



WiSE

Wetherby in Support of the Elderly

Activities: September 2026

DATE	EVENT	TIME	LOCATION	PRICE
Tues 1st	NO Welcome Café			
	Falls Prevention Course	11.30am - 1.00pm	St Joseph's Parish Hall, Wetherby	REFERRAL ONLY
Weds 2nd	Move & Groove	1.30pm - 3.00pm	Boston Spa Village Hall - Jubilee Room	£5 including refreshments
	Forget Me Not cafe	1.30pm - 3.30pm	The Church Rooms, St James' Church, Wetherby	£4 - limited spaces open to existing MC attendees only
Thurs 3rd	NO Knit, Natter, Craft & Chatter			
	WiSE goes to Yorkshire Wildlife Park	9.30am	Cluster of Nuts car park	Tickets cost £25- See overleaf for details
	Steady Steps	1.30pm - 3.00pm	Boston Spa Village Hall - Main Hall	£5 including refreshments
Fri 4th	Line Dancing	10.15am - 12.00pm	St Joseph's Parish Hall, Wetherby	£5 including refreshments
Tues 8th	Welcome Café	11.30am - 1.00pm	Wetherby Town Hall	ALL AGES WELCOME
	Falls Prevention Course	11.30am - 1.00pm	St Joseph's Parish Hall, Wetherby	REFERRAL ONLY
Weds 9th	Move & Groove	1.30pm - 3.00pm	Boston Spa Village Hall - Jubilee Room	£5 including refreshments
	WiSE Memory Cafe	1.30pm - 3.30pm	The Church Rooms, St James' Church, Wetherby	£4 including refreshments - REFERRAL ONLY
Thurs 10th	Knit, Natter, Craft & Chatter - Decorated Notepads	10.30am - 12.30pm	Deepdale Community Centre, Boston Spa	£5 including refreshments
	Steady Steps	1.30pm - 3.00pm	Boston Spa Village Hall - Main Hall	£5 including refreshments
Fri 11th	Line Dancing	10.15am - 12.00pm	St Joseph's Parish Hall, Wetherby	£5 including refreshments
Tues 15th	Welcome Café	11.30am - 1.00pm	Wetherby Town Hall	ALL AGES WELCOME
	Falls Prevention Course	11.30am - 1.00pm	St Joseph's Parish Hall, Wetherby	REFERRAL ONLY
Weds 16th	Move & Groove	1.30pm - 3.00pm	Boston Spa Village Hall - Jubilee Room	£5 including refreshments
	Silver Social with Johnny Dee	1.30pm - 3.30pm	The Engine Shed, Wetherby	£5 including refreshments
Thurs 17th	Knit, Natter, Craft & Chatter - Pottery Painted Book Vases	10.30am - 12.30pm	Deepdale Community Centre, Boston Spa	£5 including refreshments
	Steady Steps	1.30pm - 3.00pm	Boston Spa Village Hall - Main Hall	£5 including refreshments
Fri 18th	Line Dancing	10.15am - 12.00pm	St Joseph's Parish Hall, Wetherby	£5 including refreshments
Tues 22nd	Welcome Café	11.30am - 1.00pm	Wetherby Town Hall	ALL AGES WELCOME
	Falls Prevention Course	11.30am - 1.00pm	St Joseph's Parish Hall, Wetherby	REFERRAL ONLY
Weds 23rd	Move & Groove	1.30pm - 3.00pm	Boston Spa Village Hall - Jubilee Room	£5 including refreshments
	WiSE Memory Cafe	1.30pm - 3.30pm	The Church Rooms, St James' Church, Wetherby	£4 including refreshments - REFERRAL ONLY
Thurs 24th	Knit, Natter, Craft & Chatter - Kinusaiga - Part 1	10.30am - 12.30pm	Deepdale Community Centre, Boston Spa	£5 including refreshments
	Steady Steps	1.30pm - 3.00pm	Boston Spa Village Hall - Jubilee Room	£5 including refreshments
	Boston Social with Damion	1.30pm - 3.30pm	Boston Spa Village Hall - Main Hall	£5 including refreshments
Fri 25th	Line Dancing	10.15am - 12.00pm	St Joseph's Parish Hall, Wetherby	£5 including refreshments
Tues 29th	Welcome Café	11.30am - 1.00pm	Wetherby Town Hall	ALL AGES WELCOME
	Falls Prevention Course	11.30am - 1.00pm	St Joseph's Parish Hall, Wetherby	REFERRAL ONLY
Weds 30th	Move & Groove	1.30pm - 3.00pm	Boston Spa Village Hall - Jubilee Room	£5 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!

Welcome Cafe is a donation based cafe open to everyone, all ages, every Tuesday from **11.30am-1.00pm**. It serves hot drinks, soup, rolls and cakes in a warm, safe environment at Wetherby Town Hall.
PLEASE NOTE - WE ARE CLOSED ON TUES 1st SEPT

Falls Management Exercise (FaME) involve a mixture of chair-based and standing strength and balance exercises which can be repeated at home for people with low mobility. The class is on Tuesdays from 11.30am-1.00pm at St Joseph's Parish Hall, Wetherby. **REFERRAL ONLY** - email activities@w-ise.org.uk to be added to the waiting list.

Move & Groove is a gentle cardio exercise class involving movement to music with Kat! The class is held at **Boston Spa Village Hall Jubilee Room**, on Wednesdays from 1.30pm-3.00pm. It costs £5 which includes refreshments.

We have a coach trip to **Yorkshire Wildlife park** on Thursday 3rd September. Tickets cost £25 per person which includes travel and entry to the park at a subsidised rate. Speak to Debbie for tickets. If attending please **arrive at Cluster of Nuts car park by 9.30am**.



Knit, Natter, Craft & Chatter is every Thursday at Deepdale Community Centre between 10.30am-12.30pm. Different craft each week - check the schedule for details. Feel free to bring your knitting or crochet too. £5 including refreshments. **PLEASE NOTE - there is no craft group on 3rd September.**

Steady Steps is our new exercise class for people who worry about falling, have had a fall, or want to feel safer when walking. The classes involve gentle exercise to help improve strength, balance and movement for those who worry about falling. Classes take place every Thursday from 1.30pm-3.00pm at Boston Spa Village Hall. It costs £5 to attend which includes refreshments. **Referral isn't needed for this class, just turn up on the day.**

Line Dancing with Ami takes place every Friday, from 10.15am-12.00pm at **St Joseph's Parish Hall, Wetherby**. It costs £5 which includes refreshments.

The **WiSE Memory Café** to support those living with dementia and their carers will be held on Wednesday 9th & 23rd Sept from 1.30pm - 3.30pm. **Forget Me Not café** - a respite session for carers - will be held on Wednesday 2nd Sept from 1.30pm-3.30pm. Forget Me Not has limited spaces and is open to existing Memory Cafe attendees only. All sessions are held at **The Church Rooms, St James' Church in Wetherby**. **REFERRAL ONLY** - Please phone WiSE before attending on 01937 588994.



The WiSE Owl Café at Boston Spa Village Hall is open 9am-3pm Tuesday to Thursday / 10am-3pm on Fridays.

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.

Men's Breakfast Club every Friday from 10am.



...with Johnny Dee
as Neil Diamond

WEDNESDAY 16TH SEPT - 1.30PM-3.30PM
THE ENGINE SHED, WETHERBY

£5 INCLUDING REFRESHMENTS. NO TICKET REQUIRED.
DOORS OPEN AT STRICTLY 1PM. BAR OPEN FOR DRINKS.
FRIES AND HOT AND COLD SANDWICHES AVAILABLE TO BUY FROM THE BAR



...with Damion

THURSDAY 24TH SEPT - 1.30PM-3.30PM
BOSTON SPA VILLAGE HALL

£5 INCLUDING REFRESHMENTS. NO TICKET REQUIRED.
DOORS OPEN AT 1PM.



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

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

Email: activities@w-ise.org.uk

Tel: 01937 588994