Parish Hall, Main Street, Asfordby		Asfordby Parish Hall, 01664 812177
Lunch Club Held monthly on the second Thursday of the month	Age UK, Gloucester House, Norman Way, Melton	£6	Rhonda, Age UK 01664 410253
Lunch Club Fridays from 12.30pm	Granby House, Greenslade, Melton	£3.50	Diana Franklin (Warden), 01664 504306
Lunch Club Every Wednesday 12pm	Bradgate Flats, Bradgate Lane, Asfordby		Chris Addicott (Warden) 01664 504303 or 07896856254

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<p>Make, do and Create <i>magpie</i> Every Friday from 10am Melton's Magpie craft group welcomes anyone who would like to come and make lovely stuff and meet friendly folk. Bring your craft and your lunch, come and join us. Beginners welcome.</p>	Melton Mowbray Library, Wilton Road, Melton	Free	Melton Mowbray Library, 0116 305 3646 meltonmowbraylibrary@leics.gov.uk
<p>Make Friends, with a Book Every Monday 10.30-12noon. A place to relax and a new way to enjoy sharing reading. There is no pressure to read or talk, just drop in, sit down and have a cuppa as you listen to a good story or poem.</p>	Melton Mowbray Library, Wilton Road, Melton	Free	Melton Mowbray Library, 0116 305 3646 meltonmowbraylibrary@leics.gov.uk
<p>Mature Moves Every Wednesday 2-3pm. Gentle exercise to music for the mature person, designed to maintain good level of mobility, posture and coordination.</p>	Age UK, Gloucester House, 3 Norman Way, Melton	£3	Maureen 07751504669
<p>Melton Dementia Café Welcomes people with dementia and their carers. Sessions run on 1st Friday of each month from 10.30am-12noon</p>	Melton Carnegie Museum, Thorpe End, Melton	Free	Joanna Matthews, 0116 231 6921 Joanna.Matthews@alzheimers.org.uk
<p>Melton Mowbray Art Group Every Thursday 7-9pm</p>	Thorpe Arnold Village Hall, Thorpe Road		Maggie Pope 01664 562656
<p>Melton Polish Club A friendly and supportive luncheon group that gather for some lunch and a variety of activities. Meets every alternate Weds</p>	Melton Mowbray Polish Community Centre and Church		Ted Stenzel 01664 565 200

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<p>Melton Space Every Weds 3.00-6.30 pm A shared community workspace. Our aim is to provide a welcoming and social creative space where you can come and fix, create and make things by sharing resources, ideas, tools and materials.</p>	<p>Country Park Café, Wymondham Way, Melton Mowbray</p>	<p>Nominal members fee</p>	<p>Woody Kitson Office@meltonspace.org.uk www.meltonspace.org.uk 07857 203 719</p>
<p>Melton Stroke Club Endeavours to meet the social need when stroke survivors need more than their 'four walls'. Membership is offered to people affected by stroke and they will meet other stroke survivors. Meet every fortnight 11.30am-2.30pm</p>	<p>Melton Mowbray Cattle Market Tea Rooms, Scalford Road, Melton</p>	<p>£1</p>	<p>Pamela A Smith 01664 371399 or 07790414953 pameladen123@yahoo.co.uk</p>
<p>Methodist Service Alternate Sundays 10.30am</p>	<p>Bradgate Flats, Bradgate Lane, Asfordby</p>		<p>Daphne Bullimore 01664 812513</p>
<p>New Age Kurling Wednesdays 11.30am-12.30pm Similar to Curling but without the ice! Great fun and suitable for people of any ability.</p>	<p>Age UK, Gloucester House, 3 Norman Way, Melton</p>	<p>£2</p>	<p>Rhonda 01664 410253</p>
<p>New Beginnings A self-help group for people who have suffered loss of any kind. Meet last Monday of each month from 2.30-4pm and always include tea or coffee and cake! Includes outings/ cinema visits</p>	<p>Sage Cross Methodist Church, Sage Cross Street, Melton</p>	<p>Free</p>	<p>Jenny Oliver 01664 565866 jenni.oliver@btinternet.com</p>

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Over 50's Circuit Every Friday 2.15 (subject to booking)	Waterfield Leisure Centre	FREE	01664 563550 waterfieldinfo@everyoneactive.com
Over 55s Drop in Club	Age UK, Gloucester House,		Doug Goss 01664 560887
Over 50's Kurling Every other 1 st and 3 rd Tuesday and Wednesday of the month	Melton Sports Village		01664 481188 waterfieldinfo@everyoneactive.com
Over 50's Table Tennis Wednesdays and Thursdays 10-12	Melton Sports Village, Burton Road, Melton, LE13 1DR	£1.50	Melton Sports Village 01664 481188 waterfieldinfo@everyoneactive.com
Over 50's Walking Football Every Wednesday 12:30 – 1:30pm	Melton Sports Village, Burton Road, Melton, LE13 1DR	£1.50	Melton Sports Village 01664 481188 waterfieldinfo@everyoneactive.com
Parkinson Support Group The Group offers information, friendship and support to local people with Parkinson's, their families and carers. Meetings are held on the 3rd Thursday of the month 2:00-4:00pm. Reflexology sessions are offered to members each month at the meetings	The Edge, Dalby Road, Melton	£2 per session to include a raffle and refreshments	Christine Radford 01664 851235 christine.m.radford@gmail.com
Parkinson Support Group – Exercise Class An exercise class that aims to help with co-ordination, balance and fitness. Every Tuesday, 1.15-2.15pm	Waterfield Leisure Centre, Dalby Road, Melton		Christine Radford 01664 851235 christine.m.radford@gmail.com

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Pilates Gentle exercise to help improve strength, general fitness and wellbeing. It has something to offer everyone of all abilities and fitness. Every Monday and Wednesday 8.15-9.15pm	Age UK, Gloucester House, 3 Norman Way, Melton	£5	Judith Ewing Fitness 07771 866123
Pilates Tuesday 12 noon – 1pm	Age UK, Gloucester House		Emma Watson 07709 470990
Play Your Cards Right Every Monday 2.20pm	Bradgate Flats, Bradgate Lane, Asfordby		Chris Addicott (Warden) 01664 504303 or 07896856254
Pub Night Every 4th Friday with social activities, licensed bar and games from 7.00pm onwards.	Thorpe Arnold Village Hall, Thorpe Road		Peter Lovegrove, 07831801039
Pure Stretch Tuesdays 8.30-9.30pm Wednesdays 11.30am-12.30pm	Waterfield Leisure Centre, Dalby Road, Melton, LE13 0BG	£5.30	Waterfield Leisure Centre, 01664 563550 waterfieldinfo@everyoneactive.com
Quiz Night Every 3 rd Sunday of the month 7.30pm for 8pm start	Wymondham Village Hall, Church Lane, Wymondham	£3.50 (includes food)	Jenny Westom, 01572 787284 jennifer.weston316@btinternet.com
Recovery Walk Gentle leisurely walk every Friday 1-2pm	Meet at Melton Country Park Snow Hill Entrance	Free	The Sports and Leisure Team, Melton Borough Council, 01664 502502

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Royal Voluntary Service Lunch Clubs The Cove every Wednesday - a 2 course hot meal (transport available through Melton Borough Council £5.20) Bradgate Flats every Wednesday - a 2 course hot meal (tea and coffee) (no transport included)	The Cove, Sysonby Street, Melton Bradgate Flats, Bradgate Lane, Asfordby	£4.50 £3.50	Royal Voluntary Service, 0116 266 7706 leicsrutlandhub@royalvoluntaryservice.org.uk
Scottish Country Dancing – Thursdays, 7.30-9.30pm	Eastwell Village Hall		Paul Woolston on 01664 566415 paul@woolston64.orangehome.co.uk
Scrabble Club Every Wednesday, 1:30pm – 3pm, £1 (cost includes tea/coffee and biscuits) All abilities welcome	Age UK, Gloucester House, 3 Norman Way, Melton	£1	Rhonda 01664 410253
Senior Citizens Lunch Every 2nd Friday of the month 12noon for 12.30pm. Includes a 2 course hot meal and hot drinks.	Thorpe Arnold Village Hall, Thorpe Road	£7.50	Diana Hawkins, 01664 564411
Senior Health Walk Every Thursday 1.30-3pm. Perfect for beginners of all ages and those wanting a leisurely stroll.	Meet at Melton Country Park Visitor Centre	Free	The Sports and Leisure Team, Melton Borough Council, 01664 502502
Sequence Dancing Every Thursday 7.30-10.30pm Last Saturday of every month 7.30-10.30pm (£3)	Age UK, Gloucester House, 3 Norman Way, Melton		G Inkley 01664 410253
Shopper Service Fridays at 11am followed by coffee	Sage Cross Methodist Church,		Rev. Jane Carter, 01664 482132 revcarter@btinternet.com
Singing Café Singing is good for you so come along and enjoy singing songs and meeting new people. Refreshments will be served.	Melton Library Wilton Road Melton	£3 Voluntary donation	07875378628 / www.singingcafe.co.uk

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<p>Singalong-on-Sunday Held on the second Sunday of each month from 3-4.30pm. This is an opportunity for older people to meet and enjoy a little community singing with songs from the past. Music and refreshments provided.</p>	Melton Mowbray Baptist Church, Leicester Road, Melton	Free	Melton Mowbray Baptist Church, 01664 480786
<p>Social Dances Mainly sequence dancing every Sunday 7.30-10.30pm</p>	Melton Mowbray Royal British Legion, Thorpe End, Melton	£3.50	Colin Main, 01664 850133
<p>Social Evenings A variety of activities throughout the year Sat 14 Oct Harvest Festivals 7.30pm Sat 4 nov – bonfire night 6.30pm Sat 26 nov 7.30pm</p>	Freeby Village Hall, Main Street, Freeby		Mrs. J. Meakin, 01664 563237
<p>Somerby Leisure Club Meetings under review – please ring Mr weeks 01664 454 393</p>	Somerby Memorial Hall, High Street, Somerby		John Weeks, 01664 454393
<p>Soup Kitchen Every Friday 1.30-2.30pm</p>	The Fox Inn, 9 Leicester Street, Melton Mowbray	Free	Francesca Sirel, 01664 669146 storehouse@meltonvineyard.org
<p>Steady Steps Weekly sessions to improve strength and balance – suitable for over 65's.</p>	Age UK, Gloucester House, 3 Norman Way, Melton		Rosie Taylor 01664 504289
<p>St. Mary's Mothers Union Meet every 3rd Friday of the month at 1pm</p>	The Samworth Centre, Burton Street, Melton	Free	Gillian Beavis, 01664 851386

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Table Tennis (over 50's) Every Wednesday 2-4pm. Friendly and informal games. Equipment provided.	Melton Sport Village, Melton	£2	The Sports & Leisure Team, Melton Borough Council, 01664 502502
Table Tennis (over 50's) Every Friday 1-4pm. Equipment provided.	Age UK, Gloucester House,	£2	Rhonda, Age UK 01664 410253
Tai Chi Every Monday 11.30-12.30pm. Ideal for older adults and aims to improve strength, reduce stress and increase wellbeing.	Age UK, Gloucester House, 3 Norman Way, Melton	£3	The Sports & Leisure Team, Melton Borough Council, 01664 502502
Tai Chi Every Thursday 10am	Bradgate Flats, Bradgate Lane,		Chris Addicott (Warden) 01664 504303 or 07896856254
Tai Chi Every Wednesday 7.30-9pm. Runs once a fortnight. 2018 dates –Oct 4, 18. Nov 1,15,29. Dec 13	The Edge, Dalby Road, Melton	£4	Sue Moore, 07773088674
The Well at Eastwell Fancy a well-earned pint or a refreshing glass of wine at the end of the week? Just make your way to Eastwell Village Hall where you're sure of a warm welcome. You'll find a wide selection of ales, wines and spirits together with soft drinks and plenty of nibbles. Doors open 6.30pm 2017 Dates: 6th October, 20th October 3rd November, 17th November 15th December 2018 Dates: 12th January. 2nd, 16th February. 2nd, 23rd March. 13th, 27th April. 11th, 25th May. 8th, 22nd June. 6th, 20th July. 3rd, 17th, 31st August. 14th, 28th September	Eastwell Village Hall, Main Street, Eastwell	Free	Eastwell Village Hall 01949 869492 eastwellvh@gmail.com

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Village Drop In A chance to have a chat and a tea or coffee. Every 1 st Wednesday of the month 2.30-4pm	Kirby Bellars Village Hall, Main Street, Kirby Bellars	Free	Olive Batten 01664 812913
Walk and Talk Sensory Stroll Wednesdays 10:30-11:15am Meet at MBC Offices Parkside, LE13 1GH	Meet at MBC Offices Parkside, LE13 1GH	Free	Contact Evie at evie301246@gmail.com
Wellbeing Art Group Tuesdays 10am – 12pm Weekly art group for people with mental health difficulties in a friendly environment. All abilities catered for – tuition with local professional artist. All mediums catered for, work from a lesson plan or create your own art.	4 Charlotte Street Melton Mowbray	£3.50 per session	Melody Spring 07717887117 John.mel@talktalk.net
Whist Drive Second and third Thursday of the month 6.30-10pm	Frisby Village Hall, Water Lane, Frisby-on-the-Wreake		Frisby Village Hall, 07597132341 frisbyvillagehall@gmail.com
Widows Group Every 2 nd Saturday of the month 1.45-3.45pm	The Samworth Centre, Burton Street, Melton	Free	Mrs June Wanda, 01664 564483
Yoga Every Tuesday 6-8pm	Age UK, Gloucester House, 3 Norman Way, Melton	£3.50	Colette Stein 01664 454823
Yoga for Everybody Every Wednesday 7-8.30pm	Eastwell Village Hall, Main Street,	£7	Caroline Arthur, 07900473426 caroline.arthur1@btinternet.com

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Yoga Every Wednesday 9.30-10.30am	Burton Lazars Village Hall, Melton Road, Burton Lazars		Ian Pengally, Burton Lazars Village Hall, 01664 668095
Yoga Every Tuesday, 7:30 – 8:30pm	Thorpe Arnold Village Hall, Thorpe Road		Helen Taylorson 07710226461
Yoga for Beginners Strengthening the mind and body in a nurturing environment. Sundays 9:30am – 10:45	Kirby Bellars Village Hall, Main Street, Kirby Bellars	£25 for 4 wks £7.50 drop in	Emma Ansell, 07771 571183
Yoga Wednesdays 6.15 – 7.15pm	Brooksby Melton College	£7.00	Emma Ansell, 07771 571183
Young At Heart Swimming Session Every Friday 2-3pm	Waterfield Leisure Centre, Dalby Road, Melton	Over 50s £1.95	Waterfield Leisure Centre, 01664 563550 waterfieldinfo@everyoneactive.com
Zumba Tuesdays 9.30-10.30am Wednesdays 5.30-6.30pm Fridays 9.30-10.30am	Waterfield Leisure Centre, Dalby Road, Melton	£5.30	Waterfield Leisure Centre, 01664 563550 waterfieldinfo@everyoneactive.com
Zumba Gold Zumba for 50+ every Thursday 11:30am – 12:20pm	The Amwell, 55 Asfordby Road, Melton Mowbray	£5	Donna Newton 07854 349358 ZumbaMeltonMowbray@hotmail.co.uk

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Zumba Gold Zumba for 50+ every Tuesday 11:30am – 12:20pm	Burton Lazars Village Hall, Melton Road, Burton Lazars	£5	Donna Newton 07854 349358 ZumbaMeltonMowbray@hotmail.co.uk
Zumba Gold in the Chair Every Friday 2 – 2:50pm Zumba Gold but seated in the chair, for anyone wishing to take part in a Zumba Gold Class and especially for those with limited leg mobility. You will be surprised at the level of workout you can achieve.	The Amwell, 55 Asfordby Road, Melton Mowbray	£5	Donna Newton 07854 349358 ZumbaMeltonMowbray@hotmail.co.uk

U3A run a variety of activities and groups across the Borough. Please see their website for further details about how to get involved:
<http://www.u3ameltonmowbray.org.uk/>

Disclaimer: Please note that the details included in this calendar may be subject to change.