

National Older People's Day

1st October – 8th October 2016



Start well | Live well | Age well



re:fresh
your health and wellbeing

Functional Fitness MOT

Friday 7th October

0900 -1600

Darwen Leisure Centre

Celebrating Older People's Day with BwD Healthy Lifestyles Team

Over 60?

Is it about time you had a fitness MOT?
Have a free fitness check up and activity advice.

Booking recommended but not essential.

Tel: Yvonne 266620

**FULL
OF LIFE**

Blackburn with Darwen

celebrating

National Older People's Week

DARWEN VENUES

1st October – 8th October 2016

October 1st is National Older People's Day.

You are invited to come and join in an activity to recognise this occasion and celebrate later life. Here in Blackburn with Darwen several groups are opening their doors to welcome new people and some activities have been arranged specially for you.



Do browse the leaflet and find an activity you might like to join in. Come along – enjoy yourself – meet new people.

Saturday 1st October

Knit & Natter

[and Saturday 8th October]

Springfield Vets

1300 – 1700

Tel: Laura 07775 802931

Friday 7th October

Pop In Café

Derwent Hall

1000 – 1330 Tel: Julie 702259

Lunch

Derwent Hall 1200 – 1300 Tel: Julie 702259

Seated Exercise

Barlow Court

1400 – 1500 Tel: Alison 266620

Men's Group

Willow Gardens

1300 – 1500 Tel: Paul 07964 083340

Functional Fitness MOT

Friday 7th October

0900 -1600

Darwen Leisure Centre

See back page for further details

Thursday 6th October

Pop In Café

Derwent Hall 1000 – 1330 Tel: Julie 702259

Lunch

Derwent Hall 1200 – 1300 Tel: Julie 702259

Bowling

Whitehall Bowling Club

1000 – 1200 Tel: Patricia 707980

Spring in your Step

Social Group & Activities

1300 – 1500

Spring Vale Methodist Church, Watery Lane

This week is a beetle drive.

Tel: David 703858

Hobnobs Friendship Group

Derwent Hall 1300 - 1500

Seated Exercise

Willow Gardens 1300 - 1400

Cotton Spinners 1500 – 1600 £1.50 Tel: Alison 266620

Knit & Natter

Springfield Vets

1300 – 1700 Tel: Laura 07775 802931

Monday 3rd October

Pop In Café

Derwent Hall

1000 – 1330 Tel: Julie 702259

Lunch

Derwent Hall 1200 – 1300 Tel: Julie 702259

Seniors Social Group

Old function Room, Watery Lane

1200 – 1400

For older people & those with early onset dementia

Older People's Forum Meeting

Darwen Library Theatre 1300 – 1430

Tel: Brian 671379

Friendship Club

Derwent Hall

1345 – 1515 Tel: Julie 702259



Tuesday 4th October

Pop In Café

Derwent Hall

1000 – 1330 Tel: Julie 702259

Lunch

Derwent Hall 1200 – 1300 Tel: Julie 702259

Coffee Morning

Sunnyhurst Tennis Club

1000 – 1200 Tel: Beryl 704746



Bowling

Whitehall Bowling Club

1000 – 1200 Tel: Patricia 707980

Knit & Natter

Springfield Vets 1300 – 1700

Tel: Laura 07775 802931

Sequence Dancing

Derwent Hall 1300 – 1400 Tel: Julie 702259

Craft Group

Café Hub 1300 – 1500 Tel: 841762

Wednesday 5th October

Pop In Café

Derwent Hall

1000 – 1330 Tel: Julie 702259

Lunch

Derwent Hall 1200 – 1300 Tel: Julie 702259

Tai Chi

Tockholes Village Hall 1000 - 1200

Darby & Joan Club

Derwent Hall 1345 – 1515 Tel: Julie 702259

Life after Stroke Support Group

New Methodist Church, Bright Street

Tel: Stroke Association 367432

Craft & Chatter

1300 – 1500

Sacred Heart & St Edwards, 370 Blackburn Road

Tel: 702525

Seated Tai Chi

Oldfield Manor

1600 – 1645 Tel: Alison 266620