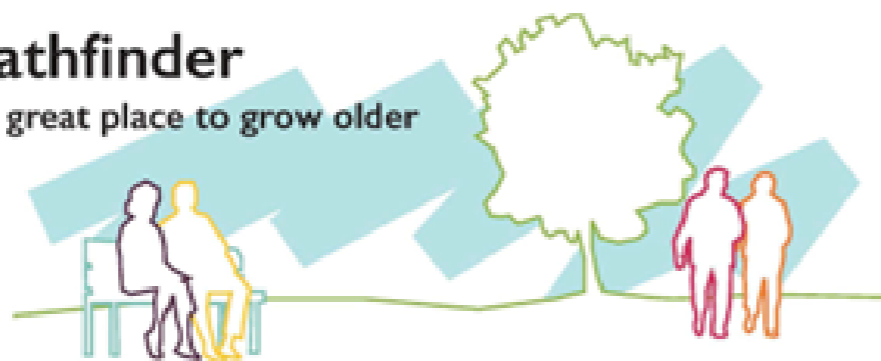


Ageing in Place Pathfinder

Making Greater Manchester a great place to grow older



Community Calendar

What is going on in your area?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Morning	<p>09:30- 11:30: Breakfast Club – Light House, Northumberland Road</p> <p>10:30-12:00: Knit & Natter, Light House.</p> <p>10:30-12:00: AGE UK Walk in the Vale – meet at Hollow end Towers.</p> <p>Warm Space at the Light House 9:30 – 2:30</p>	<p>09:00-10:00: Litter Picking at Brinnington Park.</p> <p>10:00 to 11:00: IWIT Table Tennis – Life Leisure</p> <p>11-12:30: Coffee and Bingo, Life Leisure</p>	<p>09:30-11:30: Mums & Toddlers, Light House</p> <p>9:30- 11:30: S.E.N.D. Coffee Morning.</p> <p>10-2pm: Citizens Advice Drop in, Community Hub</p> <p>10-4pm: Job Fit drop in, Community Hub</p>	<p>09:30-11am: Coffee Morning, St Lukes Church Hall</p> <p>10:30: Age Friendly Coffee Morning – Life Leisure</p> <p>11-2pm: Community Art Group, First House</p> <p>09:30-12pm: Lighter at the Light-house.</p>	<p>9:30-11:30: AIPP Yoga for All, St Lukes Church Hall.</p> <p>10:00 to 2:00pm: Women's Mental Health – The Hub</p> <p>11-12pm: Community Free Gym Session, Life Leisure</p>	<p>11:00 to 12:00pm: Brinnington Savers – The Hub</p>		
Afternoon	<p>1:30-2:30 Bible Studies, Light House.</p> <p>12:30 to 1:30pm: IWIT Walking Football – Life Leisure</p>	<p>12:30 – 2pm, Warm Space and hot meal, Life Leisure.</p> <p>2:30-5pm: AIPP Digi-Hub and Warm Space, Life Leisure (Every Other Week)</p> <p>1:30-4pm: BAGS, Community Centre, Hereford Road.</p>	<p>12:00- 3:30pm: Food Bank and Drop in Café – Light House</p> <p>1:00-3:30pm: AIPP “Pop Up”, Light House</p>	<p>12:00pm: Men's Wellbeing Banter and Brew – The Hub (07495 990486)</p> <p>12:15-1pm: Armchair Exercise, Light-house 1-2:30pm: Warm space with healthy meal option.</p> <p>1-3pm S.E.N.D., Life Leisure (alternate weeks)</p>				
Evening		<p>6pm – 8pm Community Art and Well-being Group,</p>	<p>7-9pm: Bingo, Community Centre, Hereford Road.</p>	<p>5:00pm: Rock Stars and Galaxy Clubs – Community Church</p>				

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

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Community Calendar

What is going on in your area?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	10:30 to 12:30pm: IWIT Badminton – Life	10:00 to 11:00: IWIT Table Tennis – Life Leisure	10:30 to 11:30: IWIT Confidence Walk – Life Leisure	10:00: Drop in Health Session ‘Lighter at the Lighthouse’ – Community Church	10:00 to 11:00: IWIT Table Tennis – Life Leisure 11:00: Free Gym Sessions – Life Leisure		
Afternoon			1:00 to 2:00pm: IWIT Ladies Walking Football – Life Leisure	12:00pm: Armchair and Breathing Exercises – Community Church	10:00 to 12:00pm: IWIT Badminton – Life Leisure		
Evening							