

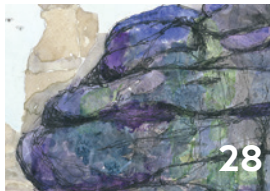
what's on APRIL

M	T	W	T	F	S	S
					• Craft Group 1	 2
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 3	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 4	• PATS • Yoga 5	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 6	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 7	• Craft Group 8	9
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 10	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 11	• PATS • Walking Group • Yoga 12	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice • Poetry & A Pint 13	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 14	• Craft Group 15	16
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 17	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 18	• PATS • Yoga 19	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 20	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 21	• Craft Group 22	 23
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 24	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 25	• PATS • Yoga 26	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 27	• Leeds City Storm • Happy Stitchers • Pudsey Chill • Mindfulness • Tai Chi 28	• Craft Group 29	30

what's on JUNE

M	T	W	T	F	S	S
			• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 1	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 2	• Craft Group 3	 4
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 5	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 6	• PATS • Yoga 7	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice • Poetry & A Pint 8	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 9	• Craft Group 10	11
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 12	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 13	• PATS • Walking Group • Yoga 14	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 15	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 16	• Craft Group 17	18
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 19	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 20	• PATS • Yoga 21	• Don't Leave Me Now • Knit, Natter & Crochet, Chit Chat • Raise Your Voice • Bridge Club 22	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 23	• Craft Group 24	25
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 26	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 27	• PATS • Yoga 28	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 29	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 30		

what's on MAY

M	T	W	T	F	S	S
 1	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 2	• PATS • Yoga 3	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 4	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 5	• Craft Group 6	7
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 8	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 9	• PATS • Walking Group • Yoga 10	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice • Poetry & A Pint 11	• All Turn! • Happy Stitchers • Pudsey Chill • Mindfulness • Tai Chi 12	• Craft Group 13	 14
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 15	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 16	• PATS • Yoga 17	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 18	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 19	• Craft Group 20	21
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 22	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 23	• PATS • Yoga 24	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 25	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 26	• Craft Group 27	 28
 29	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 30	• PATS • Yoga 31				

what's on JULY

M	T	W	T	F	S	S
					• Craft Group 1	2
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 3	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 4	• PATS • Yoga 5	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 6	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 7	• Craft Group 8	9
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 10	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 11	• PATS • Walking Group • Yoga 12	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice • Poetry & A Pint 13	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 14	• Craft Group 15	16
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 17	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 18	• PATS • Yoga 19	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 20	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 21	• Craft Group 22	23
• Bosom Buddies • Pudsey Art Workshop • Pudsey Beaders • Yoga 24	• Luxulele Ukelele Group • Drama Workshop • Baby Massage 25	• PATS • Yoga 26	• Knit, Natter & Crochet, Chit Chat • Bridge Club • Raise Your Voice 27	• Happy Stitchers • Pudsey Chill • Mindfulness & Stress Reduction • Tai Chi 28	• Craft Group 29	 30

• Bosom Buddies - Mondays, 9.30 - 11am
• Pudsey Art Workshop - Mondays, 1.30 - 3pm
• Yoga - Mondays, 5.45 - 6.45pm
• Pudsey Lux Beaders - Mondays, 7 - 9pm
• Baby Massage - Tuesdays, 10am - 11am

• Luxulele Ukelele Group - Tuesdays, 11am - 12noon
• Drama Workshop - Tuesdays, 7 - 9pm
• PATS - Wednesdays, 10am - 12noon
• Yoga - Wednesdays, 5.45 - 7pm
• Knit, Natter & Crochet Chit Chat - Thursdays, 3 - 4pm

• Singing for the Brain - 2nd Thursday of the month, 1.30 - 3.15pm
• Poetry and a Pint - 2nd Thursday of the month, 7.30pm
• Raise Your Voice Choir - Thursdays, 4 - 5pm (youth)
• Raise Your Voice Choir - Thursdays, 7.30 - 9pm (adults)
• Bridge Club - Thursdays, 2 - 4.30pm

• Pudsey Chill - Fridays, 3 - 5pm
• Mindfulness & Stress Reduction Group - Fridays 5.15 - 6.15pm
• Tai Chi - Fridays, 6.30 - 7.30pm
• Craft Group - Saturdays, 11am - 2pm

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 Café Lux Pudsey
Pudsey Wellbeing Centre