

# Chamber March - Chat April 2024

Unit 3A, Olympia Business Park, Gelderd Lane, Leeds LS12 6AL Phone: 0113 263 7375

## Easter Closing Times

Please note we are closed on **Good Friday 29 March** and **Bank Holiday Monday 1 April**.

We will be open on the Thursday before Good Friday and reopening on the Tuesday after the Bank Holiday Monday.

If you would normally attend on Friday or Monday and want to book for the Thursday or Tuesday instead, please speak to Jo, Claire or Dan as soon as possible.

## Easter Raffle

There's a lovely selection of prizes on offer this year. First prize is a home-made, decorated Simnel cake, courtesy of our star baker, Sandra. Tickets are £1 a strip and the draw will be held on Monday 25 March.

## Let's get quizzical

Make a note in your diaries!

**Our first Quiz Night of 2024 is Friday 5 April.** Tickets are £8 per person, and this includes refreshments. Paul has arranged a deal with his therapist and is hosting the night. And he wants it to be known that he *can* be bribed...

**Our last quiz night raised over £800, let's see whether we can top that this time round.**

## Sauna

Just a gentle reminder that the sauna prices are £10 per session for non-members and £8 per session for members. And PLEASE bring your own towels.

If you forget your towel and use ours, we would really appreciate a donation to cover the cost of laundering them.

## Session times

Monday	9am to 3.30pm
Tuesday	8am to 12.30pm
Wednesday	9am to 4.30pm
Thursday	Check with the staff*
Friday	8am to 3.30pm

\*Thursday: Sessions on Thursdays are subject to demand.

The afternoon times shown are the start times for the sessions, **not** the closing times for the Centre.

## Take a deep breath!

To get the maximum benefit from your sessions, please make sure you have your mask on before the door closes, and keep it on until the door opens again.

## Please keep in touch

It's important to let us know if, for any reason, you are unable to attend a session that you have booked. And it's also important to give us as much notice as possible!

By letting us know in plenty of time, we are able to offer your slot to someone else who could make use of the opportunity.

If at all possible, call us. At busy times, we can't always pick up text messages or emails. And if Jo is away, we have no way of accessing her emails! Also, Jo needs her rest too, so no calls at 6am or weekends please!

**Running dives with empty seats costs us money. And our rent is due to increase in April. Thanks to a couple of generous donations we are able to keep our suggested oxygen donation at £16.**