

Activities at the Jubilee Centre

Monday

11.00 - 12.30	Yoga With Melanie Mason	£6.00
13.00 - 16.00	Short Mat Bowling (Soft shoes must be worn)	£4.00
18.00 - 19.30	Yoga & Mindfulness With Melanie Mason	£7.00
20.00 - 22.00	Bury Folk Dancers Ask for dates at Reception	£5.00

Tuesday

09.45 - 10.45	Fit for Life With Diana Askew	£5.00
11.00 - 12.00	Pilates With Diana Askew	£5.00
12.00 onwards	Let's Do Lunch Group Fed up with Eating Alone? Join our Friendly Group	Ask in the Café
12.15 - 13.15	Chair-Based Keep Fit With Diana Askew	£5.00
13.30 - 14.30	Dance Fit Fun (Women Only) With Sian Edwards-Davies	£5.00
15.30 - 16.30	Music in Mind (Music session for people with Dementia) Please arrive from 14.30 pm where Tea/Coffee/Biscuits are provided	FREE

Wednesday

09.15 onwards	The Wednesday Walkers	Ask at Reception
10.30 - 11.30	Community Choir With Emma	Donations Welcome
12.45 - 13.30	Chair-Based Keep Fit With Diana Askew	£4.50
13.45 - 15.30	Bingo and Quiz In the Main Hall	Bingo £2.00 Quiz £2.00

Thursday

09.30 - 10.30	Men-Only Keep Fit With Debs Cassar-Egan	£4.00
10.45 - 11.45	Tai Chi With Sue Johnson	£5.50
12.15 - 13.15	Sequence Dancing for Beginners With Keith & Nadine Purslow	£5.50
13.30 - 16.00	Tea Dance With Andrea Lynette-Young	£6.50

Friday

10.30 - 11.30	Introduction to Tai Chi With Sue Johnson	£5.00
11.45 - 12.45	Introduction to Line Dancing With Malcolm Brister	£5.00
12.45 - 14.00	Improvers Line Dancing With Malcolm Brister	£5.00
14.00 - 15.45	Intermediate Line Dancing With Malcolm Brister	£5.00

Tuesday and Friday

13.30 - 15.30	Knit and Natter Club With Marion Schofield	FREE
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