



ambition
for
ageing

|| GUIDE FOR 50 + ACTIVITIES IN CROMPTON

Fifth Edition – June 17'

WHAT'S ON?

Bolton Carers Support Drop in and Social Group

A friendly welcome awaits you in a place where you can socialise and make new friends.

Bolton Carers Support can help you find out information, advice and support around any caring responsibilities you have.

The **1st Tuesday of every month 11:00-12:00** at Costa Coffee in Waterstones, Central Bolton. To find out more information contact Zoe Hill on 01204 368042.

The Reminiscence Group

A very friendly group who meet to chat and share stories of what they remember about Bolton and the area they live/lived in. Everybody is welcome, even if you are new to Bolton, you may enjoy listening to what it was like here in past-times.

This group meets at **10am on the first Wednesday of every month** starting Wednesday 5th July at All Souls Community Centre, Astley Street, Bolton. BL18EH.

For more information contact Margaret Koppens on 01204 597644.

Gentle Movement to Music Exercise – Age UK

Our mix of gentle movement to music and chair based exercise is ideal for those looking to keep active at their own pace. This session can also be adapted to suit your needs.

Ran by Age UK every **Tuesday 11:00-12:00** at Cobden Community Centre and is free to attend. For more information contact Lucy Bird on 01204 337877.

ZADA Elderly Services – Hibbert Street Centre

We have a large ethnic minority community which resides in the area around Hibbert Street Community Centre and catering for our local community we hold a range of group meetings both for men & women, to bring people together to make friends and stay connected. **If you would like to come along to one, get in touch with Ibrahim Bhai 07503 955872.**

Wonder Woman – Bolton at Home

A women's group to help improve confidence, whilst taking part in crafts and sewing, and learning about local services available to help improve your quality of life.

Every **Tuesday 13:00-15:00** at Greenways Community Centre, Crompton Close, Hallithwood, BL1 8UA. For more information contact Sara on 01204 37988.

Exercise Classes – Get Active

Get Active run a gentle to moderate exercise class for the 50 + community every **Monday from 10:30-11:30** at Cobden Community Centre, Felton Walk, Bolton, BL1 8EN. These classes cost £1.50 per session, for more information contact Get Active on (free phone) 0800 458 9029.

Common Wealth Café

The Common Wealth Café is a 'Pay as Your Feel Café' which uses food that would otherwise be destined for landfill and recycles it into healthy and affordable meals. They are currently looking for older people to come and share their skills and knowledge in the kitchen to help improve the menu. The café is open every **Tuesday and Thursday from 12:00-14:00** at The Common Wealth Café (in the Salvation Army), 102 St Georges Road, Bolton, BL1 2BZ. Come along to meet others in your area, enjoy some nice food and make new friends.

Fitness for Fun – Cobden Community Centre

Fitness for Fun consists of gentle exercise to music as well as some floor work which will assist with toning. This is a low impact exercise class ideal for beginners and can be adapted to suit your needs. *Please note that this session may not be taking place over the period of Ramadan, so please ring for further info.*

This class runs on **Tuesday and Thursdays from 12:00-13:00** at Cobden Community Centre, Felton Walk, BL18EN and costs £1.50 per session. For more details contact Get Active on 0800 458 9029.

Craft Group – Bolton at Home

Come along and try your hand at a range of free crafts.

Every **Wednesday 12:20-15:00** at Greenways Community Centre, Crompton Close, Hallithwood, BL1 8UA. For more information contact Lynn on (01204) 327990

Luncheon Club – Age UK Bolton

A weekly luncheon club for older people, where you can have a hot meal, meet new people and take part in a range of activities.

Every **Thursday 12:00-13:00** at Drummond Street Community Centre, Drummond Street, BL1 6QQ. For more information contact Heather on 01204 701525.

Older Peoples Group / Coffee Morning

A weekly coffee group ran by local residents, where people can chat, make friends and find out what's going on in the area.

Every **Wednesday 10:00-11:30** at Greenway Community Centre, Crompton Close, Hallithwood, BL1 8UA. For more information contact Lynn on (01204) 327990

Art Beat – The Octagon Theatre

A drama based arts and activities group, for the over 50's. If you have a passion for the arts, and want to come and get involved in a range of performances, then this is the group for you. Art Beat costs £50 for 10 sessions (1 term) , and meets weekly, on **Wednesdays from 10:15 – 12:15**, at The Octagon Theater. Please email wesley.pearce@octagonbolton.co.uk to be added to the mailing list or call 01204 556501 to find out more.

Gentle Exercise with Get Active

A gentle to moderate exercise class which runs on **Wednesdays from 11:00 – 12:00**, at St Josephs Church Hall in Crompton. Each class costs £1.50 per session.

To join in contact: Get Active on 0800 458 9029 or email Info@getactivebolton.co.uk

Drummond Street Community Centre

All below events are based at Drummond Street Community centre, BL1 6QQ

Drummond Street Craft & Culture Group

A group set up to have a good chat, reminisce about the old days and get involved in crafty projects. Previous projects have included being heavily involved in the poppy project on the town hall for Remembrance Sunday, making a panel for display during the Holocaust memorial service and 'make do and mend' projects. The group are organising a Vintage Tea party on Saturday July 22nd and are currently making vintage style items to be displayed and sold.

The group meet at Drummond Street Community centre every Monday 10am – 12noon and its 50p for tea and coffee.

Please ring **Lesley on: 07919555284**

Bingo

If you enjoy a natter and a game of bingo, this is for you! Bingo, chat and get together. Everyone welcome. Prices are various depending on how many games you want to play. The group meet at Drummond Street Community Centre, Drummond Street. They meet on some afternoons and some evenings.

Monday 5pm – 8.20pm

Tuesday 1pm – 4pm

Wednesday 5pm – 8.30pm

Friday 5pm – 8.30pm

Saturday 5pm – 8.30pm

Please ring **Lesley on: 07919555284**

IT classes

IT classes

Come along and get to grips with your tablet and the internet. We have 3 different sessions for people of all abilities.

Improver group: 9.30am – 10.30am

Our improver group is a small group of 5 people, who started off as absolute beginners, but can now send emails and order items online but are still learning.

Absolute beginners: 10.30am – 11.30am

Do you know nothing about computers or the internet? Do you want to know more? If yes, then our Absolute Beginners group is just for you. Our very patient and easy to get on with IT tutor can help you learn how to get online and use a tablet.

Confident Surfers: 11.30am – 12.30pm

This session is for you if you can get online, but want to learn more, such as photograph editing, uploading photos or selling items on the internet etc.

The sessions run Tuesday mornings at Drummond Street Community Centre and cost 50p for tea and coffee.

Please ring **Lesley on: 07919555284**

Coffee morning

Coffee and a chat for older people.

There is a small charge for tea and coffee and they meet on Wednesday mornings at Drummond Street Community Centre between 8.45 – 11am

Please ring **Lesley on: 07919555284**

Lunch & Leisure Club

A friendly smile and a hot 2 course lunch is waiting for you at the Age UK Luncheon club.

The weekly lunch and leisure club provides the perfect opportunity for a good quality and good value meal; a choice of social activities and relaxed social contact in a friendly and welcoming environment.

Older People welcome, but you need to book to reserve a place. For more information, please contact: Age UK: 01204 382411. They meet on Thursdays at 12noon

Games evening

Residents run this games evening and everyone is welcome. They play darts, dominoes and cards. Bring your own refreshments for a fun filled evening on Thursdays 6.45pm – 10pm at Drummond Street Community Centre

Please ring **Lesley on: 07919555284**

Writers Club

This group meet to discuss and critique their own writings. They meet fortnightly and break for summer. The group meet at Drummond Street community centre alternative Fridays between 10am – 12noon. Please ring **Lesley on: 07919555284**

For more details on what is on for the 50+ community in your area contact:

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Age UK Bolton

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This guide was created by Ambition for Ageing Bolton, which is a partnership project between Age UK, Bolton CVS and Bolton at home; working together to help the older community stay connected in your area.