



WiSE

Wetherby in Support of the Elderly

MARCH ACTIVITIES

Meet Up Mondays Memory Café	MONDAY 02.03.20 09.03.20 16.03.20 23.03.20 30.03.20	Call 07899420052 for further details
The Nightingales 10.30am – 12 noon	TUESDAY 10.03.20	Methodist Church, Bank Street, Wetherby £3 Entry
Line Dancing 10.15am - 12pm	THURSDAY 05.03.20 12.03.20 19.03.20 26.03.20	Wetherby Sports Association £3 entry
Chairobics and Aerobics 10.30am – 11.15am 11.15am – 12.15pm	FRIDAY 06.03.20 13.03.20 20.03.20 27.03.20	The Wetherby £2/£3
Chatter And Batter 11.30am – 1pm	TUESDAY 17.03.20	The Wetherby £5
The Elderberries 1.30pm – 3.30pm	WEDNESDAY 18.03.20	The Wetherby £3
WiSE Work Out 1.30pm – 3pm	WEDNESDAY 11.03.20 TUESDAY 31.03.20	Boston Spa Village Hall £3
Knitting 1.30pm – 3pm	THURSDAY 05.03.20 12.03.20 19.03.20 26.03.20	Boston Spa Village Hall £2
Poetry 2pm – 3pm	THURSDAY 12.03.20 26.03.20	Boston Spa Village Hall £2
Ping Pong 1.45pm – 3.15pm	WEDNESDAY 25.03.20	St James Church Rooms £3

Venue Colour Code		The Wetherby
	Wetherby Sports Association	
	Methodist Church, Bank Street	
For details of the activities call Karen on 01937 588994 or email karen@w-ise.org.uk		

Information and Advice

WiSE provides an information and advice service covering issues relating to older people and those who care and support them. This could be benefits, how to find care providers, provision of detail of suitable support services, help with form filling etc. Contact Nicola on 01937 588994 or email nicola@w-ise.org.uk



the WiSE owl
Café for the community

We're open at Boston Spa Village Hall, High St. LS23 6AA

9.00am – 3.00pm Tuesday to Thursday

The café has free parking at the rear of the village hall and FREE WIFI inside

Transport

We will take you to the shops, doctors, social events or to visit friends and family. Please call WiSE Transport Booking Line Tuesday – Thursday between 10am and 3pm on 01937 222066 or email transport@w-ise.org.uk

WiSE Meet up Monday Memory Café

Wetherby Methodist Church, Bank Street Every Monday afternoon 1pm – 4.00pm

If you would like to attend the Memory Café please call Meghan and/or Natalie from Over the Rainbow prior to attending so that initial paperwork can be completed on arrival at the café. Tel 07899 420 452

Come to The Elderberries Spring Social!

Something a little different.....A talk on the history of an afternoon tea, including ...an afternoon tea!!

Wed 18th March from 1.30pm – 3.30pm

***This is a ticket only event* - contact Karen for tickets £5 each**

None of us like to think about death-our own or anyone else's, but along with birth is the only thing we can all be sure will happen to us.

Charities like Wetherby in Support of the Elderly rely heavily on donations and one way you could continue to help us, even after death, is by leaving us a gift in your will or informing your family you would like to leave us a donation.

Even a small donation helps us to continue our mission to ensuring that no older person in our area is left alone or uncared for. Thank you.