



WiSE

Wetherby in Support of the Elderly

Activities: October 2022

DATE	EVENT	TIME	LOCATION	PRICE
Mon 3rd				
Tue 4th	NO WiSErsice			
Wed 5th	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
	Bingo & Fun	1.00pm-3.00pm	Wetherby Sports Association	£3 including refreshments
Thur 6th	Chairobics Aerobics	10.30am-11.15am 11.15am-12.00pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter, Craft & Chatter - Wooden Mobiles	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 7th	NO Line Dancing			
Mon 10th				
Tue 11th	WiSErsice	10.00am-11.00am	Boston Spa Village Hall - Lantern Room	£3 including refreshments
	WiSE Winter Warmer	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel Café
Wed 12th	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thu 13th	Chairobics Aerobics	10.30am-11.15am 11.15am-12.00pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter Craft & Chatter Sand Art	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 14th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 17th				
Tue 18th	WiSErsice	10.00am-11.00am	Boston Spa Village Hall - Lantern Room	£3 including refreshments
	WiSE Winter Warmer	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel Café
Wed 19th	Elderberries - Movies & Musicals from Singtasia	1.30pm-3.30pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thur 20th	Chairobics Aerobics	10.30am-11.15am 11.15am-12.00pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter, Craft & Chatter - Sew Your own Elephant	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 21st	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 24th				
Tue 25th	WiSErsice	10.00am-11.00am	Boston Spa Village Hall - Lantern Room	£3 including refreshments
	WiSE Winter Warmer	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel Café
Wed 26th	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thur 27th	Chairobics Aerobics	10.30am-11.15am 11.15am-12.00pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter Craft & Chatter Anything Goes	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 28th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 31st				
Tue 1st	WiSErsice	10.00am-11.00am	Boston Spa Village Hall - Lantern Room	£3 including refreshments
	WiSE Winter Warmer	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel Café
Wed 2nd	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thur 3rd	Chairobics Aerobics	10.30am-11.15am 11.15am-12.00pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter, Craft & Chatter Poppy Field Scene	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 4th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments

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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!

NEW! This month we are launching Wise Winter Warmer - a pay-as-you-feel café for those affected by the cost of living crisis. The café will serve hot drinks, soup, rolls and cakes alongside games and activities in a warm, safe environment at Wetherby Town Hall. It will take place every Tuesday from 11th October and run from 11.30am-1.30pm.

WiSErcise is back from its September break on Tuesday 11th October. This gentle chair-based exercise class is held every Tuesday, with our instructors Heather from Home Instead, or Kat from Funky Jives. The classes are now back at Boston Spa Village hall and run from 10.00am-11.00am.

Our popular **Chairobics and Aerobics** classes are held every Thursday at The Engine Shed, Wetherby. Chairobics runs from 10.30am-11.15am and Aerobics from 11.15am-12pm. It's £3 to do one 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 Hall, Wetherby. It's £3 including refreshments. **PLEASE NOTE** there is no class on Friday 7th October.

Get on your dancing shoes for **Move & Groove** - a fun, informal dance based exercise class with Kat, which is held every Wednesday from 1.00pm-2.30pm.

Knit, Natter, Craft & Chatter features weekly themed crafts – see the schedule for details. Feel free to bring your knitting or crochet too. It's every Thursday at Deepdale Community Centre between 10.30am-12.30pm, £3 including refreshments.

We have the beautiful voices of Singtastia performing songs from the movies and musicals at **October Elderberries**. The duo will be performing at St Joseph's Church Hall in Wetherby, on Wednesday 19th October at 1.30pm-3.30pm. Entry is £3 per person, including refreshments.

Bingo & Fun is BACK! Andy is back with bingo and quizzes every 1st Wednesday of the month until Christmas. The next one is on Wednesday 5th October from 1pm-3pm at Wetherby Sports Association. £3 includes refreshments.

The **Home Instead Companionship Café** – this month with entertainment from Patti Gold - is on Tuesday 4th October from 2pm-4pm at St James' Church in Wetherby. For more information, or to book, call Home Instead on 01937 220510.

Coffee Mornings

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

Thorner Coffee Morning is every Thursday, between 10.00am-12.00pm, at Thorner Bungalow.

Bramham Community Coffee Morning on the 1st Wednesday of the month from 10.00am-11.30am, at Bramham Village Hall Church Hill.

Elvis (Claus) is coming to town!

We had so much fun at our Elvis tribute night earlier this year that we've booked the fabulous Pete Binns, AKA Memphis PETE for our **WiSE Christmas Party!**

Join us at the The Engine Shed, Wetherby on Thursday 15th December for festive fun, food and entertainment!

Doors open 1.00pm, with the entertainment starting from 1.30pm-3.30pm.

Avoid a 'Blue Christmas' and book now...

Tickets cost £7.50 and must be purchased in advance from Debbie at WiSE events, the WiSE Owl Café, The Engine Shed, Wetherby, or online at www.w-ise.org.uk/events/wise-christmas-party-with-memphis-pete/

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

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



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