



Newsletter

Autumn 2025 Edition

Supporting Aireborough Seniors

Front Page News

Our New Meeting Room

We're excited to share that our meeting room has been fully refurbished! It's now a bright and welcoming space where volunteers can take a break, catch up with one another, or hold meetings together.

The room is also the main spot for preparing refreshments for our groups and activities, helping everything run smoothly. AVSED will be using it too for activities, meetings and talks - making it a valuable shared space for all of us.



A big thank-you to **Leeds Bradford Airport** for funding this project. Your support has made a real difference; providing a space that brings our volunteers and community together.



Christmas Fayre 11am - 2pm

Sunday 16th November

Get ready for our biggest Christmas Fayre yet! There'll be: more stalls than ever; games for all ages; our very own **AVSED Santa's Grotto**; and the **AVSED Café**, where Rebecca will be

serving festive treats and refreshments.

How you can help:

- Come along and bring friends and family-11am start Spread the word by sharing our poster.
- Donate unopened gifts, in-date bottles, chocolate, or handmade items and raffle prizes.
- Volunteer your time or share your ideas with the AVSED team.

Limited transport available (£4) Entry: £1

Join us for a day of festive fun and community cheer!

ANNUAL GENERAL MEETING



GET INVOLVED!

You're Invited

The AVSED Board of Trustees warmly invites you to join our

Annual General Meeting:

Monday 3rd November at 2:30pm

Come along to hear about all we've achieved over the past year and find out about the exciting plans we have for the year ahead. Meet the team, ask questions, and share your thoughts.

FREE, inc. refreshments RSVP now

What's inside:

Everything you need to know about our groups, trips, and services and how to access the support you need, when you need it. Check out our programme on page 5 and the very popular trips on page 10, plus there is a handy calendar on the back page.

**Contact the team Monday - Friday 9am - 4pm
on 0113 250 1702**

AVSED News

Staff Update

Hi, I'm Gina, the new AVSEDplus Coordinator. I am excited to lead this new service as it continues to grow, and proud to be a part of AVSED's amazing work supporting seniors in Aireborough.



Thank you to everyone for making me so welcome here at AVSED; I have really enjoyed meeting many of you over the last couple of months. If you see me in the building, please do stop and say hello!

Caretakers

To support our takeover of Greenacre Hall, we have employed 2 new caretakers to help look after the place, keep things clean & tidy and develop a maintenance programme for improving the facilities. Shane & Rob will generally be working out of AVSED hours, so you may not see them – but will, hopefully, notice their great work in the building.

Hi everyone!

I'm Rebecca, the new Cook here at AVSED. I'm



thrilled to be working alongside a lovely group and already pleased you are enjoying the food. I look forward to providing healthy & hearty meals and special treats for all our members, volunteers and staff. I love to explore new ideas and recipes, so be sure to pass on your thoughts and ideas on meals and food choices.

AVSED Members' Forum Meeting

June saw the launch of our Members' Forum Group. Members discussed topics such as transport, trips, newsletters, food provisions and much more. Your time, feedback and contributions are very much appreciated. It's a great space to share experiences, knowledge and ideas related to AVSED & the community we live in.

Next meeting: Friday 21st November at 1:30 – 3:30pm

If you would like to attend, contact Ella

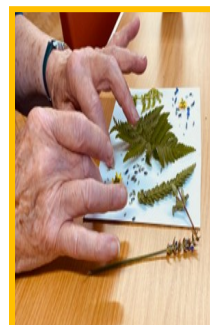
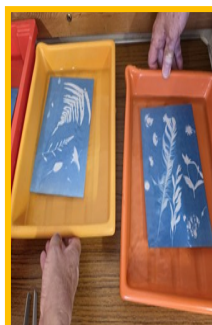


SKIPPKO Camera Connections

A group of AVSED members has been working with SKIPPKO's continued Camera Connections project.

Thank you to artists Nicki and Sally. We have really enjoyed all the opportunities and experiences that you have shared with our members. There will be a couple of photography trips soon and then, towards the end of the year, there will be an exhibition and a book will be produced.

Keep an eye out for the next opportunity to try something new – maybe you can join us!



AVSED Memory and Inclusion Corner

Our exclusive dementia activity service, **AVSEDplus**, is thriving in its regular weekly sessions every Tuesday and Thursday, 10:00 – 3:00, in Greenacre's Hawksworth room. We're delighted to welcome Gina, our AVSEDplus Coordinator, whose experience is complemented by the capable support of Amanda. Together, they're getting to know members, their families & carers, ensuring everyone feels at home.

Members have enjoyed a wide range of **physical, therapeutic, and social activities**, with entertainers and specialists visiting to share their talents. Friendships are flourishing, and the groups are especially enjoying **homemade lunch and afternoon teas**, freshly prepared in the AVSED kitchen.



Flower arranging

Space is limited, so if you'd like to make an enquiry on behalf of a family member, or would like further information, get in touch.

For younger members diagnosed with dementia, our link with **Young Dementia Leeds** is now firmly established as the North Leeds 'satellite'. To reduce travel, AVSED and YDL meet every other Wednesday morning, 10:00 – 12:00, at Greenacre Hall. If you know someone **under 65 with a dementia diagnosis**, this may be a good place for them to connect.

In August, the AVSED **Super Social** offered a particularly welcoming environment for members living with dementia and inclusion challenges. The building came alive with our **Elvis entertainer, Memphis Pete**, performing for all 85



attendees. Our **Las Vegas-themed food** was a hit, and the relaxed, friendly atmosphere made the afternoon truly special.

A warm welcome to our **new members at the AVSED monthly Memory Café**. This is a lovely, supportive introduction to all AVSED services, especially for people living with memory issues and their families. Enjoy **cakes and chat**, quizzes, HOY games, and our popular raffle. Members living with memory issues are always welcome to attend with their family, friend or carer.

Our **Umbrella Club members** have been enjoying hands-on activities, from growing cress from seeds to themed weeks celebrating Wimbledon, the Women's Football World Cup, and America's Independence Day. August also brought Yorkshire Day, celebrated with traditional Yorkshire puddings and curd tart – a treat enjoyed by members from all over the country.



For any advice, support or information on memory, dementia and inclusion please contact our Dementia and Inclusion Lead, Judith, in the office.

Dates for your Diary

Some activities run on different weeks of the month.
We hope this helps you to keep track.

	<i>Mondays</i>	<i>Wednesdays</i>
<i>Wk1</i>	6/10 Super Social	1/10 - 5/11 - 3/12 Memory Matters & Shared Tables
<i>Wk 2</i>	13/10- 10/11 - 13/12 Trips (Dec trip on Saturday)	8/10 - 12/11 - 10/12 Memory Café & Men's Matters & Digital academy
<i>Wk 3</i>	20/10 - 17/11 - 15/12 Prize Bingo	15/10 - 19/11 - 17/12 Memory Matters
<i>Wk 4</i>	27/10 - 24/11 Community Café	22/10 - 26/11 Men's Matters & Digital academy

AVSED Xmas Shut Down

All activities and services will be closed from Monday 22nd December to Friday 2nd January. Limited staff will be available for emergency support during the shut down weeks, except for Bank Holidays, when the office is also closed.

Tip Toe

The research project is still running and we are looking for participants to take part and receive the personal coaching sessions. Do you have knee/joint pain and other health conditions? If so, then you may be eligible to receive support and help vital research into the effects of wellbeing and self help treatments. Ask for a leaflet, or speak to Ella or Judith, for more information on taking part.

Walking Stick Holders - back in stock!

We have had positive feedback about the walking stick holder, so we ordered more. They are still only £5.50 and can be purchased from the AVSED office or at our Community Café.

Lost property

We have a lost property box in the office. This will be cleared every quarter when the newsletter is delivered. Please check if you have misplaced anything whilst with us, to ensure all items are returned.

Remembrance Day

AVSED will be laying a wreath at the memorial garden in Nunroyd Park on Tuesday 11th November at 11am - please join us.

International Day of Older People

We celebrate every year and this year is no exception. The theme for 2025 is 'the roles we play'. We are collecting profiles from our members and volunteers to showcase the varied and important roles we all play in our community, from being a great neighbour & friend, to a first aider and bus driver! We all bring a bit of ourselves to AVSED and to our community.

Charity Tractor Run

This year the fabulous event will be raising money for AVSED and other local charities on Sunday 7th December. From 5pm, a fleet of tractors and the AVSED bus will be setting off from the Woolpack pub. Everyone is welcome to come and see the display, raise funds and enjoy a festive evening at the pub.

AVSED Reviews

We are currently reviewing all of our activities and services. These reviews will sit alongside our members' survey which will be in the winter newsletter and inform any changes for next year, including transport, prices & services.

Sunday Lunch at Weavers Court

Weavers Court care home holds a "spare chair Sunday" where they invite people who are by themselves to join them for a Sunday Lunch. Call the home on 0113 465 3000.



Monday	Tuesday	Wednesday	Thursday	Friday
Stepping up (£3.50) Aerobic style exercise 10.30 - 12.00 (Transport available)	Foundation Tai Chi 10.00 - 11.00 Tai Chi Refreshments 11.00 - 11.30 Intermediate Tai Chi 11.30 - 12.30 (£5.50 per session paid monthly in advance)	Let's do Lunch (£5.00) Social lunch Club 11.00 - 1.00 (Assessed transport available) 1st Wednesday : Memory Matters (£3.00) Dementia & Memory activity 2.00 - 4.00 (Transport available) Shared Tables Meet at 12.30 for lunch Book with the office	Back to Basics (£3.50) Chair based exercise 10.30 - 12.00 (Transport available)	
	AVSED Plus Dementia Activity Service 10.00 - 3.00		AVSED Plus Dementia Activity Service 10.00 - 3.00	Fish N Chips Delivery (£6.00)
1st Monday : Super Socials (Tickets £10) See itinerary for details 2.30 - 4.30 (Transport available)	Variety Club (£2.50) Let us entertain you at our social group that has a little something for everyone and a few extras on top ! 2.00 - 4.00 (Transport available)	2nd Wednesday : AVSED Memory Café (£3.00) Dementia & Memory café 2.00 - 4.00 Men's Matters @the 12th Man All-male social club 1.30 - 3.00pm (Transport available) Digital Academy 1.00- 2.30 3rd Wednesday : Memory Matters (£3.00) Dementia & Memory activity 2.00 - 4.00 (Transport available)	Cuppa & Company (£2.50) Let us keep you company whilst you join in hobbies, interests., games and chatter. 2.00 - 4.00 (Transport available)	The Umbrella Club (£6.00) Let us support you in our inclusive social and lunch group that has a little bit of all that AVSED offers rolled into one with a lot of care, good fun and laughter 12.00 - 2.00 (Transport available)
2nd Monday : Trips Variable cost		4th Wednesday : Men's Matters @the 12th Man All-male social club 1.30 - 3.00pm (Transport available) Digital Academy 1.00- 2.30		Deco - Dance (£5.50) Disco & Rodeo style dance group 3.00 - 4.30
3rd Monday : Prize Bingo (Pay-as-you-go) 2.30 - 4.00 (Transport available)				
4th Monday : Community Café (£2 donation) Everyone Welcome 2.30 - 4.00 (Transport available)				

Super Socials



Our Super Socials have been amazing so far! We'd love to hear your thoughts about the events we've hosted. What have you enjoyed most?

Do you have a favourite dish, entertainment, or memory from past socials? Would you like AVSED to continue them next year? And what would you like to see at future Super Socials?



Next Super Social:

Monday 6th October
2:30 – 4:30pm

Get ready for a **Country & Western-themed afternoon** with entertainment from **Ellen Roy!**

Tickets: £10

(includes entertainment, food, and drinks)

Doors open at 2:15pm
Tickets available from the AVSED office – book early to avoid disappointment! Come along, enjoy the fun, and make more wonderful memories with us!

Monday 3rd
November
2.30pm

AGM ANNUAL
GENERAL
MEETING

CHRISTMAS PARTY

Monday 1st December

This year, we're bringing the festive fun **in-house** to our very own fantastic venue – Greenacre Hall!

Dress Code: Dig out your **sequins, best Christmas jumper, or festive outfit** and get ready to party AVSED-style!

Ticket Price: £20 – includes:

- Delightful drinks
- Excellent entertainment
- Festive food
- All the trimmings... and more!

Extended Time: 1:45 – 4:45pm

Don't miss out on a merry afternoon of fun, laughter, and festive cheer – get your tickets now and get ready to celebrate in style!

Fur 'N' Feathers Christmas Bingo

Get ready for a festive afternoon of fun, prizes, and Xmas cheer!

Monday 15th Dec
2:30 – 4:00pm

Entry Ticket: £2 (pre-purchase from the AVSED office) – includes a festive treat and arrival drink.



Regular bingo from £2 per game, with **amazing prizes** to help make your Christmas special:

- * Everything you need for the perfect festive feast including **turkey, veg, and pudding**
- * Bottles of wine, champagne, and sherry for a **festive tipple**
- * And don't forget the **crackers!**

Come along, enjoy some festive fun, and try your luck – there's something for everyone!

Winter Done Well

As the colder weather draws in, we want you to be ready to keep safe, warm and well over the winter.

Be Prepared:

- Stock up on food & essentials.
- Ensure your medication is ordered.
- Keep active, both physically & socially.
- Have you had your jabs? Flu, covid and others available.
- Have warm clothing and extra layers.
- Avoid going outside in icy or snowy weather.

Heat your home:

- Have you checked your boiler? Do it now.
- At least 18°C is ideal temp. for your home.
- Avoid drafts and close windows.
- Using blankets and hot water bottles can help.

Energy saving tips:

- Use lids when cooking.
- Don't over-fill the kettle .
- Use energy-saving light bulbs.
- Turn off unneeded lights and don't leave appliances on standby.

During the colder months, it's easy to feel more isolated.

With shorter days, chilly weather and rising costs, we may be tempted to retreat indoors and let socialising slip down our list of priorities.

Stay Well by Staying Connected

Staying socially connected is essential for our mental wellbeing. Sharing conversations, experiences, and laughter with others can help ease the winter blues. Even something as simple as a quick phone call can lift your spirits, reduce feelings of loneliness, and boost your overall wellbeing.

Stay connected:

- Join a group or activity like AVSED or out in the community.
- Call your friends & family. AVSED has a befriending scheme for those isolated at home.
- Get digital – explore the World Wide Web – AVSED's digital support can help.

Eat Well:

- Regular warm meals are ideal.
- Hot drinks keep you warm and hydrated – try cuppa soups.
- Did you know AVSED has a lunch club, Fish & Chip delivery service and a Shared Tables group?

AVSED support:

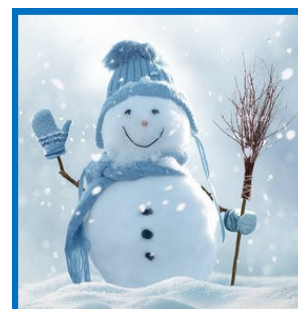
Our Winter Roadshow will take place during the Community Café on Monday 27th October 2.30 – 4pm. Perfect for picking up hints and tips on winter wellness.

At the Community Café, and throughout the winter, AVSED will be selling a range of thermal clothing at reduced costs to help keep your fingers and toes cosy and warm.

Stacey and Judith are on hand to provide winter home visits and will be calling people we haven't seen for a while to catch up.

There have been lots of changes to Winter and Warm Home Payments over the past year – ensure you are getting all the benefits you are entitled to by getting a welfare check – call LCC on 0113 3760452.

Winter can be particularly difficult and often makes other issues worse. You are not alone and there is help and support available. Whatever you need, AVSED is here to help. Contact us for support if you are finding it difficult to keep safe, warm or well.



AVSED's Year of Going Digital

2025 has been AVSED's year of bringing digital support to our members. We've helped many of you build confidence and develop skills in using a wide range of digital devices and online services, and we're excited to continue to grow this work in 2026.

There are so many good reasons to get more comfortable with the digital world – not least because more and more essential services are moving online. This includes healthcare, banking, and even telephone services.

One important change to be aware of is the upcoming ***switch-off of traditional analogue landline telephones***. This change is happening soon – are you ready?

All standard landline phones are being phased out, and your phone service provider should be contacting you to explain what this means. It's especially important to check any services connected to your landline – such as personal alarm pendants or Telecare – devices because these will be affected.

Advice and support are available. If you're unsure about anything to do with the switch-over, please call the AVSED office and speak to ***Stacey*** for more information.



Digital Academy

After the fantastic success of our very first Digital Academy – where 8 members graduated with new skills and confidence using their phones, tablets, email, and the internet – we're excited to announce



a brand-new course starting this October!

Over **11 weeks**, you'll build up your digital knowledge step by step. We'll cover:

- Online shopping & ordering prescriptions
- Staying safe on the internet
- Using social media to keep connected
- Downloading and using apps

And much more!

Course Dates (Wednesdays, 1pm – 2:30pm)

- | | |
|---------------|---------------|
| • Oct: 8, 22 | • Jan: 14, 28 |
| • Nov: 12, 26 | • Feb: 11, 25 |
| • Dec: 10 | • Mar: 11, 25 |

Cost: £2.50 per session

Please bring your own tablet or phone to use during the classes.

Whether you're a beginner or just want to feel more confident, our friendly Digital Academy is here to help you every step of the way.

To register, call the office on **0113 250 1702**. Spaces are limited, and you'll need to commit to all **11 weeks** of the course.

Don't miss your chance – join us and unlock your digital confidence!

Our ***digital befriending*** is also available – friendly and understanding providing one-to-one advice and support. Perfect if your not ready for the course or just need a little help to get your digital kit in order.



Choosing an executor: what are the responsibilities and considerations?

Administering an estate and fulfilling the role of executor can be challenging. Morrish Solicitors offers a range of services to executors, including support with probate and estate administration.

What is an executor?

An executor is a person or institution named in a will, who is responsible for ensuring that a person's wishes are carried out after their death. This also involves administering their estate and ensuring that all aspects of the will are properly executed.

The responsibilities of an executor continue until the estate is fully administered, which may take several months or even years, depending on the complexity of the estate.

Primary responsibilities include:

- Identifying and valuing assets.
- Paying inheritance tax.
- Applying for probate.
- Settling estate liabilities.
- Distributing the estate.

Choosing an executor

Choosing the right executor is crucial for ensuring that the administration of an estate goes smoothly. An executor must be trustworthy, organised and capable of handling any complexities which may arise.

Executors are often close family members, but they can also be professionals such as a firm of solicitors. It may be wise to choose a professional executor for larger estates or where there is potential for family disagreements.

Potential complications

Whilst the role of an executor may seem straightforward, there are numerous potential complications that could arise during the administration of an estate. Family disagreements, unclear or invalid wills, dealing with debts and missing assets or information are all issues that an executor may need to deal with.

Talk to us today about ways we can help with estate administration. Our wills and estates team is based on Yeadon High Street.

**m MORRISH
SOLICITORS LLP**

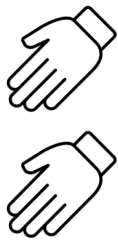


033 3344 9609
info@morrishsolicitors.com
51a High Street | Yeadon

AVSED - Trips

	<u>Independent Trip</u> These trips are for members who are fully independent, meaning you do not need any support. The venue may not be suitable for those with mobility issues: uneven surface, stairs & access issues. You can bring a carer to provide you with the support needed. Members will meet at a pick-up point and trips are full days out.
	<u>Supported Trips</u> These trips are aimed at members requiring a shorter day, with accessible venues. May need light touch support, e.g. wheelchair pusher, companionship, friendship group, etc. Members are picked up and dropped off at home and trips are approx. 30 minutes radius journey, once everyone is collected.

Come at speak to the team about trips at our Community Café and book your places.

<u>Hitching Post</u> Monday 13th Oct		Pick-ups from 10.15am	Cost £8 Transport only	<i>Waiting List</i>
<u>Tong Garden Centre</u>  Monday 10th November		Pick-ups from 9.30am	Cost £8 Transport only	An AVSED member favourite. There's a wide range of plants and gardening products, outdoor living range, an inspiring home, gift and toy, department plus lots of stalls. A visit at Christmas time to experience the magical displays for the festive period is a must. Dining at Tong Garden Centre is always a treat, with a café and restaurant.
<u>Christmas Spectacular</u>  Saturday 13th December		Meet at Yeadon Town Hall at 12.30	Cost of ticket £21 No Transport	<i>Futurist Theatre Productions & Yeadon Town Hall present 'Yorkshire Christmas Spectacular'</i> A magical celebration of music and dance with dazzling performances, heartwarming Christmas classics, and wonderful choreography. This is the perfect way to get into the Christmas spirit!
<u>Murgatroyd's</u>  Monday 12th January 2026		Pick-ups from 10.30am	Cost £4 transport only	What better way to start the new year than with a catch up with our AVSED friends over some fish & chips at Murgatroyd's? We will be ordering from the OAP / Group menu.

Call the office to request your space - Booking opens 22nd September

Limited spaces still available – book now



Fun • Friendship • Memories

LLANDUDNO with AVSED



After listening to our member's suggestions, we are excited to announce an AVSED overnight trip in 2026 to the glorious Llandudno in North Wales.

We will have a stop off point on the journey to & from, and when in Llandudno you can do as much or as little as you wish. As always, we will put the AVSED special touches in place to make it a wonderful time away.

There are a mixture of single & twin rooms available. and it will be booked on a first come first choice basis.

Single supplement can be applied at an additional cost.



5th - 7th
June
2026



The Grand Hotel
Includes:
Coach
Dinner, bed &
Breakfast
Entertainment



£219 pp

£40 non
refundable
deposit
required at time
of booking

**Contact the AVSED office on 01132501702 to
book or find out more information**

A Thank You to Windmill Transport

AVSED would like to extend our heartfelt thanks to **Windmill Transport**, who have generously supported the transport for our trips over the past few years. Their help has allowed us to keep costs down and make our outings more affordable, even as prices continue to rise.

Unfortunately, this funding has now come to an end. As a result, you will notice an increase in the cost of our trips. Please rest assured that, as always, we will do our very best to secure additional funding to help subsidise costs. We remain committed to finding the best deals available, so our trips remain as accessible as possible.

Have Your Say – What Do You Want from Our Trips?

It's very important to us that the trips we organise are the right fit for you. That's why we'd love your feedback!

Please contact the office and let us know:

- Where would you like to go?
- What costs feel manageable?
- What length of journey suits you best?
- Any other ideas or suggestions to make our trips even better?

Your input helps us ensure our trips continue to be enjoyable, affordable, and tailored to what our members want most.

Activity & Events Calendar

October

- ♦ Wed 1st - Let's do Lunch
Memory Matters
Shared Tables
- ♦ Thurs 2nd - Back to Basics
Cuppa & Company
- ♦ Fri 3rd - Umbrella Club
Deco-Dance
- ♦ Mon 6th - Stepping Up
Super Social
- ♦ Tue 7th - Tai Chi
Variety Club
- ♦ Wed 8th - Let's do Lunch
Memory Café
Men's Matters
Digital Academy
- ♦ Thurs 9th - Back to Basics
Cuppa & Company
- ♦ Fri 10th - Umbrella Club
Deco-Dance
- ♦ Mon 13th - Stepping Up
Trip
- ♦ Tue 14th - Tai Chi
Variety Club
- ♦ Wed 15th - Let's do Lunch
Memory Matters
- ♦ Thurs 16th - Back to Basics
Cuppa & Company
- ♦ Fri 17th - Umbrella Club
Deco-Dance
- ♦ Mon 20th - Stepping Up
Prize Bingo
- ♦ Tue 21st - Tai Chi
Variety Club
- ♦ Wed 22nd - Let's do Lunch
Men's Matters
Digital Academy
- ♦ Thurs 23rd - Back to Basics
Cuppa & Company
- ♦ Fri 24th - Umbrella Club
Deco-Dance
- ♦ Mon 27th - Stepping Up
Community Café
- ♦ Tue 28th - Tai Chi
Variety Club
- ♦ Wed 29th - Let's do Lunch
- ♦ Thurs 30th - Back to Basics
Cuppa & Company
- ♦ Fri 31st - Umbrella Club
Deco-Dance

November

- ♦ Mon 3rd - Stepping Up
AVSED AGM
- ♦ Tue 4th - Tai Chi
Variety Club
- ♦ Wed 5th - Let's do Lunch
Memory Matters
Shared Tables
- ♦ Thurs 6th - Back to Basics
Cuppa & Company
- ♦ Fri 7th - Umbrella Club
Deco-Dance
- ♦ Mon 10th - Stepping Up
Trip
- ♦ Tue 11th - Tai Chi
Variety Club
- ♦ Wed 12th - Let's do Lunch
Memory Café
Men's Matters
Digital Academy
- ♦ Thurs 13th - Back to Basics
Cuppa & Company
- ♦ Fri 14th - Umbrella Club
Deco-Dance
- ♦ Mon 17th - Stepping Up
Prize Bingo
- ♦ Tue 18th - Tai Chi
Variety Club
- ♦ Wed 19th - Let's do Lunch
Memory Matters
- ♦ Thurs 20th - Back to Basics
Cuppa & Company
- ♦ Fri 21st - Umbrella Club
Deco-Dance
- ♦ Mon 24th - Stepping Up
Community Café
- ♦ Tue 25th - Tai Chi
Variety Club
- ♦ Wed 26th - Let's do Lunch
Men's Matters
Digital Academy
- ♦ Thurs 27th - Back to Basics
Cuppa & Company
- ♦ Fri 28th - Umbrella Club
Deco-Dance

December

- ♦ Mon 1st - Stepping Up
Xmas Party
- ♦ Tue 2nd - Tai Chi
Variety Club
- ♦ Wed 3rd - Let's do Lunch
Memory Matters
Shared Tables
- ♦ Thurs 4th - Back to Basics
Cuppa & Company
- ♦ Fri 5th - Umbrella Club
Deco-Dance
- ♦ Mon 8th - Stepping Up
- ♦ Tue 9th - Tai Chi
Variety Club
- ♦ Wed 10th - Let's do Lunch
Memory Café
Men's Matters
Digital Academy
- ♦ Thurs 11th - Back to Basics
Cuppa & Company
- ♦ Fri 12th - Umbrella Club
Deco-Dance
- ♦ Sat 13th - Trip
- ♦ Mon 15th - Stepping Up
Xmas Bingo
- ♦ Tue 16th - Tai Chi
Variety Club
- ♦ Wed 17th - Let's do Lunch
Memory Matters
- ♦ Thurs 18th - Back to Basics
Cuppa & Company
- ♦ Fri 19th - Umbrella Club
Deco-Dance

***AVSED activities
are closed for the 2-week
XMAS break from
Monday 22nd December
Activities reopen in the
new year on
Monday 5th January***