

Monday

10:30-11:30 Carol Barton's Dance Fitness

Energetic, fun dance class that will have you wondering why you didn't try it sooner!
Clifton Street Community Centre, Poolstock Lane, Worsley Mesnes, WN3 5HN. **£3.50**

10:30-11:30 Tai Chi

Tai Chi is light exercise for all ages and abilities.
Wigan Youth Zone, Parsons Walk, Wigan, WN1 1HP. **£2.50**

Note: Does not run during school holidays

11:00 – 12:00 11 O'Clock Club

Friendship Club. Activities include crafts, quizzes and the occasional trip. Wharfdale, Henry St, off Chapel Lane, Leigh, WN7 2PG **£2.00**

11:30-13:00 Soup & Sandwich

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

13:30-15:15 Bingo

Winstor House, Helvellyn Rd, Wigan WN5 9XS
All welcome

14:00 – 15:00 2 O'Clock Club

Friendship Club . Activities include crafts, quizzes and the occasional trip. Selby Court, Off Boughey Street, Leigh WN7 4EG. **Non residents £2.00. Residents Free**

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 gym membership)

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**

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

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 615883

13:00-14:00 Carol Barton's Dance Fitness

Energetic, fun dance class that will have you wondering why you didn't try it sooner!
St Marys Community Hall, Newton Road, Lowton, WA31EW. **£3.50**

13:00-14:00 Dance Moves

Astley and Tyldesley Methodist Church Hall, Elliott Street, Tyldesley, M29 8JE
Learn a variety of dance routines including Sequence Dance, Latin Line and FitSteps. No partner needed. **£3.50**

14:00-15:30 Here & There. Social Afternoon

2nd Tuesday of each month. Speakers, music, cake and laughs. Wigan Youth Zone, Parson's Walk, Wigan, WN1 1RU **£2.50**

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 old hearty music making with like minded friends. **£3.50**

13:00-15:00 Sequence Dance

No tuition. No partner needed. Platt Bridge Community Centre, Victoria Street, WN2 5HA **£2.00**

13:30-14:30 'Strictly' for Beginners

Aspull Methodist Church Hall, Wigan Road, Aspull, WN2 1DP **£3.50**

13:45-15:30 Dominoes

Westwood Grange, Ince, Wigan, WN3 4LB. **50p** contribution.

Thursday

10:00-12:00 Time for Tea

First Thursday of the Month.

Come and enjoy tea, coffee, cake and a catch up. Kingsleigh Church, King Street, Leigh, WN7 4LR (across from the bus station)

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).

10:00 -11:30 ' Thoughtful Thursdays' at Avril Court,

Meditation exercises, hand massages chair based yoga and more.

Avril Court Henry St, Spring View, WN3 4TW

Cost £2.00

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

10:30 - 11:30 Coffee Morning

Tea and toast are served from 10.30.

Grosvenor Court, Orrell Road, Orrell, Wigan. Prices as displayed.

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.

13:00-15:00 Bright Days Radio Show -

In the style of a 'Northern Archers' Age UK Wigan Borough Pennyhurst Mill Haigh Street WN3 4AZ . If you'd be interested in being involved please get in touch. Please note this is not a weekly event the group meets when necessary. Please phone before you attend.



Summer Concert
Featuring
The Bright Days Silver Choir
And
The Hindley Ukulele Group
St John's RC Church
Standishgate
Wigan
13.00-14.00
Wednesday 20th June 2018
Free Event

Brass and Buffet at the Botanicals
Atherton Botanical Gardens and Bowling Club
232 Tyldesley Road Atherton
Mon 9th July
13.00 - 15.30
Cost £3.00 . Ticket only.
Come along and be entertained by the Astley Unlimited Brass Band,
Summer Quiz,
Target Bowling Competition
(weather permitting).
For further information/tickets call
01942 615883
Or contact the Botanical Gardens on
01942 883884

Greater Manchester Festival of Ageing (Wigan Borough Main event)
On Thursday 5th July 2018, 12-4pm
At the DW Stadium, Wigan
There will be entertainment provided by Kuega Jam, The Bright Days Silver Choir and the Hindley Ukulele Group. Also lots of stalls held by local over 50's groups, walking football and stadium tours. This is a free event.
To book a stall (over 50's groups can promote their activities or fund raise) contact Ambition for Ageing on 01942 615895
To enquire about free transport for the event contact Fergus Heyes on 07889 537140
To find out about other festival activities throughout Greater Manchester, register for this or other events contact Jane Bramley on 0161 230 1438 or email festivalofageing@gmail.com

Lunch at Landgate
The 6th Form Students at Landgate invite you to join them for afternoon tea and entertainment.
Tuesday 12th June 13:30 -14:30
Venue Landgate School Land Gate Lane, Ashton-in-Makerfield, Wigan WN4 0EP
Cost free.
Places limited to 30 people so first come first served.
To book your place please contact Harry Unsworth 01942 615883

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
• 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!



WHAT'S ON
for May-Aug 2018
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