

ACTIVITIES AT THE JUBILEE CENTRE TIMETABLE FOR WEEK BEGINNING 6th SEPTEMBER

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

MONDAY 6th SEPT

1.00 - 4.00	SHORT MAT BOWLING (Soft shoes must be worn)	£3.50
8.00 - 10.00	BURY FOLK DANCERS	£5.00

TUESDAY 7th SEPT

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	£4.50
12 onwards	LET'S DO LUNCH GROUP Meal includes a main, sweet & soft drink	£7.00
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 8th SEPT

9.15 - 9.30	JUBILEE WALKERS MEET UP (Ask at Reception for list of walks – 20p a sheet)	
11.00 -1.00	DIGITAL SKILLS DROP IN SESSIONS With Bury Adult Learning	FREE
12.45 – 1.30	CHAIR-BASED KEEP FIT With Diana Askew	£4.00
2.00 – 3-00	NORDIC WALKING With Diana Askew	£5.00

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THURSDAY 9th SEPT

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 10th SEPT

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.

COMING SOON

- QUIZ & BINGO (Wednesday afternoons from 15th September)
- YOGA with Melanie Mason (Mondays from 27th Sept)
- MEN'S KEEP FIT (TBC)