



Activities for the over 50's

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Jubilee House, Gas Street, Bolton BL1 4TU					
1pm – 3pm Bingo & raffle. First Monday of the month 1.30pm – 3.30pm Nintendo Wii. Three Mondays of the month	1pm – 2pm Standing or chair based tai chi 1.30pm – 4pm Pool tournament, once a month 7pm – 9pm Bingo	8am – 9.30am Coffee morning	7pm – 9pm Bingo		7pm – 9pm Once a month, American bingo and quiz
St George's Court, Bolton BL1 2DP					
12pm – 2.30pm Bingo 2pm – 4pm Tea and chat	1.30pm – 4pm Pool tournament monthly 2pm – 4pm Tea and chat 7.30pm – 9pm Bingo	2pm – 4pm Tea and chat	1.30pm – 3pm Knit and natter 2pm – 4pm Tea and chat	2pm – 4pm Tea and chat 6.30pm – 8.30pm Bingo	

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Maxton house Extra Care Unit, Bridgewater St, Farnworth, Bolton BL4 9AS					
	2.15pm – 3.45pm Bingo	10.15am Coffee morning	2.15pm – 3.45pm Bingo		
Flockton Court, High St, Horwich, Bolton BL6 7RB					
	9.30am – 11.30am Coffee morning 6.45pm – 8.45pm Dominoes	2pm – 3.30pm Chair based exercise/ Tai Chi, every other week	6.45pm – 9pm Bingo	1.30pm – 3.30pm Nintendo Wii 6.45pm – 9pm Bingo	
Drummond St Community Centre, Bolton BL1 6QQ					
10am – 12pm Drummond St Craft and Culture group 5pm – 8.30pm Bingo	9.30am – 12.30pm IT sessions with IT tutor 1pm – 4pm Bingo	8.45am – 12pm Coffee morning 5pm – 8.30pm Bingo	2.30pm – 3.30pm Tai Chi - sitting or standing	10am – 12pm Fortnightly writers club (not in summer) 1pm – 4pm Bingo	Saturday 5pm – 8.30pm Bingo
Hall I'th Wood Community Centre, Greenway, Crompton Close, Tonge Moor, Bolton, Lancashire, BL1 8UA					
9.15am – 10.45am Toddler Group 1pm – 3pm Exercise class	1pm – 4pm Wonder woman 6pm – 8pm Wonder kids drama group	9.30am – 12pm Coffee morning	11.30am – 1.30pm Age UK lunch club 2pm Over 50's group	10am – 11am Yoga 6pm – 8pm Club evening for over 50's	

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Windsor Road, Bromley Cross, Bolton, Lancashire, BL7 9LH					
	11am – 2.45pm Lunch club & Bingo	9.30am – 11am Young at heart group 1pm – 3.30pm Bingo		1pm – 3.30pm Bingo	
Deepdale Road, Brightmet, Bolton, Lancashire, BL2 6PJ					
	12.30pm – 4pm Golden Girls	10am – 11.30pm Yoga for adults (£2.50)	12pm – 1.30pm Social eating project. Free lunch, just turn up		
Longsight Lodge, Longsight Lane, Bolton BL2 3LD					
	10am – 11.30am Coffee morning 5pm – 10pm Dominoes	11.30am – 2.30pm Lunch club 6pm onwards- occasional ad hoc film night			
Roosevelt Road, Kearsley, Bolton, Lancashire, BL4 8EA					
10am – 12pm Coffee morning	10.30am – 1.30pm Residents luncheon	12pm – Natter and nibbles. Every 3 rd Wednesday every month.		10am – 12pm Coffee morning	

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Slaterfield Community Centre, Carrington Dr, Bolton BL3 6YB					
	2pm – 4pm Music and movement	10am – 1pm Sevadel (fortnightly) 3.15pm – 8.15pm Bolton smart enterprise creative futures project 7pm – 10pm Whist	9.30am – 12pm Tai Chi 10am – 12pm Knitting / craft group 6pm – 10pm Iraqi group 5pm – 7.30pm 11-17 years. Bolton smart enterprise – art group	10am – 12noon Sevadel	Saturday 5.30pm – 9pm BAPS Group Sunday 6pm – 10pm Iraqi group 10am-4pm or 3pm – 7pm Dada Bagwhan group
Springfield Gardens, Kearsley, Bolton BL4 8JP					
7.30pm Quiz night		12pm – 4pm Knitting group 7.30pm onwards Bingo	10am – 12pm Coffee morning	7.30pm onwards Bingo	
Highfield House, Highfield Rd, Farnworth, Bolton BL4 0QZ					
2pm – 4pm Bingo	2pm – 4pm Bingo			10am – 12pm Dominoes	

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hulton Lane, Bolton BL3 4JB					
10.30am – 11.30am Coffee morning	10am Health walks. Meet at main entrance. Coffee/ tea after. 1pm – 3pm Line dancing 1pm – 3pm Healthy eating 3pm – 4pm keep fit 6pm – 9pm Dominoes 7.30pm – 10pm Line dancing.	1.30pm – 3.30pm Craft sessions 7.30pm – 10pm Bingo	2pm – 4pm Chair based exercise/ tai chi 7.30pm – 10pm Bingo	8.30am – 3pm 1 st Fri every month: Hearing aid drop-in 10am – 11.30am Lunch club prep 11.30am – 2pm Lunch club 7.30pm – 10pm Dominoes	Saturday 6pm – 9pm Bingo Sunday 8.30am – 3pm Once every 4 weeks Podiatry

If you're interested in meeting new people and coming along to one of our activities listed above, please call Lesley Tyrer, our Activities for Older People Co-Ordinator on 01204 329678 or 07919 555284.

Starting a new group may seem overwhelming but Lesley will be more than happy to come along to your first session and introduce you to the group.

Please always call beforehand to check events are going ahead and to book on if required.