

# Festival of ageing

Activities in Westhoughton for anyone aged 50+

**Monday 2nd July**

**Service info/Volunteer  
Recruitment**

**10.00 am - 4.00 pm**

**Venue: Westhoughton Post  
Office, Market St.**

**Monday 9th July**

**Service info/Volunteer  
Recruitment**

**10.00 am - 4.00 pm**

**Venue: Westhoughton Post  
Office, Market St.**

**Tuesday 3rd July**

**Chair Based Exercise  
12.30pm - 1.15 pm**

**Knit-2-Gether  
1.30pm - 3.30pm**

**Electronic Device Support  
with Westhoughton High  
School 1.30pm 3.30pm**

**Venue: Sacred Heart Church,  
Lord Street**

**Tuesday 10th July**

**Chair Based Exercise  
12.30pm - 1.15pm**

**Knit-2-Gether  
1.30pm - 3.30pm**

**Venue: Sacred Heart Church,  
Lord Street**

**Film Night "The Second  
Marigold Hotel" 6.00pm  
-8.30pm**

**Venue: Winifred Kettle Centre**

**Tuesday 3rd July**

**Pamper Evening with Body  
Shop 6.15pm - 8.30pm**

**Venue: Winifred Kettle Centre**

**Thursday 12th July**

**Westhoughton Golf Club  
01942 811085**

**Meet 12.30pm for tea/coffee**

**1.00pm - 4.00pm try your hand  
at:**

**Putting Competition  
3 hole Pitch & Putt  
6 hole taster session**

**Casual wear, comfy shoes or  
trainers**