

## Activities at the Jubilee Centre

### Monday

11.00 - 12.30	<b>Yoga</b> With Melanie Mason	£6.00
13.00 - 16.00	<b>Short Mat Bowling</b> (Soft shoes must be worn)	£4.00
<b>Evenings - Every Second Week</b>		
18.00 - 19.30	<b>Evening Yoga &amp; Mindfulness</b> With Melanie Mason	£8.50
19.45 - 21.45	<b>Bury Folk Dancers</b>	£5.00

### Tuesday

09.45 - 10.45	<b>Fit for Life</b> With Diana Askew	£5.50
11.00 - 12.00	<b>Pilates</b> With Diana Askew	£5.50
12.00 onwards	<b>Let's Do Lunch Club</b> Fed up with Eating Alone? Join our Friendly Group	<b>Ask in the Café</b>
12.15 - 13.15	<b>Chair-Based Keep Fit</b> With Diana Askew	£5.50
13.30 - 14.30	<b>Belly Dancing (Women Only)</b> With Sian Edwards-Davies	£5.00
14.30 - 15.45	<b>Music in Mind</b> <b>(Music session for people with Dementia)</b> Please arrive from 14.15 pm where refreshments are provided	<b>FREE</b>
19.00 - 20.30	<b>Tai Chi Qigong Evening</b> With Stewart Hay	£8.50

### Wednesday

09.15 onwards	<b>The Wednesday Walkers</b>	<b>Ask at Reception</b>
10.30 - 11.30	<b>Community Choir</b> With Emma	<b>Donations Welcome</b>
12.45 - 13.30	<b>Chair-Based Keep Fit</b> With Diana Askew	£5.00
13.45 - 15.30	<b>Bingo and Quiz</b> In the Main Hall	<b>Bingo £2.00</b> <b>Quiz £2.00</b>

## Thursday

09.30 - 10.30	<b>Men-Only Keep Fit</b> With Debs Cassar-Egan	<b>£4.00</b>
10.45 - 11.45	<b>Tai Chi Qigong</b> With Stewart Hay	<b>£5.50</b>
12.15 - 13.15	<b>Beginners &amp; Refresh Sequence Dancing</b> With Keith & Nadine Purslow	<b>£5.50</b>
13.30 - 16.00	<b>Tea Dance</b> With Andrea Lynette-Young	<b>£6.50</b>

## Friday

09.15 - 10.15	<b>Tai Chi Qigong</b> With Stewart Hay	<b>£5.50</b>
10.30 - 11.30	<b>Tai Chi Qigong</b> With Stewart Hay	<b>£5.50</b>
11.45 - 12.45	<b>Line Dancing - Absolute beginners/ Beginners</b> With Julie Hawkins (Jules Line Dance)	<b>£5.00</b>
12.45 - 14.00	<b>Line Dancing - Improvers / Intermediates</b> With Julie Hawkins (Jules Line Dance)	<b>£5.00</b>
14.00 - 15.45	<b>Line Dancing - All Request Social</b> With Julie Hawkins (Jules Line Dance)	<b>£5.00</b>

## Tuesday and Friday

13.30 - 15.30	<b>Knit and Natter Club</b> With Sandra Cooke	<b>FREE</b>
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