

# Ageing Well

## Programme Guide

**Our activities for over 50s  
across Bolton**



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## A word from Lesley

Our Ageing Well services, clubs, activities and social events are a huge part of what we do here at Age UK Bolton. I hope this booklet proves to be a useful guide to what we have in your area, as well as around the Bolton borough.



Whether it's services like befriending, creative classes, or simply social interaction and a bit of fun, we hope you can find something to tickle your fancy within these pages. For more information or to book onto any of our classes, please don't hesitate to get in touch.

*Lesley Simm*

Lesley Simm  
Ageing Well Manager, Age UK Bolton

# What is Ageing Well?

**Ageing well is something that we feel everybody deserves the opportunity to do.**

So, we have put together a collection of services, classes and events to help enrich the lives of over 50s in Bolton.

Many of our activities are based at the Ageing Well Centre on Cross Street in Farnworth, but we also have classes based across Bolton.

Our Ageing Well activities are a great way to meet new people, learn new skills, or build on passions you already have.

We also run a befriending service, both in-person and over the telephone, to provide anyone who feels isolated with some much-needed company.



# Meet the team



Lesley Simm, Ageing Well Manager



Vicky Urmston, Ageing Well Co-ordinator



Dave Boardman, Premises Manager



Gaynor Clayton, Ageing Well Co-ordinator



Keith Carter, Ageing Well Co-ordinator



# Weekly at the Ageing Well Centre

## Monday

Line Dancing (absolute beginners)	12.15pm - 1.15pm
Advanced Guitar	1.00pm - 3.00pm
Line Dancing (improvers)	1.15pm - 2.15pm
Line Dancing Social (tea and a chat)	2.15pm - 3.15pm

## Tuesday

Gentle Dance/Strength & Balance	9.15am - 12.45pm
Tuesday Social (tea and a chat)	12.45pm - 2.15pm
Self Led Guitar Group	1.30pm - 3.30pm
Table Tennis	2.00pm - 4.00pm

## Wednesday

Board Games	10.00am - 12.00pm
Mixed Crafts (tutor led)	10.00am - 12.00pm
Parchment Craft	1.00pm - 3.00pm
Beginners Art (tutor led)	1.30pm - 3.30pm
Farnworth Singing Group (dementia friendly)	2.00pm - 3.30pm

## Thursday

Farnworth Knitting Friends	10.00am - 12.00pm
Zumba Gold (book in 6 week blocks)	11.15am - 12.00pm

## Friday

Mixed Keyboards (tutor led)	10.00am - 12.00pm
Tea Dance (sequence dancing)	2.00pm - 4.00pm

**Please be aware that due to high demand, some classes will have a waiting list - call 01204 701525 for availability and booking.**

# Weekly at other venues



## Monday

### Art

Thicketford Centre, Thicketford Road, BL2 2LW 10.00am - 12.00pm

### Card Making Workshop

Brightmet Library, Brightmet Fold Lane, BL2 6NT 10.30am - 12.00pm

### Art for You with Dani (Ladies 55+)

Crompton Court ECH, Settle Street, L. Lever BL3 1PP 12.30pm - 2.30pm

### Dominoes

Manor Gardens ECH, Hough Fold Way, BL2 3DR 1.30pm - 3.00pm

### Knit & Natter

Bromley Cross Library, Toppings Green, BL7 9JU 2.00pm - 4.00pm

## Tuesday

### Card Making Workshop

Harwood Library, Gate fold, BL2 3HN 10.30am - 12.00pm

### Sew So Crafty Workshop

Brightmet Library, Brightmet Fold Lane, BL2 6NT 10.15am - 12.15pm

### Mah Jong

Bolton Central Library, Le Mans Crescent BL1 1SE 1.00pm - 3.00pm

## Wednesday

### Chair Based Exercise with Norma

Crompton Court ECH, Settle Street, L. Lever BL3 1PP 10.00am - 11.00am

### Little Lever Ageing Hub (Warm Space)

The Ageing Hub, The Haven, Little Lever BL3 1HS 1.30pm - 2.30pm

## Thursday

### Knit & Natter

Brightmet Library, Brightmet Fold Lane, BL2 6NT 10.15am - 12.15pm

### Wild & Woolly (Knit & Natter)

Harwood Library, Gate Fold, BL2 3HN 10.30am - 12.00pm

### Knit & Natter

Farnworth Library, Market Street, BL4 7PG 10.30am - 12.00pm

### Scrabble

Harwood Library, Gate Fold, BL2 3HN 2.00pm - 4.00pm

## Friday

### Card Making Workshop

Thicketford Centre, Thicketford Road, BL2 2LW 10.00am - 12.00pm

### Silver Sketchers Art Workshop

Brightmet Library, Brightmet Fold Lane, BL2 6NT 10.15am - 12.15pm



# Monthly at The Ageing Well Centre

## Thursday Afternoon Social Events

### Lads @ Lunch

Our dedicated men's group, which includes a hot meal and activities. £4 entry.

*Please note Lads @ Lunch is currently on summer break and will return in September.*



### Friendship Cafe

Enjoy hot drinks and snacks, with guest speakers, activities and crafts. £4 entry.

*We are currently looking for two volunteers to assist with Friendship Cafe - please call 01204 701525 to enquire.*

### Afternoon Tea

The Afternoon Tea brings sandwiches, cakes and hot drinks to attendees, as well as an array of fantastic musical entertainment each month. £4 entry.

## Other Monthly Social Events

### Book Club **First Monday of the month 10.00am - 12.00pm**

Read and discuss a different book every month! NB when Book Group dates fall on a bank holiday, Book Club will meet the following Monday.

*Please note Book Club is currently on summer break and will return in September.*

### Pat-a-Cake **First Wednesday of the month 10.00am - 12.30pm**

Join cookery author Patricia Matthews in a cookery class suitable for all abilities.

*Starts Wednesday 18th September with an introductory class - call 01204 701525 for more information and booking.*



# Lunch Clubs

All of our lunch clubs run weekly or bi-weekly and include a hot meal. For more information and booking please call 01204 701525.

## Monday

### Horwich Lunch Club (The Wright Place)

Horwich Evangelical Church, The Wright Place,  
Wright Street, Horwich, Bolton, BL6 7TS

2.00pm - 4.00pm

## Tuesday

### Bromley Cross Lunch Club

Windsor Road Community Centre, Windsor Road,  
Bromley Cross, Bolton, BL7 9LH

2.00pm - 4.00pm

## Wednesday

### Horwich Lunch Club (St. Mary's Church)

St. Mary's Church, 86 Chorley New Road, Horwich,  
Bolton, BL6 5QJ

2.00pm - 4.00pm

### Westhoughton Lunch Club

Cornerstone Church, Wigan Road, Westhoughton,  
Bolton, BL5 3RQ

12.30pm - 2.00pm  
(bi-weekly)

### Tonge Fold Lunch Club

St Chad's Church, Longworth Street, Tonge Fold,  
Bolton, BL2 6AW

2.00pm - 4.00pm  
(bi-weekly)

## Friday

### Hulton Lunch Club

Hulton Lane Community Centre, Hulton Lane,  
Bolton, BL3 4JB

2.00pm - 4.00pm



# Activities in Little Lever

## Monday

### Art for Dementia

1.00pm - 2.30pm

Little Lever Library

*Please note this is an invitation-only group, please contact the library staff on 01204332360 for a referral.*

## Tuesday

### Chair-based exercise

10.30am - 12.00pm

Little Lever Library

*There is currently a waiting list to join this class - please contact Gaynor on 07762131575 to register interest.*

### Botanical Watercolours

1.30pm - 3.30pm

Little Lever Library

*Contact Gaynor on 07762131575 to book a place.*

### Trinkets Craft Group

1.00pm - 2.30pm

Crompton Court

*Contact Gaynor on 07762131575 to book a place.*

### The Pot Luck Club

2.00pm - 3.30pm

Lever Gardens Court

*Contact Keith on 07592423721 (Tuesday to Thursday).*

### Strength & Balance

2.00pm - 3.00pm

Little Lever Library

*Contact the library on 01204332360 to book a place.*

## Wednesday

**You, Me & a Cup of Tea** 10.30am - 11.30am

Spring View Medical Centre

Contact Gaynor on 07762131575 to book a place

**Village Voices (dementia friendly singing group)** 1.30pm - 2.30pm

St. Matthew's Church House

Contact Gaynor on 07762131575 to book a place

## Thursday

**Chair-based exercise with Helen** 11.30am - 12.15pm

Crompton Court

Booking essential - non-residents please contact Gaynor on 07762131575

**Little Lever Men's Fellowship** 1.30pm - 2.30pm

St. Matthew's Church House

Contact Keith on 07592423721 (Tuesday to Thursday)

## Friday

**Silver Signers** 10.30am - 11.30am

Little Lever Library

Contact the library on 01204332360 to book a place

Please note the above activities are led by Age UK Bolton in Little Lever on behalf of the Ageing in Place Pathfinder, in partnership with Bolton at Home.



[www.ageukbolton.org.uk](http://www.ageukbolton.org.uk)



[ageingwell@ageukbolton.org.uk](mailto:ageingwell@ageukbolton.org.uk)



01204 701525

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