

## Christmas / New Year Timetable

The Jubilee Centre & Café will be closed on

- Friday 23rd December,
- Monday 26<sup>th</sup> December
- Tuesday 27<sup>th</sup> December
- Monday 2<sup>nd</sup> January

### MONDAY

11.00 –12.30	<b>YOGA</b> With Melanie Mason	Last class: 19 <sup>th</sup> December First class in 2023 : 9 <sup>th</sup> January
1.00 - 4.00	<b>SHORT MAT BOWLING</b>	Last session: 19 <sup>th</sup> December First session in 2023: 9 <sup>th</sup> January
6.00 – 7.30	<b>YOGA &amp; MINDFULNESS</b> With Melanie Mason	Last class: 19 <sup>th</sup> December First class in 2023 : 9 <sup>th</sup> January
8.00 - 10.00	<b>BURY FOLK DANCERS</b> Ask for the dates at reception	Last dance: 19 <sup>th</sup> December First dance of 2023: 9 <sup>th</sup> January

### TUESDAY

9.45 - 10.45	<b>FIT FOR LIFE</b> With Diana Askew	Last class: 20 <sup>th</sup> December First class in 2023: 3 <sup>rd</sup> January
11.00 - 12.00	<b>PILATES</b> With Diana Askew	Last class: 20 <sup>th</sup> December First class in 2023: 3 <sup>rd</sup> January
12.15 – 1.15	<b>CHAIR-BASED KEEP FIT</b> With Diana Askew	Last class: 20 <sup>th</sup> December First class in 2023: 3 <sup>rd</sup> January
12 onwards	<b>LET'S DO LUNCH GROUP</b>	Last Lunch: 20 <sup>th</sup> December First Lunch in 2023: 3 <sup>rd</sup> January
1.30 – 2.30	<b>DANCE FIT FUN (WOMEN ONLY)</b> With Sian Edwards-Davies	Last class: 13 <sup>th</sup> December First class in 2023: 17 <sup>th</sup> January
2.00 – 3.30	<b>KNIT &amp; NATTER CLUB</b> With Marion Schofield	No group on 27 <sup>th</sup> December

### WEDNESDAY

10.30 -11.30	<b>COMMUNITY CHOIR</b> With Emma	Last Singsong: 21st December First Singsong in 2023: 4 <sup>th</sup> Jan
12.45 – 1.30	<b>CHAIR-BASED KEEP FIT</b> With Diana Askew	Last class: 21 <sup>st</sup> December First class in 2023: 4th January
1.45 – 3.30	<b>BINGO AND QUIZ</b> In the main hall	Last session: 21 <sup>st</sup> December First session in 2023: 4 <sup>th</sup> January

## THURSDAY

9.30 -10.30	<b>MEN-ONLY KEEP FIT</b> With Debs Cassar-Egan	Last class: 22 <sup>nd</sup> December First class in 2023: 5 <sup>th</sup> January
10.45 - 11.45	<b>TAI CHI</b> With Sue Johnson	Last class: 22 <sup>nd</sup> December First class in 2023: 5 <sup>th</sup> January
12.15 - 1.15	<b>SEQUENCE DANCING FOR BEGINNERS</b> With Keith and Nadine Purslow	Last class: 22 <sup>nd</sup> December First class in 2023: 5 <sup>th</sup> January
1.30 – 4.00	<b>TEA DANCE</b> With Andrea Lynette-Young	Last dance: 22 <sup>nd</sup> December First dance in 2023: 5 <sup>th</sup> January

## FRIDAY

10.45 - 11.45	<b>TAI CHI</b> With Sue Johnson	Last class: 16 <sup>th</sup> December First class in 2023: 6 <sup>th</sup> January
12.00 - 1.00	<b>LINE DANCING (IMPROVERS LEVEL)</b> With Malcolm Brister	No class on 24 <sup>th</sup> December <b>Class will take place on 30<sup>th</sup> December</b>
1.00 - 2.15	<b>LINE DANCING (INTERMEDIATE LEVEL)</b> With Malcolm Brister	No class on 24 <sup>th</sup> December <b>Class will take place on 30<sup>th</sup> December</b>
2.15 - 4.00	<b>SOCIAL LINE DANCING (ALL LEVELS)</b> With Malcolm Brister	No class on 24 <sup>th</sup> December <b>Class will take place on 30<sup>th</sup> December</b>
2.00 – 3.30	<b>KNIT &amp; NATTER CLUB</b>	No group on 23 <sup>rd</sup> December

**FOOTCARE CLINIC**  
 With Dougie Warrington

Dougie's last appointments will take place on Tuesday 22<sup>nd</sup> December and will start again on Tuesday 5<sup>th</sup> January.

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<https://tinyurl.com/AgeUKBuryNewsletter>

Happy Christmas to everyone!