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Wetherby in Support of the Elderly

October Events 2017

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p>2 Dementia Forward Well-being café Call Maureen on 01765601224 1pm-3pm</p>	<p>3</p>	<p>4 Walking for Health 10am Methodist Church Wetherby</p>	<p>5 Knitting 1.30pm –3pm</p>	<p>6 Chairobics 10.30am—11.15am Aerobics 11.15am – 12.15pm</p>
<p>9 Dementia Forward Well-being café Call Maureen on 01765601224 1pm-3pm</p>	<p>10 Boston Tea Party 2pm – 4pm</p>	<p>11 Walking for Health 10am Methodist Church Wetherby Rockin' Robins 1.30pm – 3pm</p>	<p>12 Days Gone By 10.30am – 11.30am Knitting 1.30pm –3pm Poetry 2pm – 3pm</p>	<p>13 Chairobics 10.30am—11.15am Aerobics 11.15am – 12.15pm</p>
<p>16 Dementia Forward Well-being café Call Maureen on 01765601224 1pm-3pm</p>	<p>17 Chatter and Batter 11.15am – 1pm</p>	<p>18 Walking for Health 10am Methodist Church Wetherby The Elderberries 1.30pm – 3.30pm</p>	<p>19 Knitting 1.30pm –3pm</p>	<p>20 Chairobics 10.30am—11.15am Aerobics 11.15am – 12.15pm</p>
<p>23 Dementia Forward Well-being café Call Maureen on 01765601224 1pm-3pm</p>	<p>24</p>	<p>25 Walking for Health 10am Methodist Church Sunshine Café 2pm – 4pm</p>	<p>26 Chairobics and Stretch 10.30am – 12pm Knitting 1.30pm –3pm Poetry 2pm – 3pm</p>	<p>27 Chairobics 10.30am—11.15am Aerobics 11.15am – 12.15pm</p>
<p>30 Dementia Forward Well-being café Call Maureen on 01765601224 1pm-3pm</p>	<p>31 Rockin' Robins 1.30pm –3pm</p>			



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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.

Due to its popularity, there is also a session of **Chairobics** taking place on the last Thursday in every month combined with a **Stretch** class too! Come and join us on Thursday 27th October at 10.30am to 12pm. £3 including refreshments.

Our Dementia Café, The **Boston Tea Party**, will take place on Tuesday 10th October with EMMA JAMES singing for us from 2pm – 4pm at Boston Spa Village Hall £2 including refreshments and raffle.

The Elderberries Wed 18th October 1.30pm – 3.30pm, Wetherby Social Club. For a nice acoustic guitar playing session by Jim Wright. £3 including refreshments

“**Days Gone By**” is a reminiscent group. A chance to sit and talk about the good old days, listen to music through the eras and enjoy a trip down memory lane. At Wetherby Social Club on Thursday 12th October from 10.30am – 11.30am.
£2 including refreshments.

Knit One PurlWise is on every Thursday from 1.30pm – 3.00pm in the Village Hall at Boston Spa. So, if you fancy a natter while you knit, please 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 12th and 26th October 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 October. £5 including fish and chips, refreshments and a quiz!!

This month at our Dementia Café, The **Sunshine Café**, on Wed 25th October from 2pm – 4 at Collingham Village Hall. £2 including raffle and refreshments

Last but not least our very popular singing group, **The Rockin’ Robins**, are on Wednesday 11th October with Kevin and Tuesday 31st October with Eddie at 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

Every Monday afternoon 1.00pm-3.00pm the **Meet up Monday Dementia Wellbeing Café** run by Dementia Forward.

Please note New Address from 2 October

St Joseph’s RC Church Hall 20 Westgate Wetherby LS22 6LL

Please call Maureen Moore from Dementia Forward on 01765601224 for more information



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The Laptop Loungers

The laptop loungers meet every Wednesday from 1.00pm to 3.00pm at Wetherby Social Club. Go along and join them. It's £3 and that includes a biscuit and tea or coffee. Our tutor Michael will be there to help you settle in and answer any questions



Odd jobs around your home getting you down??!!

If you need a picture hung, a curtain rail fixing, light bulbs changing, tap washers replacingsmall jobs you just can't manage please get in touch. We have a lovely friendly volunteer who's happy to help.

Please call the office on 01937 588994

Cost of materials applies.



Information and Advice

We offer a confidential advice and information service providing advice on a variety of issues e.g. benefits, or finding help at home. For more information contact Nicola on **01937588994**



the WiSE owl

Café for the community

9.00am until 3.00pm Tuesday to Thursday Boston Spa Village Hall High Street

LS23 6AA

Delicious Breakfast/Brunch/Lunch

Tuesday 11.30 to 2pm Café Pianist Peter will entertain you



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Volunteer News

Next Volunteer Meeting Monday 9th October 2:30

Any Agenda Items to Carole at carole@w-ise.org.uk or call on 01937588994

Safeguarding Training

Due to high interest in Safeguarding training this will now be in October.
Names are still being taken.

Please email Carole on carole@w-ise.org.uk or call her on 01937588994 to
book your place



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 48 hours' notice

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

On 01937 222066

01937 222066 or emailtransport@w-ise.org.uk

Wetherby In Support of the Elderly: T|01937 588994|www.w-ise.org.uk
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