

Active Ageing Activity List

Current timetable at 20/05/2019

| What | Where | Day | Time | How Often | Cost |
|---------------------|---|--------------|---------------------------|---|--------------------------------------|
| Tai Chi | St Mary's Court Mellor | Monday | 10am - 11am | Weekly | £2.00 per session |
| 1-2-1 IT Tuition | 4 King Street Blackburn | Monday | 10am - 12pm and 1pm - 3pm | Weekly | £2.00 per session |
| Men's Group | Riverside Heights Darwen | Monday | 1pm - 3pm | Weekly | Free (charge for tea and coffee) |
| Wii Session | St Margarets Court Off Cherry Street, Blackburn | Monday | 2pm - 4pm | Weekly | Free |
| Tai Chi | New Methodist Church Blackburn Road Darwen | Tuesday | 10.30am - 11.30am | Weekly | £3.00 per Session |
| Gentle Exercise | Kingsway | Monday | 10.30am - 11.30am | Weekly | Free |
| Tai Chi | Mill Hill Community Centre Blackburn | Tuesday | 1.15pm - 2.15pm | Weekly | £3.00 per session |
| Table Tennis | The Royal Hotel Tockholes | Tuesday | 2pm - 3pm | Weekly | Free |
| Swimming Group | Blackburn Leisure Centre | Tuesday | 9am - 10am | Weekly | £1.00 per session |
| 1-2-1 IT Tuition | Darwen Resource Centre Darwen | Tuesday | 10am - 12 noon | Weekly | £2.00 per session |
| Social Group | Observatory Pub | Wednesday | 1.30pm - 3.30pm | Weekly (first Wednesday of the month only during spring/summer) | Free (charge for tea and coffee etc) |
| Exercise Session | Thwaites Theatre Blackburn | Wednesday | 10.30am - 11.30am | Weekly | Free |
| Walking Netball | Darwen Leisure Centre | Wednesday | 1pm - 2pm | Weekly | £2.00 per session |
| Tai Chi | Good Shepherd Church Blackburn | Wednesday | 1.30pm - 2.30pm | Weekly | £3.00 per session |
| Seated Tai Chi | Oldfield Manor Darwen | Wednesday | 4pm - 4.45pm | Weekly | Free |
| Tai Chi | St Oswalds Community Hall | Wednesday | 3pm - 4pm | Weekly | £3.00 per session |
| Seated Tai Chi | Livsey Library | Wednesday | 10.30am - 11.30am | Weekly | £2.00 per session |
| 1-2-1 IT Tuition | 4 King Street Blackburn | Thursday | 10am - 12pm and 1pm - 3pm | Weekly | £2.00 per session |
| Walk Group | Meet: Falcon Ave. Darwen | Thursday | 11am - 1pm | Weekly | Free |
| Seated Tai Chi | Larmerier Retirement Village Blackburn | Thursday | 10.30am - 11.30am | Weekly | £3.00 per session |
| Gentle Exercise | Eachstep Blackburn | Thursday | 11am - 11.30am | weekly | £1.00 per session |
| Social Dancing | Feniscowles Community Hall | Thursday | 1.30pm - 3.30pm | Weekly | £2.50 per session |
| Ten Pin Bowling | Ten Pin Blackburn | Thursday | 2.30pm - 4.30pm | Weekly | £6.45 (2 games) |
| Seated Exercise | Bowman Court Cleaver Street Blackburn | Friday | 1.30pm - 2.30pm | First Friday of the month | Free |
| Seated Exercise | The Barlow Edgworth | Friday | 2pm - 3pm | Weekly | £2.50 per session |
| Crown Green Bowling | Lower Darwen URC Sandy Lane, Lower Darwen | Friday | 10am - 12pm | Weekly May - Sept | Free |
| IT Drop in | Various Venues | Various days | 1pm - 3pm | Weekly | Free |
| Wii Session | Andrews Court | Various days | Various times | Weekly | Free |