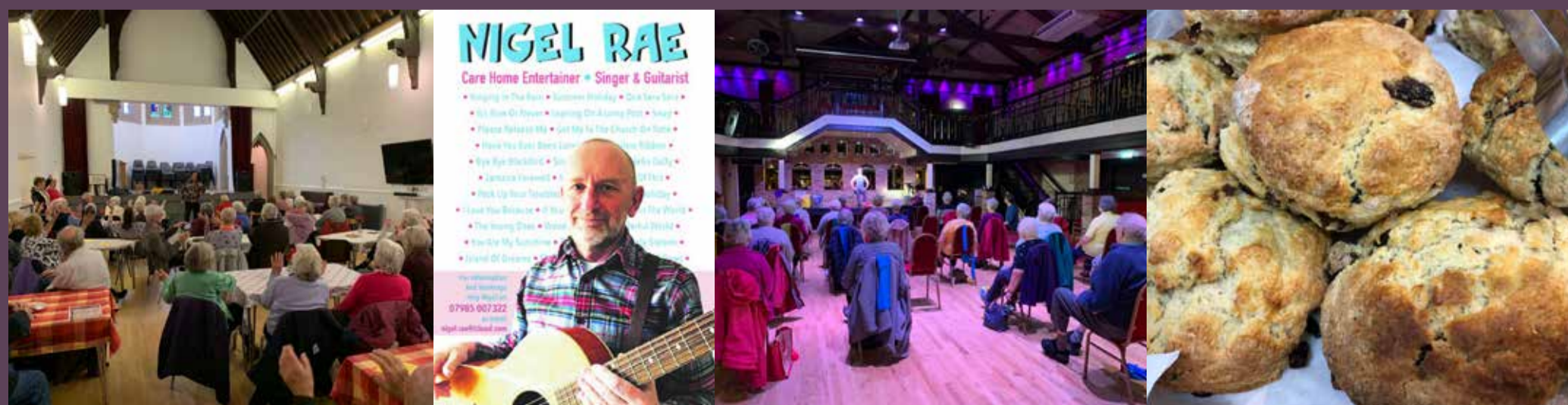


DATE	EVENT	TIME	LOCATION	PRICE
Mon 3rd				
Tue 4th	WiSErcise	10.00am-11.00am	Boston Spa Village Hall - Main Hall	£2 including refreshments
	Home Instead Companionship Café	2.00pm-4.00pm	St James' Church, Wetherby	£3 - To book, phone Home Instead on 01937 220510
Wed 5th				
Thur 6th	Craft & Chatter - Gift of Time Boxes	10.30am-12.30pm	Boston Spa Village Hall - Meeting Room	£3 including refreshments
	NO CHAIROBICS / AEROBICS			
Fri 7th	Line Dancing	10.15am-12.00pm	St Joseph's Church Hall, Westgate, Wetherby	£3 including refreshments
Mon 10th				
Tue 11th	WiSErcise	10.00am-11.00am	Boston Spa Village Hall - Main Hall	£2 including refreshments
Wed 12th	Community Event - Wellbeing	2.00pm-5.00pm	Boston Spa Village Hall - Main Hall	FREE ENTRY
Thu 13th	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£2 for one class, or add an extra £1 to do both classes. Includes refreshments
	Craft & Chatter - Gift of Time Cards	10.30am-12.30pm	Boston Spa Village Hall - Meeting Room	£3 including refreshments
Fri 14th	Line Dancing	10.15am-12.00pm	St Joseph's Church, Westgate Wetherby	£3 including refreshments
Mon 17th				
Tue 18th	WiSErcise	10.00am-11.00am	Boston Spa Village Hall - Main Hall	£2 including refreshments
Wed 19th	Elderberries with Nigel Rae	1.30pm-3.30pm	St Joseph's Church, Westgate Wetherby	£3 including refreshments
Thur 20th	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£2 for one class, or add an extra £1 to do both classes. Includes refreshments
	Craft & Chatter - Cross Stitch Keyring	10.30am-12.30pm	Boston Spa Village Hall - Meeting Room	£3 including refreshments
Fri 21st	Line Dancing	10.15am-12.00pm	St Joseph's Church, Westgate Wetherby	£3 including refreshments
Mon 24th				
Tue 25th	WiSErcise	10.00am-11.00am	Boston Spa Village Hall - Main Hall	£2 including refreshments
	Bingo & Fun	2.00pm-4.00pm	Wetherby Sports Association, Lodge Lane, LS225FN	£3 including refreshments
Wed 26th				
Thur 27th	Chairobics Aerobics	10.30am-11.15am 11.30am-12.15pm	The Engine Shed, Wetherby	£2 for one class, or add an extra £1 to do both classes. Includes refreshments
	Craft & Chatter - Button Canvas Art	10.30am-12.30pm	Boston Spa Village Hall - Lantern Room	£3 including refreshments
Fri 28th	Line Dancing	10.15am-12.00pm	St Joseph's Church, Westgate Wetherby	£3 including refreshments
Mon 31st	Community Event - National Hot Chocolate Day	10.30am-12.30pm	Walton Village Hall, School Lane, LS23 7DW	FREE ENTRY



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

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. £2 for one class, or add an extra £1 to do both classes. With special thanks to our instructors Heather from Home Instead and Kat from Funky Jives.

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.

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 starts at 10.00am-11.00am at Boston Spa Village Hall - Main Hall. £2 including refreshments

If you're into crafts – we have the activity for you! **Craft & Chatter** is at Boston Spa Village Hall Meeting Room, every Thursday between 10.30am-12.30pm. £3 including refreshments. New theme each week – check the calendar for more information. Bring along your current craft project, or learn something new.

Join singer and guitarist Nigel Rae for our first **Elderberries of the year**. Nigel will be performing at St Joseph's Church in Wetherby, on Wednesday 19th January at 1.30pm-3.30pm. Entry costs £3 per person, which includes refreshments.

Legs eleven, number 11! The launch of our new **Bingo & Fun event** went down a storm in November. The next one will be on Tuesday 25th January from 2.00pm-4.00pm at Wetherby Sports Association. £3 includes refreshments.

We have **two Family Fun community events** in January. On Wednesday 12th January at Boston Spa Village Hall - Main Hall, 2.00pm-5.00pm - learn about healthy eating, fitness and complimentary therapy. There will also be kid's craft, goody bags, an entertainer and refreshments.

Then on the 31st, we are celebrating **National Hot Chocolate Day** with a taste-tastic event, held at Walton Village Hall, School Lane, LS23 7DW - 10.30am-12.30pm - which is open to all ages. Keep checking the website and social media for more information. During both events there will also be the chance for you to have your say about services for people in Wetherby and its surrounding villages, by filling in a quick questionnaire.

The **Home Instead Companionship Café** has changed to the 1st Tuesday of the month at the same venue - St James Church, Wetherby. January's event, with Stuart Atkins, is on 4th January from 2.00pm-4.00pm and costs £3. To book, phone Home Instead on 01937 220510..

Coffee Mornings

There are lots of coffee mornings coming up which are run by our amazing partners. The **Wetherby Methodist Church Coffee Morning** is every Wednesday from 10.00am-12.00pm. The **Thorner Coffee Morning for the over 60s** is every Thursday, between 10.00am-12.00pm, at Thorner Bungalow. And the **Bramham Community Coffee Morning** is held on the first Wednesday of the month (5th January) from 10.00am-11.30am, at Bramham Village Hall Church Hill.

Over the next few months lots more exciting activities will be added to our programme, more details can be found on our website www.w-ise.org.uk/calendar or by contacting **Debbie** on **01937 588994 / activities@w-ise.org.uk**

Keep up to date with our news!

The Winter issue of Wise Words is out now! To sign up, email melody@w-ise.org.uk

What services do you want from your neighbourhood?

Have you filled in our short survey yet?

Please ask Debbie for a copy. Alternatively, it can be filled in online, at www.w-ise.org.uk/survey-form or by scanning the QR code.



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