Bolton age UK
Let's change how we age

Ageing Well

Programme Guide

Our activities for over 50s across Bolton

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A word from Lesley

Our Ageing Well services, clubs, activities and social events are a huge part of what we do here at Age UK Bolton. I hope this booklet proves to be a useful guide to what we have in your area, as well as around the Bolton borough.

Whether it's services like befriending, creative classes, or simply social interaction and a bit of fun, we hope you can find something to tickle your fancy within these pages. For more information or to book onto any of our classes, please don't hesitate to get in touch.

Lesley Simm

Lesley Simm
Head of Ageing Well, Age UK Bolton

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.

Meet the Ageing Well team

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 - 5pm

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.

Activities in Farnworth and Kearsley

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
Brew and chat	2.15pm - 3.00pm	Ageing Well Centre	Easy going
Tuesday			
Gentle dance	10.00am- 10.45am	Ageing Well Centre	Physical activity
Table tennis	2.00pm - 4.00pm	Ageing Well Centre	Music & singing
Wednesday			
Pat-a-Cake: Kitchen Confidence (cooking class)	10.00am - 12.30pm (1st Weds. of month)	Ageing Well Centre	Arts and crafts
Mixed crafts	10.00am - 12.00pm	Ageing Well Centre	Arts and crafts
Board games	10.00am - 12.00pm	Ageing Well Centre	Fun and games
Parchment craft	1.00pm - 3.00pm	Ageing Well Centre	
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 & Craft	10.00am - 12.00pm	Ageing Well Centre	Arts and crafts
Knit & Natter	10.30am - 12.00pm	Farnworth Library	Arts and crafts
Gentle Zumba	11.15am - 12.00pm	Ageing Well Centre	Physical activity
Friday			
Mixed keyboards	10.00am - 12.00pm	Ageing Well Centre	Music & singing
Over 50s dance	10.00am - 10.45am	Kearsley Mount Methodist Church	Physical activity
Popular Sequence Dance	1.30pm - 3.30pm	Ageing Well Centre	Physical activity

Activities in Little Lever

Activity	Time	Venue	Category
Monday			
Art for You (Ladies 55+)	12.30pm - 2.30pm	Crompton Court	Arts and crafts
Art for dementia	1.00pm - 2.30pm	Little Lever Library	Arts and crafts
Tuesday			
Trinkets craft group	1.00pm - 2.30pm	Crompton Court	Arts and crafts
Botanical watercolours	1.30pm - 3.30pm	Little Lever Library	Arts and crafts
The Pot Luck Club	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
Village Voices	1.30pm - 3.00pm	St. Matthew's Church House	Music & singing
Little Lever Supper Club	7.00pm - 10.00pm	Exotic Lounge	Lunch/supper clubs
Thursday			
Little Lever Men's Fellowship	2.00pm - 3.30pm	St. Matthew's Church House	Easy going
Friday			
Silver Signers (sign language)	10.30am - 11.30am	Little Lever Library	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
Gentle dance	2.00pm - 3.00pm	Trinity Methodist Church	Physical activity
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, Bradshaw and Bromley Cross

Activity	Time	Venue	Category
Monday			
Tai chi	10.00am - 10.45am	Cornerstone Church Bromley Cross	Physical activity
Yoga	10.00am - 11.00am	Walmsley Parish Hall	Physical activity
Tai chi	11.00am - 11.45am	Cornerstone Church Bromley Cross	Physical activity
Dominoes	1.30pm - 3.00pm	Manor Gardens	Fun and games
Tuesday			
Card-making	10.30am - 12.00pm	Harwood Library	Arts and crafts
Tai chi	11.00am - 11.45am	Harwood Methodist Church	Physical activity
Bromley Cross lunch club	12.00pm - 2.00pm	Windsor Road Community Centre	Lunch/supper clubs
Thursday			
Wild & Woolly (Knit & Natter)	10.30am - 12.00pm	Harwood Library	Arts and crafts
Scrabble	1.00pm - 4.00pm	Harwood Library	Fun and games

Activities in Horwich, Blackrod and Westhoughton

Activity	Time	Venue	Category
Monday			
Horwich lunch club (The Wright Place)	12.00pm - 2.00pm	Horwich Evangelical Church	Lunch/supper clubs
Pilates	2.00pm - 4.00pm	Blackrod Community Centre	Physical activity
Tuesday			
Walking netball (social and competitive)	10.00am - 12.00pm	Bolton Arena	Physical activity
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
Thursday			
Gentle dance	10.00am - 10.45am	John Holt Centre	Physical activity
Friday			
Pickleball, badminton and table tennis	9.00am - 11.00am	Bolton Arena	Physical activity
Tai chi	10.30am - 11.30am	Westhoughton Library	Physical activity
Walking netball (social)	11.00am - 12.00pm	Bolton Arena	Physical activity

Activities in Halliwell, Town Centre and Great Lever

Activity	Time	Venue	Category
Tuesday			
Tai chi	10.00am - 10.45am	St. Luke's Church	Physical activity
Mah jong	1.00pm - 3.00pm	Bolton Central Library	Fun and games
Thursday			
Tai chi	10.30am - 11.45am	Slaterfield Community Centre	Physical activity
Friday			
Hulton lunch club	12.00am - 2.00pm	Hulton Lane Community Centre	Lunch/supper clubs

Venue address book

Farnworth and Kearsley

Ageing Well Centre	Cross Street, Farnworth, Bolton, BL4 7AG
Farnworth Library	Market Street, Farnworth, Bolton, BL4 7PG
Kearsley Mount Methodist Church	107 Manchester Road, Kearsley, Bolton, BL4 8QL

Little Lever

Crompton Court	Settle Street, Little Lever, Bolton, BL3 1PP
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

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, Bradshaw, Bromley Cross and Egerton

Cornerstone Church (Bromley Cross)	Back Rose Hill Close, Bromley Cross, Bolton, BL7 9JL
Harwood Library	Gate Fold, Harwood, Bolton, BL2 3HN
Harwood Methodist Church	Longsight, Harwood, Bolton, BL2 3HX
Manor Gardens	Hough Fold Way, Bradshaw, Bolton, BL2 3DR
Walmsley Parish Community Hall	Blackburn Road, Egerton, Bolton, BL7 9SA
Windsor Road Community Centre	5 Windsor Road, Bromley Cross, Bolton, BL7 9LH

Horwich, Blackrod and Westhoughton

Blackrod Community Centre	Greenbarn Way, Blackrod, Bolton, BL6 5TG
Bolton Arena	Arena Approach, Horwich, Bolton, BL6 6LB
Cornerstone Church (Westhoughton)	Wigan Road, Westhoughton, Bolton, BL5 3RQ
Horwich Evangelical Church	Wright Street, Horwich, Bolton, BL6 7TS
John Holt Centre	Birch Avenue, Westhoughton, Bolton, BL5 2NR
St. Mary's Church	86 Chorley New Road, Horwich, Bolton, BL6 5QJ
Westhoughton Library	Library Street, Westhoughton, Bolton, BL5 3AU

Halliwell, Town Centre and Great Lever

Bolton Central Library	Le Mans Crescent, Bolton, BL1 1SE
Hulton Lane Community Centre	Hulton Lane, Bolton, BL3 4JB
Slaterfield Community Centre	Carringdon Drive, Great Lever, Bolton, BL3 6YE
St. Luke's Church	Chorley Old Road, Bolton, BL1 3BE

www.ageuk.org.uk/bolton
ageingwell@ageukbolton.org.uk
01204 701525

Find us on social media

Registered Charity Number: 223240