Bolton age UK
Let's change how we age

Ageing Well

Programme Guide

Our activities for over 50s across Bolton



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What is Ageing Well?

Ageing Well is something that we feel everybody deserves the opportunity to do in mid to later life.

So, we have put together a collection of services, classes and events to help enrich the lives of over 50s in Bolton.

Many of our activities are based at the **Ageing Well Centre** on Cross Street in Farnworth, but we also have classes based all over Bolton.

Our Ageing Well activities are a great way to meet new people, learn new skills, or build on passions you already have.

Choosing activities

The activities in this booklet are arranged by **location,** to help you find the activity closest to you. To help you choose an activity that's right for you, we have labelled each activity with a category:

Arts and crafts | Music & singing | Physical activity

Easy going | Lunch & supper clubs | Fun and games

Booking activities

01204 701525 Phone lines open Mon - Fri 9am - 4pm

All of our activities are very popular, so booking is essential. Please **call us on 01204 701525** to check availability and book onto all activities.

We will ask you to complete and return an enrolment form before joining a class. There are also some health questions to check you are fit to attend exercise classes.

If the activity is at capacity, you can request to be added the waiting list. We can also signpost you to similar activities elsewhere.

Meet the Ageing Well team


Jayne Filio, Ageing Well Service Manager


Kirti Mistry, Volunteer Team Leader


Keith Carter, Ageing Well Coordinator


Lynsey Nicholson, Ageing Well Coordinator


Eileen Enweani, Volunteer Officer


Treacle Manwaring, Facilities Officer


Vicky Urmston, Ageing Well Coordinator

Contact us

Ageing Well Centre, Cross Street, Farnworth, Bolton, BL4 7AG

01204 701525

ageingwell@ageukbolton.org.uk

Scan the QR code to visit our website
for more information on our activities and events, other services and volunteering opportunities.

Or visit **www.ageuk.org.uk/bolton**

Activities in Farnworth

Activity	Time	Venue	Category
Monday			
Book club	10.00am - 12.00pm (1st Mon. of month)	Ageing Well Centre	Easy going
Line dancing (beginners)	12.15pm - 1.15pm	Ageing Well Centre	Physical activity
Guitar (advanced)	1.00pm - 3.00pm	Ageing Well Centre	Music & singing
Line dancing (intermediate)	1.15pm - 2.15pm	Ageing Well Centre	Physical activity
Tuesday			
Table tennis	2.00pm - 4.00pm	Ageing Well Centre	Physical activity
Wednesday			
Mixed crafts	10.00am - 12.00pm	Ageing Well Centre	Arts and crafts
Board games	10.00am - 12.00pm	Ageing Well Centre	Fun and games
Singing for the brain	11.00am - 12.30pm	Ageing Well Centre	Music & singing
Ukulele group	12.30pm - 1.30pm	Ageing Well Centre	Music & singing
Beginners art	1.30pm - 3.30pm	Ageing Well Centre	Arts and crafts
Farnworth singing group	2.00pm - 3.30pm	Ageing Well Centre	Music & singing
Thursday			
Knit and craft	10.00am - 12.00pm	Ageing Well Centre	Arts and crafts
Creative Textiles with Densal Global	10.00am - 12.00pm	Ageing Well Centre	Arts and crafts
Knit and natter	10.30am - 12.00pm	Farnworth Library	Arts and crafts
Friday			
Mixed keyboards	10.00am - 12.00pm	Ageing Well Centre	Music & singing
Popular sequence dance	1.30pm - 3.30pm	Ageing Well Centre	Physical activity

Activities in Little Lever

Activity	Time	Venue	Category
Tuesday			
Pot Luck Club (a different activity every week)	1.00pm - 2.30pm	Lever Gardens Court	Easy going
Wednesday			
You, Me and a Cup of Tea	10.30am - 11.30am	Spring View Medical Centre	Easy going
Little Lever Supper Club	7.00pm - 10.00pm (second Wednesday of the month)	Exotic Lounge	Lunch/supper clubs
Thursday			
Botanical Art	10.30am - 11.30am	Little Lever Library	Arts and crafts
Little Lever Signers (sign language group)	10.30am 11.00am	Little Lever Library	Easy going
Little Lever Men's Fellowship	2.00pm - 3.30pm	St. Matthew's Church House	Easy going
Friday			
Little Lever Allotment Group	10.00am - 12.00pm	Pilkington Road Allotments	Easy going

Activities in Breightmet, Tonge and Tonge Fold

Activity	Time	Venue	Category
Monday			
Art class	10.00am - 12.00pm	Thicketford Centre	Arts and crafts
Card-making workshop	10.30am - 12.00pm	Breightmet Library	Arts and crafts
Tuesday			
Sew So Crafty	10.15am - 12.15am	Breightmet Library	Arts and crafts
Thursday			
Knit & Natter	10.15am - 12.15pm	Breightmet Library	Arts and crafts
Friday			
Card-making	10.00am - 12.00pm	The Thicketford Centre	Arts and crafts
Silver sketchers (art class)	10.15am-12.15am	Breightmet Library	Arts and crafts

Activities in Harwood and Bromley Cross

Activity	Time	Venue	Category
Monday			
Dominoes	1.30pm - 3.00pm	Manor Gardens	Fun and games
Tuesday			
Card-making	10.30am - 12.00pm	Harwood Library	Arts and crafts
Bromley Cross lunch club	12.00pm - 2.00pm	Windsor Road Community Centre	Lunch/supper clubs
Thursday			
Wild & Woolly (knit and natter group)	10.30am - 12.00pm	Harwood Library	Arts and crafts
Scrabble	1.00pm - 4.00pm	Harwood Library	Fun and games

Activities in Horwich and Westhoughton

Activity	Time	Venue	Category
Monday			
Horwich lunch club (The Wright Place)	12.00pm - 2.00pm	Horwich Evangelical Church	Lunch/supper clubs
Wednesday			
Horwich lunch club (St. Mary's)	12.00pm - 2.00pm (bi-weekly)	St. Mary's Church	Lunch/supper clubs
Westhoughton lunch club	12.00pm - 2.00pm	Cornerstone Church Westhoughton	Lunch/supper clubs

Activities in Town Centre and Deane

Activity	Time	Venue	Category
Tuesday			
Mah jong	1.00pm - 3.00pm	Bolton Central Library	Fun and games
Friday			
Hulton Lane lunch club	12.00am - 2.00pm	Hulton Lane Community Centre	Lunch/supper clubs

Venue address book

Farnworth

Ageing Well Centre	Cross Street, Farnworth, Bolton, BL4 7AG
Farnworth Library	Market Street, Farnworth, Bolton, BL4 7PG

Little Lever

Exotic Lounge	156 Stopes Road, Radcliffe, M26 3TW
Lever Gardens Court	Dearden Street, Little Lever, Bolton, BL3 1GB
Little Lever Library	63 Market Street, Little Lever, Bolton, BL3 1HH
Spring View Medical Centre	Mytham Road, Little Lever, Bolton, BL3 1HQ
St. Matthew's Church House	Market Street, Little Lever, Bolton BL3 1HH
Pilkington Road Allotments	Pilkington Road, Radcliffe, M26 (approx. 1 mile out of Little Lever on regular bus route)

Breighmet, Tonge and Tonge Fold

Breightmet Library	Breightmet Fold Lane, Breightmet, Bolton, BL2 3DR
The Thicketford Centre	Thicketford Road, Bolton, BL2 2LW
Trinity Methodist Church	Tonge Old Road, Tonge Fold, Bolton, BL2 6BH

Harwood, and Bromley Cross

Harwood Library	Gate Fold, Harwood, Bolton, BL2 3HN
Harwood Methodist Church	Longsight, Harwood, Bolton, BL2 3HX
Manor Gardens	Hough Fold Way, Harwood, Bolton, BL2 3DR
Windsor Road Community Centre	5 Windsor Road, Bromley Cross, Bolton, BL7 9LH

Horwich and Westhoughton

Cornerstone Church (Westhoughton)	Wigan Road, Westhoughton, Bolton, BL5 3RQ
Horwich Evangelical Church	Wright Street, Horwich, Bolton, BL6 7TS
St. Mary's Church	86 Chorley New Road, Horwich, Bolton, BL6 5QJ

Town Centre and Deane

Bolton Central Library	Le Mans Crescent, Bolton, BL1 1SE
Hulton Lane Community Centre	Hulton Lane, Bolton, BL3 4JB

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Find us on social media

Registered Charity Number: 223240