

## ACTIVITIES AT THE JUBILEE CENTRE TIMETABLE FOR WEEK BEGINNING 13<sup>th</sup> SEPTEMBER

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

### MONDAY 13<sup>th</sup> SEPT

1.00 - 4.00	<b>SHORT MAT BOWLING</b> (Soft shoes must be worn)	£3.50
-------------	---	-------

### TUESDAY 14<sup>th</sup> SEPT

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

### WEDNESDAY 15<sup>th</sup> SEPT

9.15 - 9.30	<b>JUBILEE WALKERS MEET UP</b> (Ask at Reception for list of walks – 20p a sheet)	
11.00 -1.00	<b>DIGITAL SKILLS DROP IN SESSIONS</b> With Bury Adult Learning	FREE
12.45 – 1.30	<b>CHAIR-BASED KEEP FIT</b> With Diana Askew	£4.00
1.45 – 3.30	<b>BINGO AND QUIZ</b> Now in the main hall	Bingo - £2 Quiz -£2
2.00 – 3-00	<b>NORDIC WALKING</b> With Diana Askew	£5.00

## ACTIVITIES AT THE JUBILEE CENTRE TIMETABLE FOR WEEK BEGINNING 13<sup>th</sup> SEPTEMBER

### THURSDAY 16th SEPT

10.45 - 11.45	<b>TAI CHI</b> With Sue Johnson	£5.00
12.15 - 1.15	<b>SEQUENCE DANCING FOR BEGINNERS</b> With Keith and Nadine Purslow	£5.00
1.30 – 4.00	<b>TEA DANCE</b> With Andrea Lynette-Young	£5.50

### FRIDAY 17th SEPT

10.45 - 11.45	<b>TAI CHI</b> With Sue Johnson	£5.00
12.00 - 1.00	<b>LINE DANCING (IMPROVERS LEVEL)</b> With Malcolm Brister	£4.50 *
1.00 - 2.15	<b>LINE DANCING (INTERMEDIATE LEVEL)</b> With Malcolm Brister	£4.50 *
2.15 - 4.00	<b>SOCIAL LINE DANCING (ALL LEVELS)</b> With Malcolm Brister	£4.50 *
2.00 – 3.30	<b>KNIT &amp; NATTER CLUB</b> 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.

### COMING SOON

- YOGA with Melanie Mason (Mondays from 27<sup>th</sup> Sept)
- MEN'S KEEP FIT (TBC)
- ART (TBC)