



WiSE

Wetherby in Support of the Elderly

Activities: September 2021

DATE	EVENT	TIME	LOCATION	PRICE
Wed 1st	Coffee Morning	10.00am-12.00pm	Wetherby Methodist Church Hall	
Thur 2nd	NO LINE DANCING			
Fri 3rd	Chairobics - session 1 Chairobics - session 2 Aerobics	10.30am-11.00am 11.15am-11.45am 12.00pm-12.30pm	Wetherby Methodist Church Hall.	Chairobics £2, add an extra £1 to do Aerobics after session 2
Mon 6th				
Tue 7th				
Wed 8th	Coffee Morning	10.00am-12.00pm	Wetherby Methodist Church Hall	
Thur 9th	Line Dancing	10.30am-12.00pm	Wetherby Sports Association	£3 inc refreshments
	Knit, Natter, Craft & Chatter	10.30-12.30pm	Boston Spa Village Hall Lantern Room	£3 inc refreshments
Fri 10th	Chairobics - session 1 Chairobics - session 2 Aerobics	10.30am-11.00am 11.15am-11.45am 12.00pm-12.30pm	Wetherby Methodist Church Hall	Chairobics £2, add an extra £1 to do Aerobics after session 2
Mon 13th				
Tue 14th				
Wed 15th	Coffee Morning	10.00am-12.00pm	Wetherby Methodist Church Hall	
	Elderberries with Bill Tomlin	1.30pm-3.30pm	St Joseph's Church	£3 inc refreshments
Thu 16th	Line Dancing	10.30am-12.00pm	Wetherby Sports Association	£3 inc refreshments
	Knit, Natter, Craft & Chatter	10.30-12.30pm	Boston Spa Village Hall Lantern Room	£3 inc refreshments
Fri 17th	Chairobics - session 1 Chairobics - session 2 Aerobics	10.30am-11.00am 11.15am-11.45am 12.00pm-12.30pm	Wetherby Methodist Church Hall.	Chairobics £2, add an extra £1 to do Aerobics after session 2
Mon 20th				
Tue 21st	Home Instead Companionship Café	2.00pm-4.00pm	St James Church, Wetherby	£3
Wed 22nd	Coffee Morning	10.00am-12.00pm	Wetherby Methodist Church Hall	
Thur 23rd	Line Dancing	10.30am-12.00pm	Wetherby Sports Association	£3 inc refreshments
	Bramham Social	2.00pm-4.00pm	Bramham Village Hall	£3 inc refreshments
	Knit, Natter, Craft & Chatter	10.30-12.30pm	Boston Spa Village Hall Lantern Room	£3 inc refreshments
Fri 24th	Chairobics - session 1 Chairobics - session 2 Aerobics	10.30am-11am 11.15am-11.45am 12.00pm-12.30pm	Wetherby Methodist Church Hall.	Chairobics £2, add an extra £1 to do Aerobics after session 2
Mon 27th				
Tue 28th				
Wed 29th	Coffee Morning	10.00am-12.00pm	Wetherby Methodist Church Hall	
Thu 30th	Line Dancing	10.30am-12.00pm	Wetherby Sports Association	£3 inc refreshments
	Knit, Natter, Craft & Chatter	10.30-12.30pm	Boston Spa Village Hall Lantern Room	£3 inc refreshments



Would you like to meet new people, stay active and have fun?

Then come along to our Chairobics and Aerobics class every Friday at The Methodist Hall, Wetherby. Session 1 of Chairobics runs from 10.30-11.00am, session 2 from 11.15-11.45, or aerobics from 12.00pm-12.30pm. Chairobics £2, add an extra £1 to do Aerobics after session 2 (refreshments are included). With special thanks to our instructor Heather from Home Instead.

Line dancing takes place every Thursday* from 10.30am-12.00pm at Wetherby Sports Association, (next to the Swimming Baths) £3 incl refreshments. Everybody welcome.

***Please note no class on 2nd September ***

Bill Tomlin will be at our September Elderberries for **'Swing and Sing'**, a collection of Swing classics from artists including Sinatra, Bublé and Nat King Cole! Wednesday 15th September 1.30pm-3.30pm. £3 including refreshments. St Joseph's Church Hall, Westgate, Wetherby.

Wetherby Methodist Church Hall **Coffee Morning** - every Wednesday from 10.00am-12.00pm.

The first of many events to come in Bramham, begins with **Bramham Social** — on 23rd September at Bramham Village Hall. This will be similar to our Elderberries event, and includes professional vocalist, Clayton Brooks! £3 including refreshments.

The Home Instead **Companionship Café** runs on every 3rd Tuesday of the month at St James Church, Wetherby. On Tuesday 21st September, Albert Stott will be entertaining people with songs for reminiscing. The event is at 2.00pm-4.00pm and costs £3. **To book, Phone Home Instead on 01937 220510.**

The new Thursday **Knit, Natter, Craft & Chatter** is at Boston Spa Village Hall Lantern Room, 10.30-12.30pm. Costs £3 inc refreshments. Bring along your craft current project, or learn something new! Starts 9th September.

Keep up to date with our news!

Watch out for the next issue of **Wise Words**, coming in October.

To sign up, email melody@w-ise.org.uk



The WiSE Owl Café at Boston Spa Village Hall is open 9.00am-3.00pm Tuesday to Thursday.

Delicious breakfast / brunch choices.

We use local butchers and suppliers for our produce.

Free parking at the rear of the village hall.

FREE WIFI inside.

Everyone is welcome. We are pushchair and wheelchair friendly. Our friendly staff and volunteers look forward to welcoming you.

Don't forget you can book transport to take you to our WiSE activities.

For more details, to register or to book contact Jo on

01937 222066

or via email

transport@w-ise.org.uk



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WiSE is a Charity Commission Registered Charitable Incorporated Organisation (CIO Foundation) No. 1163698.