



WiSE

Wetherby in Support of the Elderly

Activities: March 2022

DATE	EVENT	TIME	LOCATION	PRICE
Mon 28th February				
Tue 1st	WiSErcise	10.00am-11.00am	Boston Spa Village Hall - Main Hall	£2 including refreshments
Wed 2nd	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thur 3rd	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£2 for one class, or add an extra £1 to do both classes. Includes refreshments
	Craft & Chatter - Card Making	10.30am-12.30pm	Boston Spa Village Hall - Meeting Room	£3 including refreshments
Fri 4th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 7th	Walton Coffee Morning	10.00am-12.00pm	Walton Village Hall	Everyone welcome
Tue 8th	WiSErcise	10.00am-11.00am	Boston Spa Village Hall - Main Hall	£2 including refreshments
Wed 9th	WiSE Warblers	10.30am-12.30pm	Walton Village Hall	£3 including refreshments
	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thu 10th	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£2 for one class, or add an extra £1 to do both classes. Includes refreshments
	Craft & Chatter - Wind Chimes	10.30am-12.30pm	Boston Spa Village Hall - Meeting Room	£3 including refreshments
Fri 11th	Line Dancing	10.15am-12.00pm	St Joseph's Church, Westgate Wetherby	£3 including refreshments
Mon 14th				
Tue 15th	WiSErcise	10.00am-11.00am	Boston Spa Village Hall - Main Hall	£2 including refreshments
Wed 16th	Elderberries with Christopher and the Robins	1.30pm-3.30pm	St Joseph's Church, Westgate Wetherby	£3 including refreshments
	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thur 17th	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£2 for one class, or add an extra £1 to do both classes. Includes refreshments
	Craft & Chatter - Fabric Stencilling	10.30am-12.30pm	Boston Spa Village Hall - Meeting Room	£3 including refreshments
Fri 18th	Line Dancing	10.15am-12.00pm	St Joseph's Church, Westgate Wetherby	£3 including refreshments
Mon 21st				
Tue 22nd	WiSErcise	10.00am-11.00am	Boston Spa Village Hall - Main Hall	£2 including refreshments
	Bingo & Fun	2.00pm-4.00pm	Wetherby Sports Association, Lodge Lane, LS22 5FN	£3 including refreshments
Wed 23rd	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
	Boston Spa Spring Social with Emma James	1.30pm-3.30pm	Boston Spa Village Hall - Main Hall	£3 including refreshments
Thur 24th	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£2 for one class, or add an extra £1 to do both classes. Includes refreshments
	Craft & Chatter - Rabbits and Chicks (pom poms)	10.30am-12.30pm	Boston Spa Village Hall - Meeting Room	£3 including refreshments
Fri 25th	Line Dancing	10.15am-12.00pm	St Joseph's Church, Westgate Wetherby	£3 including refreshments
Mon 28th				
Tue 29th	WiSErcise	10.00am-11.00am	Boston Spa Village Hall - Main Hall	£2 including refreshments
Wed 30th	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thurs 31st	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£2 for one class, or add an extra £1 to do both classes. Includes refreshments
	Craft & Chatter - Easter Planters	10.30am-12.30pm	Boston Spa Village Hall - Meeting Room	£3 including refreshments
	WiSE goes to the Races	1.15pm-6.00pm	Wetherby Race Course, York Road, Wetherby	Tickets £3 - BOOKING REQUIRED SEE OVERLEAF
Fri 1st	Line Dancing	10.15am-12.00pm	St Joseph's Church, Westgate Wetherby	£3 including refreshments



We look forward to welcoming you to our activities. Please help us deliver our services to the best of our ability and only arrive at our venues no more than 15 minutes before the event start time. If you are able to bring the correct change with you that would be a great help, too!

WiSErcise, our gentle chair-based exercise class, is held every Tuesday. Our instructors are Heather from Home Instead or Kat from Funky Lives. The class runs from 10.00am-11.00am at Boston Spa Village Hall - Main Hall. £2 including refreshments.

Chairobics and Aerobics is held every Thursday at The Engine Shed, Wetherby. Chairobics runs from 10.30am-11.15am, or Aerobics from 11.30am-12.15pm. £2 per class, or add an extra £1 to do both classes. With special thanks to our instructors Heather and Kat.

Our popular **Line Dancing** class with Julie takes place every Friday from 10.15am-12.00pm at St Joseph's Church, Wetherby. £3 including refreshments.

Craft & Chatter is at Boston Spa Village Hall Meeting Room, every Thursday between 10.30am-12.30pm. £3 including refreshments. New theme each week – check the calendar for information. People are welcome to bring along their current craft projects.

Join us for our **St Patrick's Day themed March Elderberries** with entertainment from retro trio act Christopher and the Robins, at St Joseph's Church in Wetherby, on Wednesday 16th March from 1.30pm–3.30pm. Entry costs £3 per person, which includes refreshments.

Singer Emma James will be performing at our quarterly **Boston Spa Spring Social**, this month. This will take place on Wednesday 23rd March between 1.30pm-3.30pm. Entry costs £3 per person, which includes refreshments.

Bingo & Fun, which includes bingo, games and quizzes will take place on Tuesday 22nd March from 2.00pm-4.00pm at Wetherby Sports Association. £3 includes refreshments.

The **Home Instead Companionship Café** is on Tuesday 1st March from 2.00pm-4.00pm at St James Church, Wetherby and costs £3. To book, phone Home Instead on 01937 220510.

Coffee Mornings, Wetherby Methodist Church Coffee Morning is every Wednesday from 10.00am-12.00pm. Thorner Coffee Morning every Thursday, between 10.00am-12.00pm, at Thorner Bungalow. Bramham Community Coffee Morning on Wednesday 2nd March from 10.00am-11.30am, at Bramham Village Hall Church Hill.

New events in Walton!

We are excited to announce that we are launching a new timetable of monthly events at Walton Village Hall.

Move & Groove will be every Wednesday between 1.00pm-2.30pm. This will be a fun, informal dance based exercise class with Kat. Classes start on 2nd March. £3 including refreshments

WiSE Warblers is a singing group which will be monthly from 10.30am-12.30pm, first event on Wednesday 9th March. For this event, Liz and Reggie from Singtasia will host an informal singalong. £3 including refreshments.

There will also be a monthly **Coffee Morning** on the first Monday of the month, between 10.00am-12.00pm. Next one on March 7th. Everyone welcome.

WiSE goes to the Races!

We are inviting our friends to a fun afternoon at the races on Thursday 31st March! This will be from 1.15pm-6.00pm at Wetherby Race Course, York Road, Wetherby. Tickets are £3 and will need to be purchased in advance from Debbie at our events, on **01937 588994** or via email at **activities@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**