

Age UK Blackburn with Darwen Activity Programme

Monday	Activity	Where	Time	Frequency	Cost	Notes
	Coffee and Chat	Meeting Places Darwen BB3 1BG (Next to Gregg's bakery)	1pm - 3pm	Weekly	£1 Donation	Join us for a brew, informal chat & games
	Walking Football over 50's	Darwen AFC Anchor Road Darwen BB3 0BB	1.30pm - 2.30pm	Weekly	£3	No previous experience or ability required
Tuesday	Activity	Where	Time	Frequency	Cost	Notes
	Tai Chi	New Methodist Church Darwen BB3 1QL (Corner of Bright Street)	10.30am - 11.30pm	Weekly	£3	
	Tai Chi	Mill Hill Community Centre Blackburn BB2 4DT	12 Noon - 1pm	Weekly	£3	
	Seated Tai Chi	Livesey Library Blackburn BB2 5NX	1.30pm - 2.30pm	Weekly	£3	
	Talk and Tunes 50+	Albion Mill Community Hub Blackburn BB2 4LX	2.30pm - 3.30pm	Weekly	£1	Join us for a brew, a chat and a sing-a-long
Wednesday	Activity	Where	Time	Frequency	Cost	Notes
	Walking Group	Witton Park Blackburn	10.30am	Weekly	Free	Meet at main entrance of Witton Park for a slow mile walk
	Remember the Rovers	Legends Lounge, Ewood Park 3rd Floor, Darwen End Stand	10.30am - 12Noon	Weekly	Free	Reminiscing the past of Blackburn Rovers
	Mens Group 50+	Accrington Road Community Centre Blackburn BB1 2AF	1pm - 3pm	Weekly	£1	Join us for a brew, informal chat & games
	Observatory Social Group	The Observatory Pub Blackburn BB2 3HG	1.30pm - 3.30pm	Fortnightly	Free	
	50+ Daytime Disco	Meeting Places Darwen BB3 1BG (Next to Gregg's bakery)	1.30pm - 3.30pm	Every 2nd Wednesday of the month	Free	
	Yoga	Blackburn Central Library Blackburn BB2 1AG	1.30pm - 2.30pm	Weekly	£5	Aimed at menopausal women aged between 50 – 65 years
Yoga	New Methodist Church Darwen BB3 1QL (Corner of Bright Street)	6pm - 7pm	Weekly	£5		
Thursday	Activity	Where	Time	Frequency	Cost	Notes
	Walking Group	Sunnyhurst Woods Darwen BB3 1QX	10.30am -12.30pm	Weekly	free	Meet at Falcon Avenue
	Tai Chi	Online Zoom	11.30am -12.30pm	Weekly	free	ID 942 9668 9551 Password 301150
	Ballroom Dancing	Sandersons Dance Studio Blackburn BB1 3BY (Hutton Street)	1pm - 3pm	Weekly	£3.50	
	Ten Pin Bowling	Ten Pin Bowling Blackburn BB1 N1AQ (Vue Cinema)	2pm	Weekly	£6.25	2 games
Friday	Activity	Where	Time	Frequency	Cost	Notes
	Seated Exercise	The Barlow Institute Edgworth BL7 OAP	2pm - 3pm	Weekly	£3	

For more information contact: Age UK Blackburn with Darwen 4 King Street Blackburn BB2 2DH
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