

## ACTIVITIES AT THE JUBILEE CENTRE

### MONDAY

11.00 – 12.30	<b>YOGA</b> With Melanie Mason	£5.50
1.00 - 4.00	<b>SHORT MAT BOWLING</b> (Soft shoes must be worn)	£3.50
6.00 – 7.30	<b>YOGA &amp; MINDFULNESS</b> With Melanie Mason	£7.00
8.00 - 10.00	<b>BURY FOLK DANCERS</b> Ask for the dates at reception	£5.00

### TUESDAY

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 with eating alone? Join our friendly 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

10.30 - 11.30	<b>COMMUNITY CHOIR</b> With Emma	Free (until 29 <sup>th</sup> March)
12.45 – 1.30	<b>CHAIR-BASED KEEP FIT</b> With Diana Askew	£4.00
1.45 – 3.30	<b>BINGO AND QUIZ</b> In the main hall	Bingo - £2 Quiz - £2

## ACTIVITIES AT THE JUBILEE CENTRE

### THURSDAY

9.30 -10.30	<b>MEN-ONLY KEEP FIT</b> With Debs Cassar-Egan <b>A Let's Live Well Activity</b>	£2.50 (until 29th March)
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

10.30 - 11.30	<b>INTRODUCTION TO TAI CHI</b> With Sue Johnson	Free (until 29 <sup>th</sup> March)
11.30 - 12.15	<b>INTRODUCTION TO LINE DANCING</b> With Malcolm Brister	Free (until 29 <sup>th</sup> March)
12.15 – 1.15	<b>LINE DANCING (IMPROVERS LEVEL)</b> With Malcolm Brister	£4.50 *
1.15 - 2.30	<b>LINE DANCING (INTERMEDIATE LEVEL)</b> With Malcolm Brister	£4.50 *
2.30 - 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 £12.

**FOOTCARE CLINIC**  
**On Tuesdays**  
 With Dougie Warrington

Age UK Bury offers a basic foot care service which includes a health assessment of your feet to identify any potential problems, toenail cutting, and removal of hard skin to encourage and improve circulation and wellbeing of your feet. The service costs £20.00 per session and is run on Tuesdays.

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