



WiSE

Wetherby in Support of the Elderly

July

Mon	Tues	Wed	Thurs	Fri
<p>2</p> <p>WiSE Dementia Café. Tel 01937 588994 1pm – 3pm</p>	<p>3</p>	<p>4</p> <p>Walking for Health 10am Methodist Church</p> <p>Laptop Loungers 1pm – 3pm</p>	<p>5</p> <p>Line Dancing! 10.30am – 12pm</p> <p>Knitting 1.30pm – 3pm</p> <p>Poetry 2pm – 3pm</p>	<p>6</p> <p>Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>9</p> <p>WiSE Dementia Café. Tel 01937 588994 1pm – 3pm</p>	<p>10</p> <p>The Nightingales! 1.30pm – 3pm</p>	<p>11</p> <p>Walking for Health 10am Methodist Church</p> <p>Laptop Loungers 1pm – 3pm</p> <p>Rockin Robins 1.30pm – 3pm</p>	<p>12</p> <p>Line Dancing! 10.30am – 12pm</p> <p>Knitting 1.30pm – 3pm</p>	<p>13</p> <p>Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>16</p> <p>WiSE Dementia Café. Tel 01937 588994 1pm – 3pm</p>	<p>17</p> <p>Chatter and Batter 11.15am – 1pm</p>	<p>18</p> <p>Walking for Health 10am Methodist Church</p> <p>Laptop Loungers 1pm – 3pm</p> <p>The Elderberries 1.30pm – 3.30pm</p>	<p>19</p> <p>Line Dancing! 10.30am – 12pm</p> <p>Knitting 1.30pm – 3pm</p> <p>Poetry 2pm – 3pm</p>	<p>20</p> <p>Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>23</p> <p>WiSE Dementia Café Tel. 01937 588994 1pm – 3pm</p>	<p>24</p>	<p>25</p> <p>Walking for Health 10am Methodist Church</p> <p>Laptop Loungers 1pm – 3pm</p> <p>Sunshine Café 2pm – 4pm</p>	<p>26</p> <p>Aerobics and Line Dancing! 10.30am – 12.15pm</p> <p>Knitting 1.30pm – 3pm</p>	<p>27</p> <p>Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>30</p> <p>WiSE Dementia Café. Tel 01937 588994 1pm – 3pm</p>	<p>31</p> <p>Rockin Robins 1.30pm – 3pm</p>	<p><i>Come along to our new singing group The Nightingales!!</i></p>		



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All WiSE events (with the exception of the WiSE Dementia Café) are open to everyone whilst still being Dementia Friendly

If you would like to meet new people, stay active and have fun, come along to our **Chairobics and Aerobics** class every Friday at Wetherby Social Club from 10.30 – 11.15, or aerobics from 11.15am – 12.15pm £2 for each class, or £3 to do both classes.

There is also a session of **Chairobics** taking place on the last Thursday in every month combined with a **Line Dancing** class too! Come and join us on Thursday 26th July at 10.30am to 12.15pm. £3 including refreshments.

Speaking of Line Dancing.....come along to our new group every Thursday at 10.30am – 12pm at Wetherby Social Club – you'll love it! £3

The Elderberries Wed 18th May 1.30pm – 3.30pm, Wetherby Social Club!! £3 including refreshments. Emma James will be singing for us and bring some sunshine to us!

Knit One PurlWise is on every Thursday from 1.30pm – 3.00pm in the Village Hall at Boston Spa. Come and join us. £2 including refreshments.

Poetry is a very friendly informal group of people reciting poetry either their own or from other poets. We have a topic every session and you are very welcome to join us!! Every other Thursday at Boston Spa Village Hall on Thursday 5th and 19th July from 2pm – 3pm. £2 including refreshments

Chatter and Batter is our fish and chip lunch club at Wetherby Social Club from 11.15am to 1pm on Tuesday 17th July. £5 including fish and chips, refreshments and a quiz!! Orders must be taken by 11.40am so please be prompt!

The Sunshine Café, on Wed 25th July from 2pm – 4 at Collingham Village Hall, with some entertainment for us £2 including raffle and refreshments

The Rockin' Robins, is on Wednesday 11th July and Tuesday 31st July 1.30pm – 3pm. If you enjoy singing along to some great songs from the past, please come and join us at Boston Spa Village Hall. £3 inc refreshments

Do you enjoy singing along to the songs from the 50's and 60's? Come along to our new singing group The Nightingales. Kevin Loughran is our very talented singer and musician. Every second Tuesday of the month from 1.30pm – 3pm at Wetherby Social Club. £3 entry includes refreshments and song sheets!! Don't be shy!

Wise Dementia Café : Every Monday afternoon 1.00pm-3.00pm **St Joseph's RC Church Hall 20 Westgate Wetherby LS22 6LL**



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Lest we forget



Help us to remember – Knit a poppy

To commemorate the centenary of the end of the Great War, Boston Spa plans to create a wall of poppies, close to the War Memorial. Can you help by knitting (or crocheting) a poppy. Follow your own pattern or use the pattern below. Contacts Jill 01937 844972 Barbara 01937 841205. Suggested needle size 4mm and red & black wool (your preferred size needles and any shade/style of red wool is fine).

Cast on 40 sts in red – K 5 rows . Change to black wool K 2 rows.

K 8 sts, pass 7 over last st. Repeat to the end - 5sts remain. Thread wool through these sts and sew up.

Please hand in your poppies to the WiSE Owl Café in the village Hall

Thank you.



Here's a sample of a few we have knitted so far.

Information and Advice



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We offer a confidential advice and information service covering a variety of issues e.g. sign posting to services, help with form filling etc. For more information contact Nicola on 01937 588994 or email nicola@w-ise.org.uk



**WEST YORKSHIRE WEST YORKSHIRE WEST YORKSHIRE WEST YORKSHIRE
POLICE POLICE POLICE POLICE**

If you would like to speak to **Local PCSOs** you can meet them at the **WiSE Owl Cafe** **Wed mornings 10.30-11.30am** on the following dates - 11th July, Weds 1st August & Weds 22nd August.



the WiSE owl

Café for the community

We're open at Boston Spa Village Hall, High St. LS23 6AA

9.00am until 3.00pm Tuesday to Thursday

Delicious breakfast / brunch choices

We use local butchers and suppliers for our produce

The café has free parking at the rear of the village hall and

FREE WIFI inside

Everyone is welcome to come to our café – our regulars, young mums with their children, cyclists and well behaved dogs. We have plenty of space for pushchairs and wheelchairs

Our friendly staff and volunteers look forward to welcoming you

Tuesday 11.30 to 2pm Café Pianist Peter will entertain you



Transport



We will take you to the shops, doctors, social events, or to visit friends and family.

Give us a call whenever you need to get out and about.

Our friendly volunteer driver service operates Monday to Friday and it doesn't cost much to get you to where you want to go.

To book a trip please give us at least 2 working days notice

Please call WiSE Transport Booking Line Monday-Thursday during our new opening hours between 10 am and 3 pm

On 01937 222066

or emailtransport@w-ise.org.uk



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Wetherby In Support of the Elderly
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