

# ***Activities & Lunches at Chorley Lifestyle Centre - July 2018***



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# *Chorley Lifestyle Centre is located in the heart of the town providing opportunities for people aged 50+ to enjoy activities, meals and socialising.*

## **MONDAYS**

### **Two Course Lunch**

**12pm - £5.00**

(Why not call in the centre to pick up a menu).

### **One to One Computer Sessions**

Afternoon - £3.00 per session

Please see Angie for booking

### **Gardening Club**

From 1:30 - Everyone welcome

Just come along to help

### **Afternoon Tea**

Served from 2:00pm - £3.00

Sanwiches, scones, cake, fruit

## **TUESDAYS**

### **Footcare - Nail Cutting Service**

Advice on how to improve and maintain general foot hygiene and reassuring check to make sure there are no potential foot care problems

Appointments cost £9.50 - must be booked on 0300 303 1234

Time 9:30am - 3:00pm

### **Drop in Café**

10:30am - 1:00pm Snack menu or 3 course lunch

### **Digital Online Course**

**1:30-4:00pm - Cost £2.00**

including refereshments. Booking is essential.

### **Crochet & Chatter**

Every Tuesday

**1.30pm - 3pm £1.50**

With refreshment break.

## **WEDNESDAYS**

### **Art Class - 9.45am-11.45am - £3.00**

Are you interested in drawing? Would you like to learn new techniques in painting? Then "Art with Gloria". No experience necessary, just pop along and join us.

### **Two or Three Course Lunch**

**12 pm - £5.00 or £6.00**

(Why not call in the centre to pick up a menu)

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## **Chair Based Exercise with**

**Linda Lang**

**1.30pm - 3.30pm - £3.00**

Seated exercise to music which is fun as well as strengthening the muscles. The exercises will benefit you both mentally and physically.

## **THURSDAYS**

### **Games Group**

**10am - 11.45am - £1.10**

Join in with a game of dominoes, scrabble or choose a jigsaw.

Games help improve your memory, enhance your language skills and exercise your mind muscles.

### **Two or Three Course Lunch**

**12pm - £5.00 or £6.00**

(Why not call in the centre to pick up a menu)

### **Knit and Natter**

**1.30pm - 3pm - £1.50**

Refreshments are provided and everyone is given a warm welcome.

## **FRIDAYS**

### **Chair Based Yoga**

**9:30am-11:30am**

Introductory price £4.00

Gentle exercise to encourage mobility and promote wellbeing.

### **Two or Three Course Lunch**

**12pm - £5.00 or £6.00**

Including tea or coffee

### **Carvery**

**6th July - 12pm until 1.00pm**

First Friday of Each Month. Booking is essential. £5.00 per person

### **Bingo 6th July**

**1.15pm -2.30pm - £3.00**

"Eyes down". Have fun and join in a lively group for bingo. You can also enjoy lunch before you play.

### **Craft Afternoon**

**1:30-3:00pm**

Learn new techniques and different crafts in our friendly group  
£2.50 Refreshments included

### **Click & Chat**

**Every 2nd & 4th Friday morning**

**9:30am - 11:30am £2.00 per session**

Drop in and catch up or recap on how best to use your laptop, tablet or phone

Please see Angie for details

### **One to One Computer Sessions**

**Every 2nd & 4th Friday afternoon**

£3.00 - See Angie to book

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## Special Events in July

### Dementia Awareness Sessions run by Home Instead

Monday 9 July 9:30-11:30am

### Saturday BBQ -

21 July - Still in the planning stages so see Angie for more details.

### Meet & Greet Service

Would you like to come to the club for a taster session to make certain you choose the best activities for you? Please call **01257 267293** to make an appointment.

\*\* Contact us for our entertainments schedule\*\*

Bingo, Singing, Reminiscence, History Workshops and much more!

Private room hire available for £15 per hour

**Please contact the booking team on 01257 267293**

Activities at the Chorley Lifestyle Centre are run by Age UK Lancashire and by other organisations. If there are contact details by the activity you are interested in, please call this number for further information.

Otherwise, please call Age UK Lancashire on 0300 303 1234 and ask for the Activities Co-ordinator (calls charged at local rates)

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Customer Service Line 0300 303 1234  
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