

# 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  
Ageing Well Manager, 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
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## 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 cookery class	10.00am - 12.30pm (1 <sup>st</sup> 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

Farnworth knitting friends	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 - 12.45pm	Kearsley Mount Methodist Church	Physical activity
Tea dance (sequence dance)	2.00pm - 4.00pm	Ageing Well Centre	Physical activity

# Activities in Little Lever

Activity	Time	Venue	Category
<b>Monday</b>			
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
<b>Tuesday</b>			
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
<b>Wednesday</b>			
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
<b>Thursday</b>			
Little Lever Men's Fellowship	2.00pm - 3.30pm	St. Matthew's Church House	Easy going
<b>Friday</b>			
Silver Signers (sign language)	10.30am - 11.30am	Little Lever Library	Easy going

# Activities in Brightmet, Tonge and Tonge Fold

Activity	Time	Venue	Category
<b>Monday</b>			
Art class	10.00am - 12.00pm	Thicketford Centre	Arts and crafts
Card-making workshop	10.30am - 12.00pm	Brightmet Library	Arts and crafts
<b>Tuesday</b>			
Sew So Crafty	10.15am - 12.15am	Brightmet Library	Arts and crafts
<b>Thursday</b>			
Knit & Natter	10.15am - 12.15pm	Brightmet Library	Arts and crafts
Gentle dance	2.00pm - 3.00pm	Trinity Methodist Church	Physical activity
<b>Friday</b>			
Card-making	10.00am - 12.00pm	The Thicketford Centre	Arts and crafts
Silver sketchers (art class)	10.15am-12.15am	Brightmet Library	Arts and crafts

# Activities in Harwood, Bradshaw and Bromley Cross

Activity	Time	Venue	Category
<b>Monday</b>			
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
<b>Tuesday</b>			
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
<b>Thursday</b>			
Wild & Woolly (Knit & Natter)	10.30am - 12.00pm	Harwood Library	Arts and crafts
Scrabble	2.00pm - 4.00pm	Harwood Library	Fun and games



# Activities in Horwich, Blackrod and Westhoughton

Activity	Time	Venue	Category
<b>Monday</b>			
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
<b>Tuesday</b>			
Walking netball	11.00am - 12.00pm	Bolton Arena	Physical activity
<b>Wednesday</b>			
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
<b>Thursday</b>			
Gentle dance	10.00am - 10.45am	John Holt Centre	Physical activity
<b>Friday</b>			
Tai chi	10.30am - 11.30am	Westhoughton Library	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

Breighmet Library	Breighmet Fold Lane, Breighmet, 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](http://www.ageuk.org.uk/bolton)



[ageingwell@ageukbolton.org.uk](mailto:ageingwell@ageukbolton.org.uk)



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