

The Jubilee Centre
 Mosley Avenue
 Bury
 BL9 6NJ
 0161 763 9030
 jubilee@ageukbury.org.uk
www.ageukbury.org.uk



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 <i>Ask for dates at Reception</i>	£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

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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Footcare Clinic @ The Jubilee Centre

on

Tuesdays and Wednesdays

With Dougie Warrington (Phoenix Foot Care)

Age UK Bury offers a basic foot care service which includes a health assessment of your feet to identify any potential problems, toenail cutting and removal of hard skin to encourage and improve the circulation and wellbeing of your feet.

The service costs **£20.00** per session
To book an appointment call: **0161 763 9030**

We also offer other services: Befriending, Information & Advice, Energy Saving, Handyman Service, Home from Hospital Support, Friends together.

Why not visit our charity shops and grab yourself a bargain!

Subscribe to our free email newsletter
<https://tinyurl.com/AgeUKBuryNewsletter>