

Activities at the Jubilee Centre

Monday

11.00 - 12.30	Yoga With Melanie Mason	£6.00
13.00 - 16.00	Short Mat Bowling (Soft shoes must be worn)	£4.00
Evenings - Every Second Week		
18.00 - 19.30	Evening Yoga & Mindfulness With Melanie Mason	£8.50
19.45 - 21.45	Bury Folk Dancers	£6.00

Tuesday

09.45 - 10.45	Fit for Life With Diana Askew	£5.50
11.00 - 12.00	Pilates With Diana Askew	£5.50
12.00 onwards	Let's Do Lunch Club Fed up with Eating Alone? Join our Friendly Group	Ask in the Café
12.15 - 13.15	Chair-Based Keep Fit With Diana Askew	£5.50
13.30 - 14.30	Belly Dancing (Women Only) With Sian Edwards-Davies	£5.00
14.45 - 15.45	Music & Smiles (Music session for people with Dementia) Can arrive from 14.00 pm where refreshments are provided	FREE
19.00 - 20.30	Tai Chi Qigong Evening With Stewart Hay	£8.50

Wednesday

09.15 onwards	The Wednesday Walkers	Ask at Reception
10.30 - 11.30	Community Choir With Emma	Donations Welcome
12.45 - 13.30	Chair-Based Keep Fit With Diana Askew	£5.00
13.45 - 15.30	Bingo and Quiz In the Main Hall	Bingo £2.00 Quiz £2.00

Thursday

09.30 - 10.30	Men-Only Keep Fit With Debs Cassar-Egan	£4.00
10.45 - 11.45	Tai Chi Qigong With Stewart Hay	£5.50
12.15 - 13.15	Beginners & Refresh Sequence Dancing With Keith & Nadine Purslow	£5.50
13.30 - 16.00	Tea Dance With Andrea Lynette-Young	£6.50

Friday

09.15 - 10.15	Tai Chi Qigong With Stewart Hay	£5.50
10.30 - 11.30	Tai Chi Qigong With Stewart Hay	£5.50
11.45 - 12.45	Line Dancing - Absolute beginners/ Beginners With Julie Hawkins (Jules Line Dance)	£5.00
12.45 - 14.00	Line Dancing - Improvers / Intermediates With Julie Hawkins (Jules Line Dance)	£5.00
14.00 - 15.45	Line Dancing - All Request Social With Julie Hawkins (Jules Line Dance)	£5.00

Tuesday and Friday

13.30 - 15.30	Knit and Natter Club With Sandra Cooke	FREE
---------------	--	-------------

Subscribe to our FREE email newsletter



<https://www.ageuk.org.uk/bury/get-involved/newsletters/>