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|  | **REGULAR ACTIVITIES AT WESLEYS AND THE FOLD Spring 2024****Updated January 17th** | Image result for wesleys baildon logo |

**EVERY WEEKDAY:**

* **Wesleys Café will be open for food and drink, weekdays, 10.00 – 15.00 and Saturdays 10.00 – 12.00***. (Closed Bank Holidays)*
* **Welcoming Space** plus free soup and a roll on weekdays; **Community Pantry**: help yourself to what you need for today
* **“Unique Voices” Adult Care** meet in the Upper Fold
* **Baildon Village PreSchool** meet in the Lower Fold during the day throughout the week (term-time only).

**For more information** about activities at Wesleys and for our up to date weekly timetable check out our websites:

[www.wesleysbaildon.org](http://www.wesleysbaildon.org) and [www.baildonmethodists.org](http://www.baildonmethodists.org)

***To hire a room,*** *go to* [*https://wesleysbaildon.org/hire-a-room*](https://wesleysbaildon.org/hire-a-room) *, contact Kate Bell, Community Liaison Officer on 07434 658283 or email* *lettings@baildonmethodists.org**;*

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| DAY | ACTIVITY | TIME |
| MONDAY MORNING | Balance Biking for Pre-School children Knitting/Sewing and chatting in Wesleys café | 9.30 – 11.3010.00 - 12.00 |
| MONDAY AFTERNOON/ EVENING | Wellbeing at Wesleys - mindful activities and also a quiet space if you’re feeling low, anxious or isolatedChristian Friendship Group (fortnightly)Alcoholics Anonymous Support Group <https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/>Line dancing ( beginners)Brownies/Beavers/Scouts (term-time only/ pre-booking essential)Prayer Meeting – All welcomeAiredale Symphony Orchestra rehearsal – Contact 07810 181021 if you would like to join | 13.00-15.0013.30 - 15.0013.30 – 14.3013.30 - 14.3018.00 - 21.00 19.30 - 20.3019.30 – 21.45 |
| TUESDAY MORNING | Aire Valley Pilates. Text or ring Kirsten on 07944 783656 to book. Check <https://airevalleypilates.co.uk/>All Together Now Choir. First session free.“Man Talk” - Men’s get together to discuss what’s in the newsPrayer Meeting – All welcomeLETS CONNECT. Adult Social Services Drop-in. Find out what support may be available to you at home.Holmes Dance Academy: Parent and Toddlers Singing, dance and sensory playAdult Ballet dance class – beginners welcome <https://www.holmesdance.co.uk/>Adult Beginners Tap class – also with Holmes Dance Academy | 09.45 - 10.4509.45 - 11.3010.00 - 11.3010.30 – 120010.30-12.3011.15 - 12.0012.00-12.45 |
| TUESDAY AFTERNOON/ EVENING | “MIND” Tea ‘N Talk. On your own? With a friend? Carer? Young parent and baby? All welcome. Just come along.Memory Support” run by Dementia Friendly Baildon, 2nd and 4th Tuesday of each monthSew Together (fortnightly) All welcome to knit, or sew blanket squares togetherBat and Chat - Table Tennis for FunHolmes Dance Academy Musical Theatre and Street Dance for children: see website <https://www.holmesdance.co.uk/>Weigh Better TogetherSeishin-Ryu Karate Club <https://www.facebook.com/seishinryukarateclub>  | 13.00 -14.3013.30-15.00 13.30 - 15.3014.00 - 16.0016.30 - 19.1517.30 - 18.3018.00 - 20.00 |
| WEDNESDAY MORNING | Aire Valley Pilates. Text or ring Kirsten on 07944 783656 to book. https://airevalleypilates.co.uk/Wellbeing at Wesleys – mindful activities and also a quiet space if you’re feeling low, anxious or isolatedSeated Dance – feelgood music and lunch with friends afterwards. Term time only. <https://www.holmesdance.co.uk/> Walking for Health Group - coffee break at Wesleys. To join a walk, meet 10.45 at the bench opposite Springfield Road | 09.45-10.4510.00 – 12.0010.45 - 11.3011.30 - 12.30 |
| WEDNESDAY AFTERNOON/ EVENING | Social Group – for older people on their own: all welcome, just show upTable and board games – all welcome – just show up (fortnightly)Rainbows/Brownies (term-time only, pre-booking essential)Village Voices Choir – first session free to try it! | 14.15 - 16.1514.15 - 16.1517.45 - 20.0019.30 - 21.30 |
| THURSDAY MORNING | Weigh Better TogetherInspiration Dance for Pre-Schoolers– 2 years plus. <http://www.inspirations-dance.co.uk/>Baildon Craft GroupLa Leche breastfeeding support group | 10.00 - 11.0010.00 - 11.3010.00 - 12.0010.00 - 12.00 |
| THURSDAY AFTERNOON/ EVENING | Bat and Chat - Table Tennis for FunBaildon Buddies friendship group (HALE) – come and make new friends! Holmes Dance Academy (musical theatre for 10-15 year olds)Guides and Rangers (term-time only, pre-booking essential)All Together Now Choir. First session free.Ukulele Club (currently full) | 14.00 - 16.0013.15 - 15.1516.30 - 17.1519.00 - 21.0019.15 - 21.1519.30 - 21.00 |
| FRIDAY MORNING | See&Know (parents and toddlers) (term time only)All Together Now Choir. First session free.Gardening Team – new volunteers of all abilities and energy levels welcome! HALE Sing a Long (fortnightly) – social afternoon and singing to favourite old tunesSeishin-Ryu Karate Club <https://www.facebook.com/seishinryukarateclub> | 09.30 - 11.3009.45 - 11.4509.00 - 11.3013.00 – 14.3019.30 – 20.30 |
| FRIDAY AFTERNOON/ EVENING | Baildon AA <https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/>Youth Club for 9-14 year olds (fortnightly) | 17.45 - 18.4518.30 - 21.30 |
| SATURDAY MORNING | Holmes Dance Academy Musical Theatre, Break dance and Street Dance classes (term-time only).Table Tennis Coaching for all ages and abilities. Charge £5. All equipment provided. | 09.15 - 13.1509.00 – 12.00 |
| SATURDAY PM | Inspiration Cheer-leading (term-time only) <http://www.inspirations-dance.co.uk/> | 14.00 - 15.00 |
| SUNDAY MORNING | Once-a-month: Sunday Slow. for enquiries/bookings ring Claire on 07879 407867 | 09.30 – 10.45 |
| SUNDAY MORNING | Sunday Morning Worship and Stay and Play (children and families) <https://baildonmethodists.org/> | 10.00 - 11.00 |