

# Bright Days Programme

1st of November 2024 - 28th of February 2025

## Monday

- 10:30am - 11:30am Walking Football\* Howe Bridge Leisure Centre, M46 0PJ
- 11 am- 12:30 pm Soup and Sandwich, Shevington Methodist Church, WN6 8EA
- 2:00 pm - 3:30 pm Music in Mind (Supporting people with dementia and their carers), Turnpike Gallery, WN7 1EB

## Tuesday

- 10 am - 12 pm Bright Days Social Morning, Grosvenor Court, Orrell Road, Wigan, WN5 8HD.
- 1 pm - 2 pm Telephone Quiz Group.
- 6:30 pm - 7:30 pm Walking Football\* Newbridge High School, Platt Bridge, WN2 3TL.

## Wednesday

- 10:15 am - 12 pm Silver Choir, Independent Methodist Church, Hindley, WN2 3PN (Term time only)
- 1 pm - 3 pm Jamming Session (Popular Music) Wigan Stars, Hallgate House, Frank Street, Wigan, WN1 1HP
- 1:00 pm - 3:00 pm Ping Pong Parkinson (Starting soon, ring for more information)

## Thursday

- 10 am - 11:30 am Hindley Ukulele Group, Independent Methodist Church, Hindley, WN2 3PN.
- 7 pm- 8 pm Women's Walking Football\* Atherton High School, M46 0AY.

## Friday

- 9:30 am - 12 pm Bright Days Social Morning, Grosvenor Court, Orrell Road, Wigan, WN5 8HD.
- 10:30 am -11:30 am Walking Football\* Howe Bridge Leisure Centre, M46 0PJ.
- 1 pm - 2 pm Bingo Hesketh Manor, Bullough St, Atherton, M46 0DL.

\*In partnership with Be Well at Wigan Council



**Contact Us - 01942 615880**

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