

FESTIVAL OF ACTIVITY FOR OVER 50'S

OCTOBER 2025



***Time
Well
SPENT***





There's so much more happening across the Wakefield district to help you stay active, connected, and inspired.

For a full list of events and activities, visit wakefield.connecttosupport.org/ or simply scan the QR code to explore what's on near you.

WELCOME

An introduction to the Time Well Spent Festival

01

WEEK ONE

Wednesday 1st to Tuesday 7th

06

WEEK TWO

Wednesday 8th to Tuesday 14th

12

WEEK THREE

Wednesday 15th to Tuesday 21st

19

WEEK FOUR

Wednesday 22nd to Tuesday 28th

24

WEEK FIVE

Wednesday 29th to Friday 31st

29

ACTIVE AT HOME

Get moving from the comfort of your own home

31

GET CREATIVE

Photography scavenger hunt

34

FIVE WAYS TO WELLBEING

5 steps you can take to improve your health and wellbeing

35

WELCOME

Welcome to the Time Well Spent Festival, a joyful celebration of creativity, wellbeing, and connection for people aged 50 and over across the Wakefield District this October!

This vibrant festival is packed with opportunities to try something new, get active, and enjoy time with others - whether it's through movement, mindfulness, crafts, gardening, or simply sharing a laugh. It's all about feeling good, making memories, and connecting with friendly faces in a welcoming atmosphere.

Brought to you by Age UK Wakefield District and Wakefield Council, alongside a brilliant network of local partners, *Time Well Spent* invites you to explore, discover, and enjoy time that's truly well spent.

USING QR CODES IN THIS BOOKLET

We've included QR codes throughout this booklet to link you directly to useful websites and resources.

To use them, simply open your phone's camera, point it at the QR code, and tap the link that appears.

If it doesn't work, you may need a free QR scanner app from your app store.





**"The Health
Walks keep
me moving
and smiling
- it's the
highlight of
my week!"**

**JOIN WAKEFIELD FREE HEALTH WALKS EVERY DAY FOR A GENTLE,
SOCIABLE WAY TO STAY ACTIVE AND ENJOY THE OUTDOORS.
NO BOOKING NEEDED, JUST TURN UP AND WALK!**

HELPING REMOVE BARRIERS

Age UK Wakefield District, support people over the age of 50, across the Wakefield district to live well and stay connected.

From home support and dementia-friendly activities to befriending, wellbeing groups, and digital inclusion – Age UK Wakefield District is here to help you stay independent, active, and socially engaged.

By Your Side

Feeling lonely or isolated? You don't have to face it alone. By Your Side is a free, six-month support programme offering face to-face friendship, accompanied social outings and activity attendance to rebuild confidence, connection, and wellbeing. To find out more or to make a referral: 01977 664864 or email befriending@ageukwd.org.uk



Travel with Support

Whatever your destination, we can talk you through options to get you there. We provide safe, reliable, and supported transport. Get in touch to find out more and get a quote for your next appointment, journey, or adventure.

Call 01977 552475 or email htohadmin@ageukwd.org.uk

Digital Inclusion

Friendly, guided digital support offering you the benefits of being online using your technology such as smart phone, laptop, TV, tablet or home speaker and finding out about activities in your community. This can be by joining some of our free groups happening across the district or 1:1 support in the comfort of your own home

Call 01977 552114 or email digital@ageukwd.org.uk



Connecting Care

When life's challenges get overwhelming, our Connecting Care team are here to offer help and advice. Help with benefit forms and appeals, support and signposting for mental health support, support with housing issues, falls assessments, blue badge applications, aids and adaptations.

Advice, support and services for people over 50. Here for you by phone 01977 552114 and online www.ageukwd.org.uk



FREE HEADLINE EVENT!



SUNDAY 5TH OCTOBER *AGE UK'S SILVER SUNDAY*

Join Age UK Wakefield District in The Ridings Shopping Centre for a day of fun with partners from across the district. Age UK's Silver Sunday is a national day where communities come together by hosting fun and free activities to celebrate ageing.

Expect live entertainment, activities, information stalls from local organisations and refreshments.

10AM-3PM



Week One Events

1st October - Wednesday

Chair Based Exercises

Featherstone
12noon - 1pm
Cost: Free

Boost your strength, flexibility, and mobility in a friendly, welcoming environment. Suitable for all fitness levels. Taking place at Featherstone Library, Victoria Street, Off Station Lane Featherstone, WF7 5BB. For more information call, 01977 722745

Qigong

Horbury
2pm-3pm
Cost: Free

Qigong is a gentle Chinese exercise combining mindful breathing and movement to improve health, balance, and coordination. Suitable for all ages and abilities, Sessions are held at Cluntergate Centre, Horbury, Wakefield, WF4 5DA.

2nd October - Thursday

Knit and Knatter

Hemsworth
1pm-3:30pm
Cost: Free

Join our Knitting and Crochet group for crafting and conversation. Held at Hemsworth Library, Market Street, Hemsworth, WF9 4JY. For more information, call 01977 722270.

Tea Dance

Horbury
2pm-4pm
Cost: Free

Enjoy dancing and a warm, friendly atmosphere at the Cluntergate Centre in Horbury, Wakefield (WF4 5DA). To join us or find out more, call Roxanne on 07742 421100.

Week One Events

3rd October - Friday

Mindful Movers

Wakefield
10am-12pm
Cost: Free

Join us for a gentle walk around Thornes Park – a chance to chat, enjoy nature, and experience the benefits of movement and social connection. Meet at the tree stumps in the car park opposite Thornes Park Stadium. For more information, contact Rachel on 07742 428216.

Fit and Friendly

Wakefield
10am-12noon
Cost: Free

Stay active, meet new people, and have fun with our Fit and Friendly sessions – designed for over 60s of all abilities in a relaxed and welcoming environment. Held at St Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR.

4th October - Saturday

Health Walk

Ossett
10am-11am
Cost: Free

Join our friendly Health Walks – a great way to stay active, connect with others, and enjoy gentle exercise in the fresh air. Meet at Ossett Health Village, Kingsway, Ossett, WF5 8DF.

Art Group

Hemsworth
10am-12 noon
Cost: Free

Unleash your creativity at Hemsworth Library with our new art group – a great opportunity to practice your skills, try something new, and meet others in a relaxed and friendly setting. Location: Market Street, Hemsworth, WF9 4JY.

Week One Events

5th October - Sunday

Walking Fit

Ossett

8.30am

Cost: Free

Our Walking Fit groups meet eight times a week across the district, offering friendly walks for all. We walk at your pace. Meet at Gawthorpe Academy, WF5 9QP.

Silver Sunday

Wakefield

10am-3pm

Cost: Free

Age UK's Silver Sunday event in The Ridings Shopping Centre. Come and meet people from local organisations, enjoy entertainment, activities and refreshments.

6th October - Monday

Evolve Pilates

Walton

9:30am

Cost: Free

Evolve Pilates offers local mat classes and personalised studio sessions to support injury recovery, improve sports performance, and enhance everyday movement. Learn to move with greater ease, strength, and calm. Contact Gill on 07968 199169.

Crumpet Club

Wakefield

10am-12noon

Cost: Free

Enjoy a fun, social session of seated exercise through Boccia and Kurling-gentle, inclusive sports that support mobility, strength, and coordination. No experience needed. Held at Denhale Active Recreation Centre, Denhale Avenue, Wakefield, WF2 9EF. For more information, call 01924 372382.

Week One Events

7th October - Tuesday

Lunch club

Stanley

10.30am-

1.30pm

Cost: £6

A fun and welcoming activity for older people, with crafts, films, games, and singing – plus a hot cooked lunch. Don't be lonely – come along and make new friends! Held at St Peter's Church, Lake Lock Road, Stanley, WF3 4HW. For more information, contact the church office on 01924 835746.

Cosy Crafting

Pontefract

10.30am-

1.30pm

Cost: Free

Autumn is the ultimate cosy crafting season. Bring some light into your life and make your own unique lamp shade. Discover the many and versatile uses of Tyvek fabric. Pontefract Castle Visitor Centre, Castle Chain, Pontefract, West Yorkshire WF8 1QH. 01977 723440. Book online at **bit.ly/WMandCTickets**

Move it or Lose it

Crofton

1.30pm-

2.30pm

Cost: £5

These classes focus on four key areas of fitness: flexibility, aerobic exercise, balance, and strength – suitable for all levels. Held at Crofton Community Centre, Crofton, Wakefield, WF4 1LD. For more information, contact Ivory on 07725 983850.



"Chair exercises
keep me
moving, smiling,
and feeling
strong - it's
amazing what a
little movement
can do!"



**JOIN WAKEFIELD LIBRARIES EVERY WEEKDAY FOR GENTLE,
CHAIR-BASED EXERCISE - A GREAT WAY TO STAY ACTIVE, MEET
OTHERS, AND FEEL GOOD. SCAN THE QR CODE WITH YOUR
PHONE FOR MORE DETAILS**

FREE HEADLINE EVENT!

ONE DAY AT A **TIME**



BOOK NOW

FREE THEATRE PERFORMANCE

Friday 10th October

**St Swithuns Community Centre, Eastmoor,
Wakefield, WF1 4RR Matinee Performance 2pm
Evening Performance 6pm**

**Sunday 12th October Nostell Priory,
Doncaster Road Wakefield, WF4 1QE**

**Matinee Performance: 2pm
Evening Performance: 6pm**

**Thursday 16th October Brook House WMC
(hosted by Bottoms Up Cancer Support
Group), Wakefield, WF1 5NU
Matinee Performance: 3pm**

**Free tickets for all performances available from Friday 29th August on
Empath Theatre's Eventbrite page and via Facebook @ Empath Theatre
tickets are required to attend.**



Week Two Events

8th October - Wednesday

Poppy making

Castleford

10am-12 noon

Cost: Free

Join us for a poppy-making craft session led by 'Make with B', raising funds for the Royal British Legion. Part of Castleford Heritage Trust's 25th Anniversary celebrations and takes place at Queens Mill, 1 Aire Street, Castleford, WF10 1JL. To book, call 01977 556741.

Chair Exercises

Featherstone

12 noon-1pm

Cost: Free

Join our seated exercise sessions for gentle movement in a friendly group. Held at Featherstone Library, Victoria Street, Featherstone, WF7 5BB. For more information, call 01977 722745.

9th October - Thursday

Pilates with Annie

Horbury

10:30am-

11:30am

Cost: £8.50

This mat-based class helps improve posture, tone muscles, and increase flexibility. Suitable for all. For more information, contact Annie on 07989 422949. Held at Primrose Hall, 4 Green Park Avenue, Horbury, Wakefield, WF4 6EG.

Game Club

Stanley

1pm - 2.30pm

Cost: Free

Join our relaxed games club at Stanley Library and enjoy chess, dominoes, or cards with refreshments provided. Held at Stanley Library, Lake Lock Road, Wakefield, WF3 4HU. For more information, call 01924 303130.

Week Two Events

10th October - Friday

Chair Based Yoga

Castleford
10.30am
Cost: Free

Chair-based yoga is a gentle, accessible way to improve fitness and meet new people, suitable for all levels. Sessions are held at Carlton Street Library, Castleford, WF10 1BB. For details, call 01977 722084.

Seated Zumba

Wakefield
10:30am
Cost: £5

Stay active and have fun with Seated Zumba-designed for adults over 50 to enjoy movement and music without high impact. Classes held at Wrenthorpe Village Hall, Wrenthorpe, Wakefield, WF2 ONE. For details, email zumbasez@gmail.com.

11th October - Saturday

Museum Meetup

Wakefield
11am - 12.30pm
Cost: Free

Learn about your local area and get hands-on with some creative fun! Wakefield Museum Learning Zone, Wakefield One, Burton Street, Wakefield WF1 2EB. 01924 305376. Book online at [**https://bit.ly/MuseumMeetup**](https://bit.ly/MuseumMeetup)

Crafting Corner

Castleford
10.30am -
12.30am
Cost: Free

Drop-in crafts session for adults – bring your own projects and enjoy crafting in a fun and relaxed atmosphere. Held at Castleford Library, Carlton Street, Castleford, WF10 1BB. For more information, call 01977 722084.

Week Two Events

12th October - Sunday

Empath Theatre

Nostell

2pm & 6pm

Cost: Free

This moving performance marks the culmination of One Day at a Time – a creative project shaped by the voices and experiences of people whose lives have been impacted by cancer. Location: Nostell Priory, Doncaster Road, Wakefield, WF4 1QE.

Free tickets for all performances will be available via Empath Theatre's Eventbrite page. Tickets are required to attend and will be available from Friday 29th August.

13th October - Monday

Knit & Natter

South Elmsall

10am - 11.30am

Cost: Free

Bring your own craft and enjoy a relaxed session with tea, coffee, and friendly conversation. Whether you're continuing a project or keen to learn something new, there's always someone in the group to help. Held at South Elmsall Library, Barnsley Road, South Elmsall, WF9 2AA. For more information, call 01977 723220.

Simply Leisure

Wakefield

1pm - 3pm

Cost: £2.50

Group for mature ladies and gents with different activities such as guest speakers, craft sessions and trips to the beach etc. St Swithun's Community Centre, Arncliffe Road, WF1 4RR. 01924 361212.

Week Two Events

14th October - Tuesday

Beancroft Community Activity Team

Castleford
10am-12noon
Cost: Free

A welcoming social group with activities, outings, guest speakers, bingo, quizzes, and gentle exercise. For details, contact Janet on 07952 412087 or Martin on 07713 700723. Held at Smawthorne Community Church, The Link, 51 Beancroft Road, Castleford, WF10 5BP.

Walking Fit Featherstone 6.30pm Cost: Free

Our Walking Fit groups meet eight times a week in different parts of the district. We're a free and friendly walking group where everyone is welcome. Meet at 35 Victoria Street, Featherstone, WF7 5EZ. For more information, call 01977 722745.





MONTHLY MEMBERSHIP

£19

A MONTH
65+ YEARS

STAY ACTIVE FEEL GREAT!

Feel stronger, move easier, and stay independent. Our Aspire membership is designed to support your health and wellbeing at every stage of life.

Stay active, feel energised, and enjoy your independence with Aspire membership designed to support your health and wellbeing. With Aspire, you can enjoy gym, swim, and fitness sessions at any of our leisure centres across the Wakefield district, including: Pontefract Park, Sun Lane, Normanton, Featherstone and Minsthorpe.

Your membership gives you full access to all these sites – so you can choose the location that suits you best, or mix and match to keep things fresh.

Prefer to drop in occasionally? Pay and play sessions are also available.

For more information, visit www.wakefield.gov.uk/aspire or bob into your local facility today – we're here to help you get started.

FREE HEADLINE EVENT!

THURSDAY 16TH OCTOBER

FOREVER FUNKY

Free Over 60's Day Disco.

Tunes from the 60's and 70's.

12 noon to 4pm

WX Wakefield

WF1 3AD

no booking - just bring your dancing shoes

WX Wakefield
Exchange



**"Cycling keeps
me fit and
gives me a
reason to get
out and enjoy
the day - it's
great company
too!"**

**I have cycled the
WoW**

**EXPLORE WAKEFIELD ON TWO WHEELS - JOIN A LOCAL CYCLING
GROUP FOR FUN, FITNESS, AND FRIENDLY RIDES
AT YOUR OWN PAGE.**

Week Three Events

15th October - Wednesday

Nordic Walking

Pontefract

1.30pm -

2.30pm

Cost: Free

Join our Nordic Walking group – poles are provided, all abilities are welcome, and it's a great way to stay active and enjoy the outdoors together. Meet outside Aspire @ The Park, Park Road, Pontefract, WF8 4RA.

Cross Stitch

Wakefield

1pm - 3pm

Cost: £2.50

Join a friendly group and get creative! Whether you're experienced or just starting out. Bring your own supplies and enjoy good company. Sessions take place at St Swithun's Community Centre, Arncliffe Road, Wakefield, WF1 4RR. For details, call 01924 361212.

16th October - Thursday

Art Group

Wakefield

1pm to 3pm

Cost: £3

Art Beyond Vision is an accessible art group for adults, offering a welcoming space to explore creativity. Sessions run at St Swithun's Community Centre. For more details, contact Ruth on 07947 836267.

Kung Fu Club

Wakefield

7pm

Cost: £3

Kung Fu offers a complete workout for mind, body, and soul. No booking needed. For more information, call Dave on 07762 310348. Held at Portobello Community Centre, 20 Portobello Road, Wakefield, WF2 7JJ.

Week Three Events

17th October - Friday

Creative Writing

Wakefield

10am

Cost: Free

Spark your imagination! Whether you're an experienced writer or just curious to give it a go, come along and explore storytelling, poetry, and more in a relaxed, supportive group. For more information, contact Martin on 07540 126942.

Health Walk

Nostell

10am - 11am

Cost: Free

Join our friendly Health Walks – a great way to stay active, meet others, and enjoy gentle exercise in the fresh air. Takes place every Thursday and Friday at Nostell Priory, Doncaster Road, Nostell, Wragby, Wakefield, WF4 1QE.

18th October - Saturday

Discover Family History

Stanley

10am - 1pm

Cost: Free

Explore your family history with an ancestry session at Stanley Library. Discover if your relatives were famous-or infamous. For more information, call 01924 303130. Sessions held at Stanley Library, Lake Lock Road, Stanley, WF3 4HU.

Cycle Ride

Fitzwilliam

10.30am

Cost: Free

Discover Wakefield on two wheels – join Wakefield Cycle Forum for a relaxed, social ride and enjoy staying active with others. This easy ride meets at Hemsworth Waterpark, Hoyle Mill Road, Kinsley, Pontefract, WF9 5JB.

Week Three Events

19th October - Sunday

Cycle Ride

Rycroft

10.30am

Cost: Free

Join Wakefield Cycle Forum for a relaxed and friendly social ride - a great way to stay active and enjoy the outdoors with others! This Easy Ride sets off from Rycroft Leisure Centre, located off Mulberry Avenue, Ryhill, Wakefield WF4 2BB.

20th October - Monday

Table Tennis

Horbury

10am-12 noon

Cost: £3

Bats and balls provided - come and enjoy this fun, friendly activity at the Cluntergate Centre! Located in Horbury, Wakefield WF4 5DA. For more info, call 07873 544948.

Grow

Wakefield

Knottingley

1pm - 3pm

Cost: Free

Come along to a relaxed and friendly space where we grow together - all abilities welcome! Join us at the Community Mini Allotments, Headlands Road, WF11 0HP. For more info, call Andy on 07971 098510.

Nordic Walk

Pontefract

1pm - 2pm

Cost: Free

Join our Nordic Walking group - poles provided and all abilities welcome! It's a fantastic way to stay active, enjoy nature, and connect with others. We meet at Church Lane, East Hardwick, Pontefract, WF8 3DW.

Week Three Events

21st October - Tuesday

Airedale Community Workshop

10am - 12noon

Cost: Free

Woodworking sessions designed to support mental wellbeing. Tackle social isolation, anxiety, depression, and other mental health challenges in a relaxed, hands-on environment. Sessions take place at 44 Park Dale, Castleford, WF10 2QP. Contact us via Facebook to find out more and get involved.

Crafts for All

Wakefield

10am - 3pm

Cost: Free

Join our Crafts for All sessions - a relaxed and informal space to share skills and learn new ones. Please bring your own materials. Held at Wakefield One, Burton Street, Wakefield, WF1 2EB. For more info, call 01924 305376.



FREE HEADLINE EVENT!

APPLETREE COMMUNITY GARDEN

**NATIONAL APPLE DAY
CELEBRATION**

11AM - 2PM

FRIDAY OCTOBER 24TH

**@ OPPOSITE NEWLAND STREET AGRICULTURAL
ROAD, WAKEFIELD, WF1 5AE**



Week Four Events

22nd October - Wednesday

Fitness

Walton

10am - 11am

Cost: £5

Stay active and independent with our friendly fitness classes at St Paul's Church, Walton (WF2 6JT). Sessions focus on flexibility, aerobic fitness, balance, and strength - suitable for all levels. For more info, contact Ivory on 07725 983850.

Memory Action Group

Wakefield

2pm-4pm

Cost: Free

Peer Support Group and Drop-in Centre for people living with dementia and their carers. Enjoy arts, crafts, fitness, and friendly company. Meets at West Wakefield Methodist Church, Thornes Road, Wakefield, WF2 8QR. For more details contact 01924 365394.

23rd October - Thursday

Walking Group

Hemsworth

10am - 11.30am

Cost: Free

Step into better health with Wakefield Council's walking groups. Open to all ages and abilities. Meet at Hemsworth Library, Market Street, Hemsworth, Pontefract, WF9 4JY. For more information, call 01977 722270.

Chair Exercises

Normanton

3pm - 4pm

Cost: £6

Chair Exercise Class for adults aged 50 and over. Held Thursday's at Normanton Fire Station Community Room, Princess Street, Normanton, WF6 1FB. For more information, contact Amanda on 07779 870039.

Week Four Events

24th October - Friday

Mindful Morning

Stanley

10:30am -

12noon

Cost: Free

Try your hand at watercolour painting, adult colouring, brain teasers, and puzzles in a relaxed and friendly setting. Refreshments are served. Sessions held at Stanley Library, Lake Lock Road, Wakefield, WF3 4HU. For more information, call 01924 303130.

Jazz Club

Wakefield

8pm - 10.30pm

Cost: Various

Experience world-class live jazz every Friday night at Wakefield Jazz. Enjoy a relaxed, welcoming atmosphere, featuring top British, European, and American artists. Held at Wakefield Sports Club, Eastmoor Road, Wakefield, WF1 3RZ. For more information, call 01924 365007.

25th October - Saturday

Parkrun

Frickley

9am

Cost: Free

Join Parkrun for a friendly 5K walk, jog, or run every Saturday morning. The event starts at Frickley Country Park, The Big Fellas Stadium, Westfield Lane, South Elmsall, WF9 2EQ.

Cycle Ride

Agbrigg

10.30am

Cost: Free

Join Wakefield Cycle Forum for a friendly, social ride. Meeting point: Agbrigg & Belle Vue Community Centre, Montague Street, Agbrigg, Wakefield, WF1 5BB. For more information, email: rides@cycling-wakefield.org.uk

Week Four Events

26th October - Sunday

Cycle Ride

Pontefract

10.30am

Cost: Free

Join Wakefield Cycle Forum for a friendly, social ride. This easy ride meets at Aspire @ The Park, Park Road, Pontefract, WF8 4RA. For more information, email: rides@cyclingwakefield.org.uk

27th October - Monday

Jigsaw and Board Games

Ossett

10:30am

Cost: Free

Enjoy jigsaws and board games in a relaxed, friendly setting-perfect for meeting new people. Sessions take place at Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE.

Crafternoon

South Elmsall

2pm - 3pm

Cost: Free

Enjoy a free, friendly afternoon of crafting, conversation, and creativity. All abilities are welcome, materials are provided - just bring your imagination. Held at South Elmsall Library, Barnsley Road, South Elmsall, WF9 2BP. For more information, call 01977 723220.

Walking Fit

Pontefract

6.30pm

Cost: Free

Join Evergreen Active's weekly walking group - everyone is welcome, and no one is ever left behind. Your pace is our pace. Meeting point: ASDA Car Park, Halfpenny Lane, WF8 4BW (free parking available on Crab Hill).

Week Four Events

28th October - Tuesday

Lunch Club

Stanley

10.30am -

1.30pm

Cost: £6

The Tuesday Lunch Club is a fun and welcoming activity for older people, offering crafts, films, games, singing, and more - plus a hot cooked lunch. Don't be lonely - come along and make new friends. No need to book. Held at St Peter's Church, Lake Lock Road, Stanley, WF3 4HW. For more information, call 01924 835746.

Sing for Fun

Horbury

11:30am-

12:30pm

Cost: £2

Join the Sing for Fun group at Horbury Working Men's Club, led by Bob with songbooks provided. Come along and enjoy the music. For more information, call 01924 565859. Sessions held at Cluntergate, Wakefield, WF4 5DB.



FREE HEADLINE EVENT!

FOREVER FIT

FREE ACTIVE AGEING CLASS

THURSDAY 28TH OCTOBER

11AM TO 12NOON

FEATHERSTONE SPORTS COMPLEX

WF7 5AJ

BOOK NOW

SCAN QR CODE OR VISIT

WWW.TICKETSOURCE.CO.UK/ASPIRE



Yorkshire Cancer
Research



Aspire
HEALTH

Week Five Events

29th October - Wednesday

Cha Cha Chairs

Ryhill

2pm - 3pm

Cost: £4

Join this friendly social group for some fun, chair-based exercise. Held at St James the Great Church Hall, Nostell Lane, Ryhill, Wakefield, WF4 2DB. For more information, contact Chris on 07796 960162.

Walking Fit

Ossett

6.30pm

Cost: Free

Join Evergreen Active's weekly walking group - friendly, inclusive, and welcoming to all. No one is ever left behind. Your pace is our pace. Meet at Ventnor Way (Banks Yard) Car Park, WF5 8NT.

30th October - Thursday

Chair Exercise

Horbury

10am - 12noon

Cost: £3

Join the Senior Citizens Support Group for Sit Down and Flex -gentle movement of arms and legs to music in a friendly, social setting. Held at Horbury WMC, Cluntergate, Horbury, WF4 5DB. For more information, call 01924 565859.

Walking Cricket

Airedale

10am - 12noon

Cost: Free

Turn up and play walking cricket with Coalfields Regeneration Trust - suitable for all abilities. Held at The Hut, Airedale Business Centre, Kershaw Avenue, Castleford, WF10 3ES. For more information, call 01226 270800.

Week Five Events

31st October - Friday

Grow

Wakefield

Kettlethorpe

10am - 12noon

Cost: Free

Join us in a relaxed and friendly space to build your gardening skills — all abilities welcome. Sessions held at Standbridge Community Centre, Standbridge Lane, Kettlethorpe, WF2 7NP. For more information, call 01924 242229.

Chair-Based Yoga

Castleford

10.30am -

Cost: Free

Enjoy gentle, relaxing seated movement to boost flexibility, balance, and overall wellbeing. Sessions held at Castleford Library, Carlton Street, Castleford, WF10 1BB. For more information, call 01977 722085.

Halloween Rock Painting

Wakefield

10am-1pm

Cost: Free

Join us for a spooky rock painting session where you can unleash your creativity and add a Halloween twist to your art! Taking place at West Wakefield Methodist Church, Thornes Road, Wakefield WF2 8QR. Booking required. To book visit, <https://bit.ly/3HLbiHf> or call 01924 365394.

Active Minds

Featherstone

10:30am-

12noon

Cost: Free

Meet new people and take part in our weekly quiz covering a variety of topics. Taking place at Featherstone Library, Station Lane, Featherstone, WF7 5BB. For more information, call 01977 722745.

ACTIVE AT HOME

If getting outside or to a class to exercise seems a step too far, why not take a look at the many options online?

From live events to pre-recorded videos, there's something for everyone available.

We spoke with online exercise specialist Bailey who records fitness videos geared to those with reduced mobility in later life with the help of his Nan!

You can take a look at his fun approach to keeping moving here **www.youtube.com/@BaileyGreetham**





Discover how small, simple movements can make a big difference with **We Are Undefeatable.**

Designed to fit naturally into your daily routine, these accessible workouts are enjoyable, easy, and convenient - helping you stay active in ways that feel good and work for you. It's all about reframing what being physically active looks like, so you can move more, feel better, and keep going, no matter what

Explore workouts that fit your lifestyle at weareundefeatable.co.uk/ways-to-move/workouts





**"At 65,
movement is
medicine - every
step is a step
toward strength,
freedom,
and joy."**

**LIVE AND ON-DEMAND FITNESS SESSIONS ARE AVAILABLE –
SUPPORTING ALL AGES AND ABILITIES TO STAY ACTIVE, HEALTHY,
AND CONNECTED, WHENEVER AND WHEREVER IT SUITS YOU.**

Get Creative

Using a camera or your smart phone, have fun completing this photography scavenger hunt. Why not invite a friend along and enjoy a walk in nature too?

- Something you hear
- Something you taste
- Something you smell
- Something growing
- Something that moves
- Something made of wood
- Something cold
- Something beautiful
- Something dark
- Something that makes you smile



Five Ways to Wellbeing

Boost your mood and wellbeing with the Five Ways to Wellbeing. Simple steps to help you feel good and live well every day.

Connect



Connect



Be Active



Notice



Learn



Give

Talk, Listen,
Be there.
Feel connected.
Quality over
Quantity.
Conversation.
Build
relationships.



Be Active

Do what you can.
Enjoy what you
do.
Move to lift your
mood. Dancing,
Cleaning,
Walking, It all
counts.



“Volunteering changed my life,
I went from feeling I had
nothing left to offer to feeling
valued. It gets me out of the
house, i’ve made new friends
and I know I’m helping a
great cause, it’s a win win!”



Take Notice

Notice the simple
things. Look at
nature, Watch
birds and native
animals.
Appreciate the
moment.



Keep Learning

Embrace new
experiences and
opportunities.
Seek knowledge.
Gain new skills.
Surprise yourself.



Give

Your time.
Your words.
Your presence.
Donate.
Community.
Share. Foster a
sense of purpose.



This festival and booklet has been created to show a selection of activities from across our district. We'd love to hear your feedback and comments on both the activities attended, the booklet itself, and any ideas to help us improve for any festivals in the future. Please go to our feedback form by scanning the QR code or visiting this website bit.ly/festivalfeedbackform



OUR PARTNERS

