

## Monday

### 11:30-13:00 Soup & Sandwich

Fresh sandwiches, soup and cake in a friendly environment. Shevington Methodist Church, Gathurst Lane, Shevington. WN6 8GL  
**£3.00**

### 13:30-15:15 Bingo

Winster House, Helvellyn Rd, Wigan WN5 9XS

### 15:00-17:00 Over 50's Racquet Sports \*\*

Leigh Leisure Centre Sale Way, Leigh, WN7 4JY. The sessions provide an opportunity for people to play badminton, table tennis and short tennis under the guidance of a fully qualified coach. All equipment provided.  
**£3.50. (Free with Inspiring Healthy Lifestyles gym membership)**

## Tuesday

### 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 Netball \*\*** at Robin Park Indoor Sports Centre, Wigan, WN5 0UL  
**£3.00**

(Free with an Inspiring Healthy Lifestyle)

### 12:00- 14:00 Wigan Warblers

Douglas Bank Pub Woodhouse Lane Wigan WN6 7NF

Singing for breathing, wellbeing, friendship and fun. Incorporates posture light warm-up for those who have a lung/heart condition. No experience necessary. All welcome. **£2.00**

### 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 615883**

## Wednesday

### 10:30-12:00 Walking Football \*\*

Powerleague Soccerdome, Stadium Way, Wigan WN5 0UN. Contact Alan on 07815 928060 for further details. **£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. 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

Dust off your instruments and come down to The Old Courts, Crawford Street, Wigan, WN1 1NA. No tuition just good hearty music making

## Thursday

### 10:00-11:30 Ukulele Group

Argyle Street Methodist Church, Hindley, WN2 3PN.

**£4.00 and £1 for Ukulele hire (if you need to hire a ukulele please let us know in advance).**

### 11:00 – 13:00 Over 50's Racquet Sports \*\*

Robin Park, Indoor Sports Centre, Wigan WN1 0UL. All equipment provided. **£3.50. (Free with Inspiring Healthy Lifestyles gym membership)**

### 13:00-15:00 Happy Circle

Friendship Group. Standish Methodist Church, Standish, WN6 0HA. Car parking available  
**£3.00**

### 14:00-15:00 Ambergate Tea & Cake

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

## Friday

### 12:30 Classic Cinema Club \*\*

Last Friday of the month, Turnpike Centre, Leigh Library, Leigh. WN71EB. Bring your own cinema goodies. Pay on the door  
**£2.00**

### 13:00 – 15:00 Bingo

So much bingo so little time. Hesketh Manor, Bullough Street, Atherton, M46 0DL.

**\*\* Promoted on behalf of Inspiring Health Lifestyles/Classic Cinema Club Leigh.**



## Handyperson Service

Do you need help in or around the home?

Are you looking for a trustworthy, high quality & competitively priced service?

Then contact our Helpful team today on

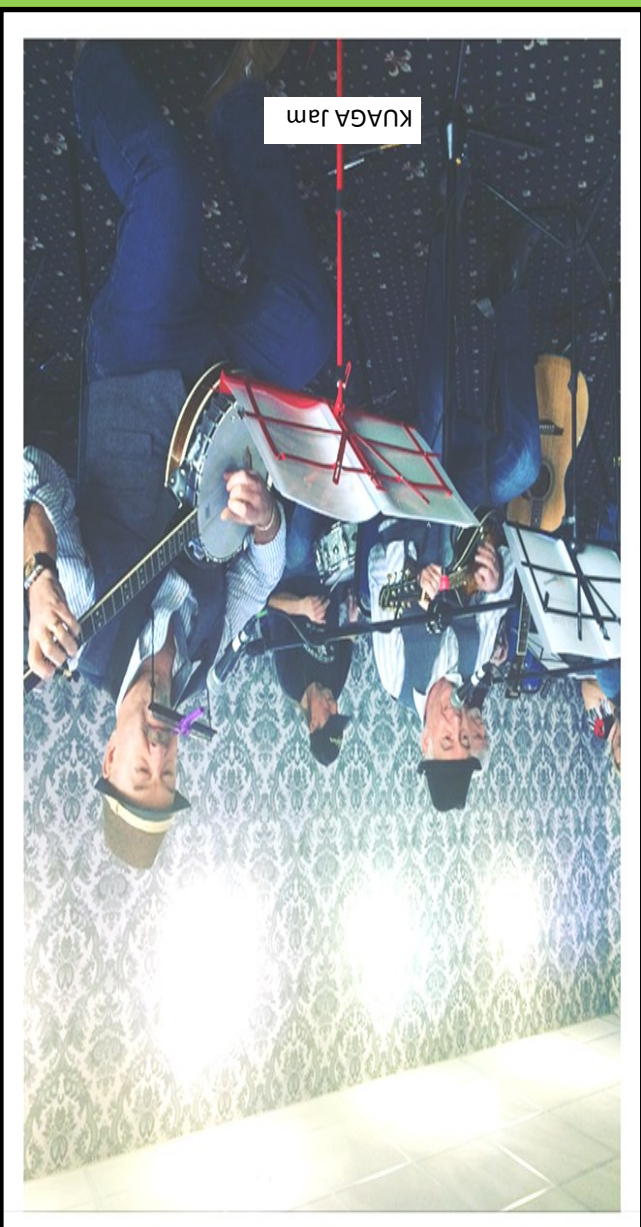
**01942 615894 / 241972**

**No Job too Small!**



Chair: Bryan Shepherd, Chief Officer: John McArdle - Age UK Wigan Borough is a trading name of Age Concern Wigan Borough which is a registered charity (1103022) and a company limited by guarantee. Registered in England and Wales number 5004789. Registered office: Penyhurst Mill, Haig Street, Wigan WN3 4AZ. 011159 06/11





**Bright Days Spring Social**  
 Thursday 21st March Garswood Hall Bowling and Social Club  
 Nicol Road Ashton-in-Makerfield  
 WN4 8LU  
 13:00-15:30  
 Entertainment Kuega Jam, Ellie X , Hindley Ukulele Group  
 Plus Hotpot Dinner  
 Cost £4.00

**Pause for Thought:**  
 The best project you'll ever work on is **YOU!**

**SPECIAL OFFERS**  
**Café Dolce**  
 09.30 -11.00 Spinning Gate Centre, Leigh  
 10% discount  
 (Take this leaflet with you)

**Wigan Borough ageUK**

**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
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- Ironing
- Mopping
- Deep Cleans
- Small Local Shopping
- Competitive Rates
- And Much, Much More...

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**01942 615885**  
*So much more than cleaning!*



# Bright Days



## WHAT'S ON

for Jan-Mar 2019

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