

DATE	EVENT	TIME	LOCATION	PRICE
Fri 1st	Line Dancing	10.30pm-12.30pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 4th				
Tue 5th	WiSErcise	10.00am-11.00am	Deepdale Community Centre, Boston Spa, LS23 6EW – Rudgate CHANGE OF VENUE	£3 including refreshments
Wed 6th	Wise Warblers	10.30am-12.00pm	Walton Village Hall	£3 including refreshments
	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thur 7th	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter, Craft & Chatter Fun with chocolate for National Chocolate Day	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room CHANGE OF VENUE	£3 including refreshments
Fri 8th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 11th				
Tue 12th	WiSErcise	10.00am-11.00am	Deepdale Community Centre, Boston Spa, LS23 6EW – Rudgate CHANGE OF VENUE	£3 including refreshments
Wed 13th	Move & Groove	1.30pm-3.30pm	Walton Village Hall CHANGE OF TIME	£3 including refreshments
Thu 14th	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter, Craft & Chatter Paper Flowers	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room CHANGE OF VENUE	£3 including refreshments
Fri 15th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 18th				
Tue 19th	WiSErcise	10.00am-11.00am	Deepdale Community Centre, Boston Spa, LS23 6EW – Rudgate CHANGE OF VENUE	£3 including refreshments
Wed 20th	Elderberries with Singtasia	1.30pm-3.30pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thur 21st	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter, Craft & Chatter Decoupage Trinket Box	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room CHANGE OF VENUE	£3 including refreshments
Fri 22nd	NO LINE DANCING			
Mon 25th				
Tue 26th	WiSErcise	10.00am-11.00am	Deepdale Community Centre, Boston Spa, LS23 6EW – Rudgate CHANGE OF VENUE	£3 including refreshments
Wed 27th	Move & Groove	1.00pm-2.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Rudgate CHANGE OF VENUE	£3 including refreshments
Thur 28th	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter Craft & Chatter Paint an Elephant Money Box	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room CHANGE OF VENUE	£3 including refreshments
Fri 29th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments



We look forward to welcoming you to our activities. Please help us deliver our services to the best of our ability and only arrive at our venues no more than 15 minutes before the event start time. If you are able to bring the correct change with you that would be a great help, too!

WiSErcise, our gentle chair-based exercise class, is held every Tuesday. Our instructors are Heather from Home Instead or Kat from Funky Jives. The class runs from 10.00am-11.00am. **PLEASE NOTE** new venue while Boston Spa Village Hall is being refurbished - Deepdale Community Centre, Boston Spa – Rudgate

Chairobics and Aerobics is held every Thursday at The Engine Shed, Wetherby. Chairobics runs from 10.30am-11.15am, or Aerobics from 11.30am-12.15pm. £3 to do one class, or add an extra £1 to do both classes. With special thanks to our instructors Heather and Kat.

Our popular **Line Dancing** class with Julie takes place every Friday from 10.15am-12.00pm at St Joseph's Church, Wetherby. £3 including refreshments. **PLEASE NOTE** – there is no class on Friday 22nd July.

Get on your dancing shoes for **Move & Groove** a fun, informal dance based exercise class with Kat, which is held every Wednesday between 1pm-2.30pm at Walton Village Hall. **PLEASE NOTE** time change from 1.30pm-3.30pm on Weds 13th July, and a venue change to Deepdale Community Centre, Boston Spa – Rudgate on Weds 27th July.

Knit, Natter, Craft & Chatter is every Thursday between 10.30am-12.30pm. The session includes knitting alongside weekly themed crafts – see the schedule for details. Don't miss Thursday 7th July's session, as we will be having fun with chocolate to mark National Chocolate Day. Feel free to bring your knitting or crochet too. £3 including refreshments. **PLEASE NOTE** new venue while Boston Spa Village Hall is being refurbished - Deepdale Community Centre, Boston Spa – Beech Room.

We have Singastia performing at **July Elderberries!** Liz and Reggie will be singing at St Joseph's Church in Wetherby, on Wednesday 20th July at 1.30pm-3.30pm. Entry costs £3 per person, which includes refreshments.

Liz and Reggie will also be at **WiSE Warblers**, our monthly singing group on Wednesday 6th July at the slightly later time of 10.30am-12pm at Walton Village Hall. £3 including refreshments.

The **Home Instead Companionship Café** is on Tuesday 5th July between 2pm-4pm at St James' Church in Wetherby. For more information, or to book, call Home Instead on 01937 220510.

Don't forget you can book transport to take you to our WiSE activities.

For more details, to register or to book contact Jo on **01937 222066** or via email **transport@w-ise.org.uk**

Coffee Mornings

THERE IS NO WALTON COFFEE MORNING THIS MONTH

Wetherby Methodist Church Coffee Morning is every Wednesday from 10.00am - 12.00pm.

Thorner Coffee Morning is every Thursday, between 10.00am-12.00pm, at Thorner Bungalow.

Bramham Community Coffee Morning on the 1st Wednesday of the month from 10.00am-11.30am, at Bramham Village Hall Church Hill.

We need volunteer bakers!

The WiSE Owl Cafe is on the lookout for cake-loving volunteers to rustle up bakes to meet customer demand for homemade cakes, scones and other items.

WiSE would love for more people to come forward to bake regularly and can cover the cost of the ingredients if needed. Homemade jams and chutneys would also be welcomed.

If you're interested in baking for WiSE, please visit Christine at the WiSE Owl Café which opens on Tuesdays, Wednesdays and Thursdays at Boston Spa Village Hall. All homemade bakes are accepted, except for items containing fresh cream.



The WiSE Owl Café at
Boston Spa Village Hall is open
9.00am-3.00pm Tuesday to Thursday.
CAFÉ CLOSED 12th/13th/14th July



Delicious breakfast / brunch choices. We use local butchers and suppliers for our produce. Free parking at the rear of the village hall. FREE WIFI inside.

Everyone is welcome. We are pushchair and wheelchair friendly. Our friendly staff and volunteers look forward to welcoming you.

WiSE is a Charity Commission Registered Charitable
Incorporated Organisation (CIO Foundation) No. 1163698.



Email: activities@w-ise.org.uk Tel: 01937 588994