WiSE
Wetherby in Support of the Elderly

Activities:
November 2026

DATE	EVENT	TIME	LOCATION	PRICE
Mon 2nd				
Tues 3rd	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 4th	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 5th	Knit, Natter, Craft & Chatter - Poppy Candle Holders (Wk 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
Fri 6th	Line Dancing	10.15am - 12.00pm	St Joseph's Parish Hall, Wetherby	£5 including refreshments
Mon 9th				
Tues 10th	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 11th	WiSE Memory Cafe	1.30pm - 3.30pm	The Church Rooms, St James' Church, Wetherby	£4 including refreshments - REFERRAL ONLY
Thurs 12th	Knit, Natter, Craft & Chatter - Poppy Candle Holders (Wk 2)	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
Fri 13th	Line Dancing	10.15am - 12.00pm	St Joseph's Parish Hall, Wetherby	£5 including refreshments
Mon 16th				
Tues 17th	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 18th	Move & Groove	1.30pm - 3.00pm	Boston Spa Village Hall - Jubilee Room	£5 including refreshments
	NO Silver Social - see Xmas Social Thurs 26th Nov			
Thurs 19th	Knit, Natter, Craft & Chatter - Anything Goes	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
Fri 20th	Line Dancing	10.15am - 12.00pm	St Joseph's Parish Hall, Wetherby	£5 including refreshments
Mon 23rd				
Tues 24th	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 25th	WiSE Memory Cafe	1.30pm - 3.30pm	The Church Rooms, St James' Church, Wetherby	£4 including refreshments - REFERRAL ONLY
	WiSE Goes to the Races	11.30am - 4.00pm	Wetherby Racecourse	£5 including refreshments - TICKETS NEEDED
Thurs 26th	Knit, Natter, Craft & Chatter - Christmas Decorations	10.30am - 12.30pm	Deepdale Community Centre, Boston Spa	£5 including refreshments
	Christmas Silver Social with Kirsty Higgins - ABBA party	1.30pm - 3.30pm	The Engine Shed, Wetherby	£5 including refreshments - NO TICKET REQUIRED
	Steady Steps	1.30pm - 3.00pm	Boston Spa Village Hall - Jubilee Room	£5 including refreshments
Fri 27th	Line Dancing	10.15am - 12.00pm	St Joseph's Parish Hall, Wetherby	£5 including refreshments









CHRISTMAS CARDS

£3.50 for a pack of 10 cards. One design per pack.
On sale from WiSE Owl Cafe, our activities, the office or via email – activities@w-ise.org.uk

All profits from the sale of these cards will go towards subsidising our 2027 activities programme.

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

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.

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**!** From November, the class will be held fortnightly (rather than weekly) on Wednesdays at **Boston Spa Village Hall Jubilee Room** from 1.30pm-3.00pm. It costs £5 which includes refreshments.

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.



Steady Steps is an exercise class involving gentle exercises 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 Jubilee Room. It costs £5 to attend which includes refreshments. **Referral isn't needed for this class, just turn up on the day.**

WiSE goes to the Races on Wednesday 25th November. Arrival 11.30am, first race 12.46pm, last race 3.16pm. Times subject to change. Tickets cost £5 per person which are limited. Priority will be given to those who haven't attended before, Strictly over 60s in our catchment area only.

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 11th & 25th November from 1.30pm - 3.30pm. **Forget Me Not café** - a respite session for carers - will be held on Wednesday 4th Oct 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 for the community

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.







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