

### 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>, contact Kate Bell, Community Liaison Officer on 07434 658283 or email [lettings@baildonmethodists.org](mailto:lettings@baildonmethodists.org);

DAY	ACTIVITY	TIME
MONDAY MORNING	Balance Biking for Pre-School children (Term time only)  Knitting/Sewing and chatting in Wesleys café. “MIND” Tea ‘N Talk. All welcome to come and chat. Just come along on the first Monday of the month.	9.30 – 10.15 & 10.30 – 11.15 10.00 – 12.00 10.30 – 12.00
MONDAY AFTERNOON/ EVENING	Wellbeing at Wesleys – mindful activities and also a quiet space if you’re feeling low, anxious or isolated Christian Friendship Group (fortnightly – Not in August) 1 <sup>st</sup> and 3 <sup>rd</sup> Monday of the month. Alcoholics Anonymous Support Group <a href="https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/">https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/</a> Line dancing (beginners) Brownies/Beavers/Cubs/Scouts (term-time only/ pre-booking essential) Prayer Meeting – All welcome Airedale Symphony Orchestra rehearsal – Contact 07810 181021 if you would like to join	13.30 – 15.00 13.30 – 15.00 13.30 – 14.30 13.30 – 14.30 18.00 – 21.00 19.30 – 20.30 19.30 – 21.45
TUESDAY MORNING	Aire Valley Pilates. Text or ring Kirsten on 07944 783656 to book. Check <a href="https://airevalleypilates.co.uk/">https://airevalleypilates.co.uk/</a> All Together Now Choir. First session free. “Man Talk” – Men’s get together to discuss what’s in the news Prayer Meeting – All welcome Holmes Dance Academy: Parent and Toddlers Singing, dance and sensory play Adult Ballet dance class – beginners welcome <a href="https://www.holmesdance.co.uk/">https://www.holmesdance.co.uk/</a> Adult Beginners Tap class – also with Holmes Dance Academy	09.45 – 10.45 09.45 – 11.30 10.00 – 11.30 10.30 – 12.00 11.15 – 12.00 12.00 – 12.45 12.45 – 13.30
TUESDAY AFTERNOON/ EVENING	Memory Support” run by Dementia Friendly Baildon, 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of each month Sew Together (fortnightly) All welcome to knit, or sew blanket squares together Bat and Chat – Table Tennis for Fun Holmes Dance Academy Musical Theatre and Street Dance for children. <a href="https://www.holmesdance.co.uk/">https://www.holmesdance.co.uk/</a> Weigh Better Together Seishin-Ryu Karate Club <a href="https://www.facebook.com/seishinryukarateclub">https://www.facebook.com/seishinryukarateclub</a> Adult Tap – Intermediate	13.30 – 15.00 13.30 – 15.30 14.00 – 16.00 16.30 – 19.15 17.30 – 18.30 18.00 – 20.00 19.30 – 20.30

WEDNESDAY MORNING	Aire Valley Pilates. Text or ring Kirsten on 07944 783656 to book. <a href="https://airevalleypilates.co.uk/">https://airevalleypilates.co.uk/</a> Wellbeing at Wesleys – mindful activities and also a quiet space if you're feeling low, anxious or isolated Seated Dance – feel good music and lunch with friends afterwards. Term time only. <a href="https://www.holmesdance.co.uk/">https://www.holmesdance.co.uk/</a> Walking for Health Group - coffee break at Wesleys. To join a walk, meet 10.45 at the bench opposite Springfield Road	09.45 – 10.45 10.00 – 12.00 10.45 – 11.30 11.30 – 12.30
WEDNESDAY AFTERNOON/ EVENING	Social Group – for older people on their own: all welcome, just show up Table and board games – all welcome – just show up (2 <sup>nd</sup> & 4 <sup>th</sup> Wednesdays) Rainbows/Brownies (term-time only, pre-booking essential) Village Voices Choir – first session free to try it!	14.15 – 16.15 14.15 – 16.15 17.45 – 20.00 19.30 – 21.30
THURSDAY MORNING	Weigh Better Together Inspiration Dance for Pre-Schoolers– 2 years plus. <a href="http://www.inspirations-dance.co.uk/">http://www.inspirations-dance.co.uk/</a> Baildon Craft Group COPE Carer Social Group – Connect and become part of a community that understands and celebrates the unique journey of a carer and those being cared for. Arts & crafts, socialise, respite, games and more!	10.00 – 11.00 10.00 – 11.30 10.00 – 12.00 10.00 – 12.00
THURSDAY AFTERNOON/ EVENING	Tai Chi. <a href="http://yorkshiretaichi.uk/classes">http://yorkshiretaichi.uk/classes</a> Bat and Chat - Table Tennis for Fun 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 – 15.00 14.00 – 16.00 16.30 – 17.30 19.00 – 21.00 19.15 – 21.15 19.30 – 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!	09.30 – 11.30 09.45 – 11.45 09.00 – 11.30
FRIDAY AFTERNOON/ EVENING	Baildon AA <a href="https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/">https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/</a> Youth Club for 9-14 year olds (fortnightly) Seishin-Ryu Karate Club <a href="https://www.facebook.com/seishinryukarateclub">https://www.facebook.com/seishinryukarateclub</a>	17.45 – 18.45 18.30 – 21.30 19.30 – 20.30
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. Juniors 8.30 – 10.00 Adults 10.00 – 12.00	09.15 – 12.00 08.30 – 12.00
SATURDAY PM	Inspiration Cheer-leading (term-time only) <a href="http://www.inspirations-dance.co.uk/">http://www.inspirations-dance.co.uk/</a>	14.00 – 15.00
SUNDAY MORNING	Sunday Morning Worship and Stay and Play (children and families) <a href="https://baildonmethodists.org/">https://baildonmethodists.org/</a>	10.00 – 11.00