

Health Activities and Groups at Zest – December 2018



Men's Be Cancer Safe Workshop – join this men only workshop on Wednesday 5th December 13:00 - 14:00 to hear more about the risks of cancer and how to be aware of identifying types for yourself. A male guest speaker will be telling us his story with free lunch provided. To book your place, please email health@zestcommunity.co.uk or call 0114 2702040 ext 249.



Christmas Family Fun Day – come and celebrate with us at this free event on Saturday 15th December 11:00 - 14:00. All welcome for face painting, Santa's grotto, a choir performance, festive food and more! Contact health@zestcommunity.co.uk or 0114 2702040 ext 245 for more information.



Women's Bike Ride – a great chance to attend a free bike ride on Monday 10th December at 10:15 with a friendly group of women, starting at the Zest Centre. Bikes and helmets included, meet at reception. Contact health@zestcommunity.co.uk or 0114 2702040 ext 232 for more information.

Volunteers Christmas Celebration – we want to say a big thank you to all our volunteers this Christmas on Wednesday 19th December at 12pm. All volunteers invited, join us for a free festive buffet and more in the Zest Centre library.



Winn Gardens Winter Warmer Event – for all residents of the Winn Gardens area. We are organising a winter event on Thursday 6th December 12:00 - 14:00 at Winn Gardens Pavilion. Contact health@zestcommunity.co.uk or 0114 2702040 ext 232 for more information.

Zest for Health Weekly Timetable

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			09.00 - 10.00 Health Checks Winn Gardens Pavilion	10:00 - 11:00 Men's Social Café Zest Citrus Cafe
		11:00 - 13:00 MASH group (Men's Activities Supporting Health) Zest Centre	10.30 - 12.00 Age Better 50+ Social Cafe Zest Citrus Cafe	10.30 - 11.30 Walking Group Zest Reception
13.00 - 15.00 Conversation Class Shipton Street training room	12:00 - 14:00 Sewing Group Zest Library			12.30 - 14.00 Over 50s Social Dining Club Zest Citrus Café
	14.00 - 15.00 Ladies Walking Group Zest Reception		13.00 - 14.00 Health Checks Drop in Sessions Zest for Work	
			13.30 - 15.00 Carers Support Group Call Jenny at Zest for dates ext 210	



Zesty Monday Bike Ride

Monthly Zest Bike Ride
Come and ride with a friendly Ladies only group.
Bikes, Helmets provided by Zest
To book a place contact Nighat on 2702040 Ext 232

**Monday 10th
December
Meet at Zest
At 10:15**



Health @zestcommunity.co.uk zestcommunity.co.uk
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Men's Be Cancer Safe Workshop-

5th December 2018

1.00 pm - 2.00 pm

Shipton Street upstairs

Lunch provided

Male led group activity



- Learn to identify symptoms of 3 common cancers
- Cancer screening- when is it available?
- what should I expect?
- Share Be Cancer Safe message with others

For more information and register telephone: 0114 270 2042 ext 249



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Zest Centre, 18 Upperthorpe, Sheffield, S6 3NA 0114 2702040 Zest Community @zestcentre health@zestcommunity.co.uk



Christmas Family Fun Day

Saturday 15th December

11am-2pm

Free to
The Local
Community!

Santa's Grotto ✨ Storytelling
Facepainting ✨ Gingerbread Icing
Festive Food ✨ Balloon Modelling
Tombola ✨ Fun Feely Game
Choir ✨ Crafts



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Christmas Time Thank You Gathering



Please join Zest Staff for a delicious festive buffet, to share success stories from the year and spread cheer and laughter



Wednesday 19th December, 12pm
Children's Library

All Volunteers Most Welcome

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