

Over 60? Get the most out of life with AVSED!

**Offering a wide range of social activities and support
in Aireborough**

Take a look at the exciting activities we have coming up at AVSED.
Contact us on 0113 250 1702 or info@avsed.org.uk to book your
place - you will need to be an AVSED member or over 60 and
registered at one of the GP surgeries listed below to participate. All
courses are free, limited transport is available at a small cost.



Eat Fresh With



Cookery Classes

Join us at AVSED to learn more about cooking fresh, healthy, seasonal food in deliciously simple ways. Using seasonal produce and easy-to-follow recipes, Season Well conjure up quick, nutritious, appealing meals to make and enjoy at home. Simple recipes, great food.

Monday 22nd July 1.30 to 3.30 Fun with Fruit

Monday 29th July 1.30 to 3.30 Healthy Microwave Meals

Monday 12th August 1.30 to 3.30 One-Pot Dinners

Writing for Relaxation

Monday 5th August 1.30 to 3.30

Are you interested in Creative Writing? Whether you're a dedicated writer or you've only ever thought about putting pen to paper, come along to our Writing for Relaxation Workshop and express yourself! We'll do some writing exercises to warm us all up – nothing difficult and no pressure, you only 'share' if you want to. Then we'll take a theme and explore it, so you'll write in the way you most enjoy.

This is a taster session and we're hoping to establish a regular, supportive and enjoyable writing group that can meet throughout the year.

All sessions at Nunroyd Pavilion, Nunroyd Park, Yeadon, LS19 7HR

In conjunction with Rawdon Surgery, The Menston and Guiseley (Park Road) Practice, Guiseley and Yeadon Medical Practice and Yeadon Tarn Surgery