

# 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



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
Brew and chat	2.15pm - 3.00pm

## Tuesday

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

<b>Art</b>	
Thicketford Centre, Thicketford Road, BL2 2LW	10.00am - 12.00pm
<b>Card Making Workshop</b>	
Brightmet Library, Brightmet Fold Lane, BL2 6NT	10.30am - 12.00pm
<b>Art for You with Dani (Ladies 55+)</b>	
Crompton Court ECH, Settle Street, L. Lever BL3 1PP	12.30pm - 2.30pm
<b>Dominoes</b>	
Manor Gardens ECH, Hough Fold Way, BL2 3DR	1.30pm - 3.00pm

## Tuesday

<b>Card Making Workshop</b>	
Harwood Library, Gate fold, BL2 3HN	10.30am - 12.00pm
<b>Sew So Crafty Workshop</b>	
Brightmet Library, Brightmet Fold Lane, BL2 6NT	10.15am - 12.15pm
<b>Mah Jong</b>	
Bolton Central Library, Le Mans Crescent BL1 1SE	1.00pm - 3.00pm

## 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

1.00pm - 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 - please enquire for dates

## Lads @ Lunch

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



## Friendship Cafe

Enjoy hot drinks and snacks, with guest speakers, activities and crafts. £3 entry.



## Afternoon Tea

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

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

## 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.*

### **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.

*Equipment and ingredients provided. Please call 01204 701525 for more information and pricing.*



# 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

12.00pm - 2.00pm

## Tuesday

### Bromley Cross Lunch Club

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

12.00pm - 2.00pm

## Wednesday

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

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

12.00pm - 2.00pm

### Westhoughton Lunch Club

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

12.00pm - 2.00pm  
(bi-weekly)

## Friday

### Hulton Lunch Club

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

12.00pm - 2.00pm

# Activities in Little Lever

The below activities are led by Age UK Bolton in Little Lever as part of the Ageing in Place Pathfinder, in partnership with Bolton at Home and Greater Manchester Combined Authority.

## Monday

**Art for Dementia** 1.00pm - 2.30pm  
Little Lever Library  
*Please note this is an invitation-only group. Please contact Little Lever Library on 01204332360 for a referral.*

## Tuesday

**Botanical Watercolours** 1.30pm - 3.30pm  
Little Lever Library  
*Contact Keith on 07592423721 (Tuesday to Thursday).*

**Trinkets Craft Group** 1.00pm - 2.30pm  
Crompton Court  
*Contact Keith on 07592423721 (Tuesday to Thursday).*

**The Pot Luck Club** 2.00pm - 3.30pm  
Lever Gardens Court  
*Contact Keith on 07592423721 (Tuesday to Thursday).*

## Wednesday

**You, Me & a Cup of Tea** 10.30am - 11.30am  
Spring View Medical Centre  
*Contact Keith on 07592423721 (Tuesday to Thursday).*

**Village Voices (dementia friendly singing group)** 1.30pm - 2.30pm  
St. Matthew's Church House  
*Contact Keith on 07592423721 (Tuesday to Thursday)*

## Thursday

### Little Lever Men's Fellowship

11.30pm - 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





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



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