



WiSE

Wetherby in Support of the Elderly

Activities: November 2022

DATE	EVENT	TIME	LOCATION	PRICE
Mon 31st	Happy Halloween			
Tue 1st	WiSErsice	10.00am-11.00am	Boston Spa Village Hall - Lantern Room	£3 including refreshments
	WiSE Winter Warmer Café	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel café - open to everyone
Wed 2nd	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
	Bingo & Fun	1.00pm-3.00pm	Wetherby Sports Association	£3 including refreshments
Thur 3rd	Chairobics Aerobics	10.30am-11.15am 11.15am-12.00pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter, Craft & Chatter - Poppy Field Scenes	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 4th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 7th	Walton Autumn Coffee Morning	10.00am-12.00am	Walton Village Hall	
Tue 8th	WiSErsice	10.00am-11.00am	Boston Spa Village Hall - Lantern Room	£3 including refreshments
	WiSE Winter Warmer Café	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel café - open to everyone
Wed 9th	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
Thu 10th	Chairobics Aerobics	10.30am-11.15am 11.15am-12.00pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter Craft & Chatter - Chocolate Orange Christmas Pudding	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 11th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 14th				
Tue 15th	WiSErsice	10.00am-11.00am	Boston Spa Village Hall - Lantern Room	£3 including refreshments
	WiSE Winter Warmer Café	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel Café
Wed 16th	Elderberries with Emma James	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 17th	Chairobics Aerobics	10.30am-11.15am 11.15am-12.00pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter, Craft & Chatter - Sock Snowmen	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 18st	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 21st				
Tue 22nd	WiSErsice	10.00am-11.00am	Boston Spa Village Hall - Lantern Room	£3 including refreshments
	WiSE Winter Warmer Café	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel Café
Wed 23rd	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£3 including refreshments
	WiSE goes to the Races!	12.15pm-4.00pm	Wetherby Race Course	PLACES LIMITED - TICKETS £5 - SEE OVERLEAF
Thur 24th	Chairobics Aerobics	10.30am-11.15am 11.15am-12.00pm	The Engine Shed, Wetherby	£3 for one class, or add an extra £1 to do both classes. Includes refreshments
	Knit, Natter Craft & Chatter Christmas Baubles	10.30am-12.30pm	Deepdale Community Centre, Boston Spa, LS23 6EW – Beech Room	£3 including refreshments
Fri 25th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 28th				
Tue 29th	WiSErsice	10.00am-11.00am	Boston Spa Village Hall - Lantern Room	£3 including refreshments
	WiSE Winter Warmer Café	11.30am-1.30pm	Wetherby Town Hall	Pay-as-you-feel café - open to everyone
	M&Co Fashion Show	7.00pm-9.00pm	M&Co Wetherby	£3 - TICKETS REQUIRED - SEE OVERLEAF
Wed 30th	Move & Groove	1.00pm-2.30pm	Walton Village Hall	£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!

The Wise Winter Warmer pay-as-you-feel café is open to everyone, every Tuesday from 11.30am-1.30pm. It serves hot drinks, soup, rolls and cakes alongside games and activities in a warm, safe environment at Wetherby Town Hall.

WiSErcise - a gentle chair-based exercise class is held every Tuesday, with our instructors Heather from Home Instead, or Kat from Funky Jives. The classes are at Boston Spa Village Hall from 10.00am-11.00am.

Chairobics and Aerobics is held every Thursday at The Engine Shed, Wetherby. Chairobics runs from 10.30am-11.15am and Aerobics from 11.15am-12.00pm. It's £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-12pm at St Joseph's Church Hall, Wetherby. It's £3 including refreshments.

Get on your dancing shoes for **Move & Groove** - a fun, informal dance-based exercise class with Kat at Walton Village Hall every Wednesday from 1pm-2.30pm.

In November's **Knit, Natter, Craft & Chatter** we are preparing for Christmas with festive themed crafts, concluding with a crafty Christmas party on 1st December. Feel free to bring your knitting or crochet too. Every Thursday at Deepdale Community Centre between 10.30am-12.30pm, £3 including refreshments.

Emma James is our amazing performer for **November Elderberries**. She will be singing at St Joseph's Church Hall in Wetherby, on Wednesday 16th November at 1.30pm-3.30pm. Entry is £3 per person, including refreshments.

Get your dabbers at the ready for this month's **Bingo & Fun**, which is on Wednesday 2nd November at Wetherby Sports Association. £3 includes refreshments.

The **Home Instead Companionship Café** is on Tuesday 1st November from 2.00pm-4.00pm at St James' Church in Wetherby. For more information, or to book, call Home Instead on 01937 220510.

Coffee Mornings

Walton Autumn Coffee is on Monday 7th November at 10.00am-12.00pm at Walton Village Hall. Everyone welcome.

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.

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

Fundraising Fashion Show!

M&Co Wetherby is hosting a Fashion Show to raise funds for WiSE.

The event will take place on 29 November 2022 at 7.00pm. Tickets are £3 and available from M&Co Wetherby and Debbie at our events.

For anyone interested in modelling for this, we need both adult and child models who will be rewarded with 20% off purchases at the event. Please contact Liz on 07875 365043 or liz@w-ise.org.uk for more details.

WiSE goes to the Races!

We are inviting our friends to a fun afternoon at the races on Wednesday 23rd November. This will be from 12.15pm-4.00pm at Wetherby Race Course, York Road, Wetherby.

Tickets are £5 and will need to be purchased in advance from Debbie at our events, on 01937 588994 or via email at activities@w-ise.org.uk Full details to be confirmed nearer the time.



The WiSE Owl Café at Boston Spa Village Hall is open 9.00am-3.00pm Tuesday to Thursday.



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.

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



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