



Programme of Activities - Wellbeing Winsford Week 2018

MON

10am - 1pm - Launch Party - The Dingle Centre - FREE
10am - 12pm & 1pm - 3pm - Bush Craft for Adults - Weaver Valley Parkway - FREE
10.45am - 11.45am - Let's Dance - Winsford Library - £3.50 Cost
12pm - 2pm - Save the baby event (Baby First Aid) - Winsford Lifestyle Centre - FREE - Call 01606 550700 to book as spaces limited
1pm - 3pm - Action on Cancer Awareness workshop - Room G6 Wyvern House - FREE
1pm - 5pm - Mindfulness Activities for all ages - Winsford Library - FREE
1.45pm - 2.30pm - Exercise Safely Session - Lifestyle Centre - FREE - Call 01606 550700 to book as criteria applies
2.15pm - 4.15pm - Save the baby event (Baby First Aid) - Winsford Lifestyle Centre - FREE - Call 01606 550700 to book as spaces limited
4pm - 5pm - Lung Health Spirometer Testing - Winsford Lifestyle Centre - FREE
6pm - 8pm - Adult Resus/First Aid Session - Winsford Lifestyle Centre - FREE - Call 01606 550700 to book
7.30pm - 8.15pm - Line Dancing (intermediate) - Dingle Centre - £3 Cost
8pm - Netball Now - Winsford Lifestyle Centre - £3.50 cost (over 16s only)
8.30pm - 10.00pm - Line Dancing (advanced) - Dingle Centre - £3 Cost

TUES

10am - 12pm - Gardening For All - Wharton Recreation Ground - FREE
10am - 12pm - Children's Cooking session - New Images - FREE - Joint initiative with Playscheme
10am - 12pm - Healthy Fun and Games - Wharton Library - FREE - Joint initiative with Playscheme
10am - 12pm - Arts and Craft Drop-In - Crosshatch Art Gallery - FREE - Can drop in but booking advisable by calling 07582 147653
12.15pm - 1pm - Exercise Safely Session - Lifestyle Centre - FREE - Call 01606 550700 as criteria applies
1pm - 3pm - Gardening For All - Wharton Recreation Ground - FREE
1pm - 3pm - Arts and Craft Drop-In - Crosshatch Art Gallery - FREE - Can drop in but booking advisable by calling 07582 147653
4pm - 5pm - Lung Health Spirometer Testing - Winsford Lifestyle Centre - FREE
5pm - 5.4pm & 6pm - 6.45pm - Relaxation Drop-In - Vale House Resource Centre, next to Winsford Library - FREE

WEDS

10am - 12pm - Healthy Fun and Games - Wharton Library & New Images - FREE - Joint initiative with Playscheme
10am - 12pm - Arts and Craft Drop-In - Crosshatch Art Gallery - FREE - can drop in but booking advisable by calling 07582 147653
12.15pm - 1.15pm - Tai Chi taster session - Lifestyle Centre - FREE
12.30pm - 1pm - Wyvern Walk - Meet Wyvern House Reception - FREE
12.30pm - 2.30pm - Bullet Journalling - Winsford Workzone, (1st floor Verdin Exchange) - FREE
1pm - 3pm - Arts and Craft Drop-In - Crosshatch Art Gallery - FREE - can drop in but booking advisable by calling 07582 147653
1pm - 3pm - Forest Schools for Families - Weaver Valley Parkway - FREE - Must be booked in advance. Call David on 07795596911
1.30pm - 2.15pm - Movers and Shakers for under 5s - Lifestyle Centre - FREE
1.45pm - 2.4pm - Under 16s Free Swim - Lifestyle Centre - FREE
2pm - 4pm - Knit and Natter - Winsford Library - FREE
4pm - 6pm - Bike Marking and Xbox Challenge - Winsford Lifestyle Centre - FREE
4pm - 5pm - Lung Health Spirometer Testing - Winsford Lifestyle Centre - FREE
5pm - Walking Football - Winsford Lifestyle Centre - £3 Cost

THURS

10am - 1pm - Sign up to "Get Healthy online" - Asda Winsford - FREE
11.30am - 12.30pm & 1pm - 2pm - Hand Reflexology Taster session - Marina Building - FREE - Call Laura to book on 07729794148
12.00pm - 1.00pm - Dance and Parkinsons - Winsford Library - FREE
1.00pm - 2.30pm - Family Buggy Walk - Wharton Children's Centre - FREE - Supported by Brio Leisure-
2pm - 3.30pm - Tea Dance - Dingle Centre - FREE
4pm - 5pm - Lung Health Spirometer Testing - Winsford Lifestyle Centre - FREE
7.30pm - 8.30pm - Hand Reflexology Taster session - Marina Building - FREE - Call Laura on 07729794148 to book

FRI

10.00am - 11.00pm - U3A Dance and Fitness - Winsford Library - FREE
10am - 12pm - Nordic Walking Taster session - Weaver Valley Parkway - FREE - Call Paul on 01244973780 to book
10am - 12pm - Gardening For All - Wharton Recreation Ground - FREE
10am - 3pm - Wellbeing Fair - Winsford Cross Shopping Centre - FREE
1.45pm - 2.45pm - Under 16s Free Swim - Lifestyle Centre - FREE

SAT

10am - 3pm - Wellbeing Fair - Winsford Cross Shopping Centre - FREE

SUN

11am - Walk, Talk and Eat - Over 50s Sunday stroll followed by lunch at the Red Lion - Meet in the Red Lion car park at 11am - booking not required but contact Linda on 07939106803 for more information.