

Monday**11:30-13:00 Souper Sandwich Monday**

Fresh sandwiches, soup and cake in a friendly environment. Shevington Methodist Church, Gathurst Lane, Shevington. WN6 8GL

£3.00**13:30-15:15 Bingo (Run Independently)**

Winster House, Helvellyn Rd, Wigan WN5 9XS

All welcome

10:00-11:00 Walking Netball ** IHL

Leigh Leisure Centre, Sale Way, Leigh, WN7 4JY.

£3.00.**11:00-12:00 Indoor Bowls ** IHL**

Robin Park Leisure Centre, Wigan, WN5 0UL

£3.00.**15:00-17:00 Over 50's Racquet Sports ** IHL**

Leigh Leisure Centre Sale Way, Leigh, WN7 4JY.

£3.50.**19:00-20:00 Women's Walking Football ** IHL**

Central Park, 96 Montrose Avenue, Wigan, WN5 9XL

£3.50.**Tuesday****10:00-11:00 Chair Based Pilates ******Starting Tuesday February 4th**

Leigh Community Trust, Leigh Harriers Building at Leigh Sports Stadium, Sale Way, Leigh, WN7 4JY (opposite Exit Gate East 7 of the stadium).

Cost £3.00

For more information contact michelle@leighcommunitytrust.co.uk / 07786 638886 / 01942 487847

11:00-12:00 Swim 'n' Chat

Been exercising? Join us on the first floor for light refreshments. Wigan Baths, Wigan Life Centre, College Avenue, Wigan, WN1 1NJ.

Unlimited tea, coffee & biscuits. **£1.00****11:00-12:00 Walking Rounders ** IHL**

Robin Park Leisure Centre, Wigan, WN5 0UL. **£3.00**

11:00-12:00 Walking Netball ** IHL

Robin Park Leisure Centre, Wigan, WN5 0UL.

£3.00**14:00-16:00 Racquet Sports ** IHL**

Robin Park Leisure Centre, Wigan, WN5 0UL

£3.50**Tuesday****13:00-15:00 Daisy Chain Stitchers.**

A group who promote traditional needlework and craft skills who learn and share. Clifton Street Community Centre, Poolstock Lane, Worsley Mesnes, WN3 5HN. **Free. Group now full. Contact Bright Days to be added to waiting list. Call 01942 615880**

Does not run in school holidays.

13:00-15:00 Wigan Athletic Extra Time Hub **

DW Stadium, 15 Loire Drive, Robin Park Road, Wigan, WN5 0UH

We are bringing retired and semi-retired people together to meet people, socialise and do the things they enjoy.

Why not join us?

£3.00 (including membership, tea & coffee).

Contact Christine Blundell on 01942 318090

or 07889 537143 or

c.blundell@wiganathletic.com

19:00-20:00 Walking Football ** IHL

Westleigh High School, Westleigh Lane, Leigh, WN7 5NL

£3.50**Wednesday****10:00-12:00 The Wednesday Club**

Queens Hall, Market Street, Wigan., WN1 1HX (after 25/03/20) ring 615883 for further dates for this activity.

A chance to meet and make friends and set the world to rights, play a variety of indoor games, enjoy a brew, chat, or just read a newspaper. **£3.00**

10:00-12:00 Over 50s Racquet Sports **

IHL Leigh Leisure Centre Sale Way, Leigh, WN7 4JY.

£3.50**10:30-12:00 Walking Football ** IHL**

Robin Park Leisure Centre, Wigan, WN5 0UL.

£4.00**10:15-11:45 Silver Choir**

Rehearsals at Argyle Street Methodist Church, Hindley, WN2 3PN.

New members welcome. **£3.00***** Does not run in school holidays****11:30-14:00 Trinity Lunch Club**

Trinity United Reformed Church, Milton Grove, Wigan, WN1 2PG.

Two course lunch, tea/coffee on arrival **£4.50**. Spaces now available. **To book ring Peter on 01942 571409**

12:30-14:30 Jamming Sessions

The Old Courts, Crawford Street, Wigan, WN1 1NA.

£3.50**Activities marked ****

Promoted on behalf of Inspiring Health Lifestyles, **IHL**, (some activities are free with Inspiring Healthy Lifestyle gym membership), Classic Cinema Club Leigh, Leigh Community Trust, 119 Little Lane and Wigan Athletic Community Trust.

Thursday**10:00-11:30 Ukulele Group**

Argyle Street Methodist Church, Hindley, WN2 3PN. **£4.00**

11:00-13:00 Over 50's Racquet Sports **

IHL Robin Park, Leisure Centre, Wigan WN1 0UL. **£3.50.**

13:00-15:00 Happy Circle Friendship Group. (Run Independently)

Standish Methodist Church, Standish, WN6 0HA. Car parking available

£2.00. Contact Michael on 01942 221039 for further information.**14:00-15:00 Ambergate Tea & Cake**

Cake, tea or coffee served in a friendly warm environment. Occasional themed events including performances from local groups. Ambergate, Lee Street, Atherton, M46 0BQ. **£2.00**

13:00-15:00 Wigan Athletic Extra Time Hub **

Leigh Miners Welfare Institute, Kirkby Road, Leigh, WN7 4EF.

We are bringing retired and semi-retired people together to meet people, socialise and do the things they enjoy.

Why not join us?

£3.00 (including membership, tea & coffee).

Contact Christine Blundell on 01942

318090 or 07889 537143 or

c.blundell@wiganathletic.com

12:00-14:00 Gordon Street Community Garden

Gordon St. (Off Darlington Street East), Wigan, WN1 3EA

Raised beds, a polytunnel and a portaloos on site.

14:00 Dominoes at 119 Little Lane **

119 Little Lane, Wigan, WN3 6GT

FREE**Friday****12:30 Classic Cinema Club ****

Last Friday of the month, Turnpike Centre, Leigh Library, Leigh, WN7 1EB. Bring your own cinema goodies.

£2.00 Donation on the door.**19:30 Classic Cinema Club ****

Every 2nd Friday at Leigh Spinners Mill, Park Road, Leigh, WN7 2LB. Bring your own cinema goodies. Pay on the door.

£5.00**13:00 – 15:00 Bingo**

So much bingo so little time.

Hesketh Manor, Bullough Street, Atherton, M46 0DL.

10:30 onwards Little Lane Coffee Morning**

119 Little Lane, Wigan, WN3 6GT

£1.00**10:30-12:00 Walking Football ** IHL**

Central Park, 96 Montrose Avenue, Wigan, WN5 9XL

£3.50.

WIGAN ATHLETIC COMMUNITY TRUST - EXTRA TIME HUBS

Bringing retired and semi-retired people together to socialize and do the things they enjoy. Why not join us from **13:00 to 15:00** on:

TUESDAYS at the DW Stadium, 15 Loire Drive, Wigan, WN5 0UH.

THURSDAYS at the Leigh Miners Welfare Institute, Kirby Road, Leigh WN7 4EF.

For more information contact Christine Blundell, 07889 537143 or 01942 318090 or c.blundell@wiganathletic.com

CLASSIC CINEMA CLUB

Monthly every last Friday at the Turnpike Centre Leigh at 13:00. £2.00 donation.

31st Jan. Tom Thumb
28th Feb. Brief Encounter
14th Apr. Notorious

Monthly every second Friday at Leigh Spinners Mill at 19:30. £5.00 charge

10th Jan. Leigh on Film
14th Feb. Mrs Lowry & Son
13th Mar. Buster Keaton
10th Apr. Nae Pasaran Documentary

Leigh Community Trust Tea Dances

Wednesday 12th February
13:30-15:30 Masonic Hall, 61 Ellesmere St, Leigh, WN7 4LQ

Wednesday 6th May
13:30-15:30 Leigh Miners Welfare Institute,
Kirkby Road, Leigh, WN7 4EF
Admission Free - For tickets contact Michelle on 01942 487847

**** NEW ACTIVITY ****

COMMUNITY GARDEN

Thursdays 12:00 – 14:00
GORDON STREET
(Off Darlington Street East),
Wigan, WN1 3EA.
Starts JANUARY 16TH

Do you like gardening?
Do you want to help grow vegetables?
Whether you have experience or not come along and join in.
Raised beds, a polytunnel and a portaloos on site.
Call 01942 615883 for more details.

HOME HELP SERVICE

Do you need help with your cleaning?

Do you find domestic chores a struggle, or lead a busy life with little time left for cleaning? Then we can help!

- Vacuum Cleaning
- Dusting
- Laundry
- Ironing
- Mopping
- Deep Cleans
- Small Local Shopping
- Competitive Rates
- And Much, Much More...

Please contact us on:
01942 615885

So much more than cleaning!

ageuk
Wigan Borough

NHS
North West
Boroughs Healthcare
NHS Foundation Trust

THINK WELLBEING

Have you lost interest in your usual hobbies?
Have you found yourself more withdrawn?
Do you have a physical health condition impacting your quality of life?
Do you spend a lot of time worrying about the future?
Do some worries 'get stuck'?

If you answered yes to any of these questions then Think Wellbeing can help!

Contact Think Wellbeing on 01942 255675 (Wigan) or 01942 264051

Are you involved with an Over 50s activity group within the Wigan Borough area?

If so Bright Days may be able to provide support with promoting your group, or recruitment of volunteers. Contact Pauline on 01942 615883.

Age UK Wigan Borough—Registered Charity No. 1103022.
Working in partnership with Wigan Music Service (Wigan Council),
Irish Community Care, Active Later Life Team, Greenheart,

Stroke Recovery Service

Rebuilding lives after stroke
For support contact
Wigan Stroke Recovery Service
Tel. 001942 482133
1st Floor Pemberton Health Centre
Sherwood Drive
Wigan WN5 9QX
Open Monday to Friday
09:00 to 17:00

Stroke Association

St Patrick's Day Celebration
Wednesday 18th March 13:00-15:00
Leigh Miners Welfare Institute, Kirby Road, Leigh WN7 4EF
Tickets £5.00 including hotpot and entertainment.
Call Bright Days on 01942 615880

Spring Social
Wednesday 13th May 13:00-15:00
Garwood Hall Bowling & Community Club, Nicol Road, Ashton in Makerfield, Wigan, WN4 8LU
Tickets £5.00 including hotpot and entertainment.
Call Bright Days on 01942 615880

Wigan Borough
age UK

COMMUNITY FUND

Bright Days

Celebrating 10 years 2020

WHAT'S ON
for Jan-Apr 2020

Want to get the most out of life?
Then come and join us.
It'll be the best thing you've ever done.

Tel: 01942 615883