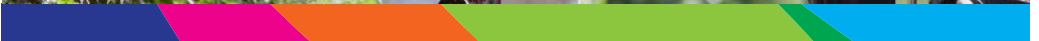


What's on at Age UK West Lancashire?



Age UK provide opportunities for older people living in West Lancashire, where you can meet and socialise and learn new skills. Everyone is welcome to come to all our activities.

SKELMERSDALE LUNCH CLUBS

Ecumenical Centre

Tuesday

12.00pm - 2.00pm

The Dell - Upholland

2nd and 4th Thursday of every month

12.00pm - 2.00pm

Victoria Court, Skelmersdale

3rd Tuesday of every month

12.00pm - 1.00pm

DAY CARE HESKETH BANK

Mondays

9.30am - 3.30pm

Old Skelmersdale

Wednesday

9.30am - 3.30pm

Ormskirk

Thursday -

9.30am - 3.30pm

Enhancing quality of life for older adults for more details contact the team on 01695 586515.

Dementia Community Links

Is a service to enable individuals in West Lancashire with memory problems or a Dementia diagnosis to maintain or redevelop daily living skills, have opportunities to be involved in educational, leisure or creative activities and be supported in maintaining or developing contacts in their own community.

For more information contact Caroline on 0300 303 1234 or call into the Ormskirk office.

**ORMSKIRK WELLBEING CENTRE,
MOORGATE ORMSKIRK**

MONDAYS

Line Dancing

10.00am - 12.00pm - Beginners
welcome

TUESDAYS

Lunch Club

2 course Lunch with Tea/Coffee -
12.00pm -1.00pm

Keep Fit have fun to music

9.45am - 10.45am

Chair Based Exercise

11.00am - 12.00pm

Singing For Fun

1.00pm - 2.00pm

**Painting - Beginners welcome -
fully qualified instructor**

2.00pm -4.00 pm

Special event Health Watch Event

5th July Time 1.00pm - 2.00pm

WEDNESDAYS

Tea Dance -

Call for dates

1.30pm - 4.00pm

Dementia Cafe

Last Wednesday of the month

10.00am - 12.00pm

All welcome!

THURSDAYS

Line Dancing

6.30pm - 8.30pm

Beginners welcome

FRIDAYS

Computers For Beginners

10.00am - 12.00pm

Crafts - 9.45am -11.45am

1st,3rd and 5th Friday of each month,
bring your craft work - have a natter.

**Lunch club with Film - 1.00pm -
4.00 pm**

1st & 3rd Friday of each month

**Lunch club with Bingo - 1.00pm -
4.00 pm**

2nd & 4th Friday of each month

SATURDAYS

Line Dancing

10.00am - 12.00pm

Wellbeing Day

Last Saturday of the Month at the
centre 1.00pm until 5.00pm

SUNDAYS

Ormskirk Christian Fellowship

Meeting from 10.30 until 1.30pm

**Please contact our booking team
Ann and Gary on 01695 586 507**

**If you wish to hire the Hall our
hourly rate is £15.00 per hour.**

**For all enquiries regarding Age UK
Services please call 0300 303 1234
or 01695 586 507.**

**Wellbeing Centre
Moorgate
Ormskirk
L39 4RY**

We change our activities regularly so
please call to find out more.

