

ACTIVITIES AT THE JUBILEE CENTRE

**PLEASE DO NOT ENTER THE JUBILEE CENTRE
IF YOU ARE FEELING UNWELL**

MONDAY

11.00 – 12.30	YOGA (AT A NEW TIME) With Melanie Mason	£5.50
1.00 - 4.00	SHORT MAT BOWLING (Soft shoes must be worn)	£3.50
6.00 – 7.30	YOGA & MINDFULNESS With Melanie Mason	£7.00
8.00 - 10.00	BURY FOLK DANCERS Ask for the dates at reception	£4.00

TUESDAY

9.45 - 10.45	FIT FOR LIFE With Diana Askew	£4.50
11.00 - 12.00	PILATES With Diana Askew	£4.50
12.15 – 1.15	CHAIR-BASED KEEP FIT With Diana Askew	£4.00
12 onwards	LET'S DO LUNCH GROUP Fed up with eating alone? Join our friendly group	See Karen for further details
1.30 – 2.30	DANCE FIT FUN (WOMEN ONLY) With Sian Edwards-Davies	£4.50
2.00 – 3.30	KNIT & NATTER CLUB With Marion Schofield	FREE

WEDNESDAY

12.45 – 1.30	CHAIR-BASED KEEP FIT With Diana Askew	£4.00
1.45 – 3.30	BINGO AND QUIZ In the main hall	Bingo - £2 Quiz - £2

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THURSDAY

9.30 -10.30	MEN-ONLY KEEP FIT With Debs Cassar-Egan A Let's Live Well Activity	Introductory Charge £2.50
10.45 - 11.45	TAI CHI With Sue Johnson	£5.00
12.15 - 1.15	SEQUENCE DANCING FOR BEGINNERS With Keith and Nadine Purslow	£5.00
1.30 – 4.00	TEA DANCE With Andrea Lynette-Young	£5.50

FRIDAY

10.45 - 11.45	TAI CHI With Sue Johnson	£5.00
12.00 - 1.00	LINE DANCING (IMPROVERS LEVEL) With Malcolm Brister	£4.50 *
1.00 - 2.15	LINE DANCING (INTERMEDIATE LEVEL) With Malcolm Brister	£4.50 *
2.15 - 4.00	SOCIAL LINE DANCING (ALL LEVELS) With Malcolm Brister	£4.50 *
2.00 – 3.30	KNIT & NATTER CLUB With Marion Schofield	Free

* If you go to two line-dancing sessions, the cost is £8; if you go to three sessions, the price is £10.