

DATE	EVENT	TIME	LOCATION	PRICE
Mon 30th				
Tue 31st	WiSE Winter Warmer Café	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel café - open to everyone
Wed 1st	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thur 2nd	Knit, Natter, Craft & Chatter - Hearts & Beads	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 3rd	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 6th	Walton Coffee Morning	10.00am-12.00am	Walton Village Hall	Open to all ages
Tue 7th	WiSE Winter Warmer Café	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel café - open to everyone
Wed 8th	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
	Memory Café - REFERRAL ONLY - SEE BACK	1.30pm-3.30pm	St James Parish Church - Church Rooms	£3 including refreshments
Thur 9th	Knit, Natter, Craft & Chatter - Felt Hearts	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 10th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 13th				
Tue 14th	WiSE Winter Warmer Café	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel café - open to everyone
Wed 15th	Elderberries with Ellen Roy	1.30pm-3.30pm	St Josephs Church, Wetherby	£3 including refreshments
	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thur 16th	Knit, Natter, Craft & Chatter - Latch Hook Cushions	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 17th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 20th				
Tue 21st	WiSE Winter Warmer Café	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel café - open to everyone
Wed 22nd	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
	Memory Café - REFERRAL ONLY - SEE BACK	1.30pm-3.30pm	St James Parish Church - Church Rooms	£3 including refreshments
Thu 23rd	Knit, Natter, Craft & Chatter - Latch Hook Cushions	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 24th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 27th				
Tue 28th	WiSE Winter Warmer Café	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel Café



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!

Our friends have now enjoyed the last WiSErcise, Chairobics & Aerobics sessions funded and co-hosted by WiSE. They will now be hosted by Home Instead.

Our other exercise classes - Move & Groove and Line Dancing - are still active, so you can still get your weekly dose of exercise.

We do not want to leave the friends we support with a gap in the WiSE activity program, so we are looking to revitalise things in the spring with some exciting new ventures that we will be adding to the events programme.

The Wise Winter Warmer pay-as-you-feel café is open to everyone, all ages, every Tuesday from 11.30am-1.30pm. It serves hot drinks, soup, rolls and cakes alongside games and activities in a warm, safe environment at Wetherby Town Hall.

Grab a cuppa and have a natter at February's **Walton Coffee Morning** - which will be held on Monday 6th February from 10.00am-12.00pm at Walton Village Hall. All ages welcome.

Get the Friday feeling and start the weekend with a bang with Julie at our popular **Line Dancing** class, every Friday from 10.15am-12.00pm at St Joseph's Church Hall, Wetherby. It's £3 including refreshments.

Shake your pom poms for **Move & Groove** - a fun, informal dance-based exercise class with Kat at Walton Village Hall every Wednesday from 1.00pm-2.30pm.

Knit, Natter, Craft & Chatter is every Thursday at Deepdale Community Centre between 10.30am-12.30pm. Different crafts each week - see the schedule for details. Feel free to bring your knitting or crochet too. £3 including refreshments.

Our entertainer for **February Elderberries** is Ellen Roy! She will be performing on Wednesday 18th February between 1.30pm-3.30pm at St Joseph's Church Hall, Wetherby. Entry is £3 per person, including refreshments.

The **Home Instead Companionship Café** is on Tuesday 7th February from 2.00pm-4.00pm at St James' Church in Wetherby. For more information, or to book, call Home Instead on 01937 220510.

Coffee Mornings

St James' Thursday Coffee Morning is every Thursday from 9.30am-11.30am in the Church Centre.

Thursday Winter Extra is every Thursday from 11.30am-1.00pm at St James' Church Centre. A warm space open to all until the end of March.

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.

Join us for an evening of entertainment with The Plastic Beatles!

The Plastic Beatles will be rocking The Engine Shed in the first of our eagerly anticipated fundraising nights of 2023!

The popular tribute act - who have won over the hearts of Beatles music lovers from all walks of life - will be performing the band's classic hits on Friday 3rd March.

Doors open at 7pm.

Tickets cost £10 per person and available at WiSE activities, The Engine Shed and online via <https://wise-wetherby-in-support-of-the-elderly.sumupstore.com/>



New Memory Café launched

The WiSE Memory Café has now launched to support those living with dementia and their carers. The sessions are facilitated by a trained staff member, alongside WiSE volunteers. Support and advice is also offered to family carers to assist them in their day-to-day continuing and challenging caring role.

The café will meet on the 8th and 22nd February, from 1.30pm-3.30pm at The Church Rooms, St James' Church in Wetherby. The café is open for referrals only - both agency and personal. Please phone WiSE before attending on 01937 588994.

The session costs £3 for carer and person living with dementia inclusive.

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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