

Inspired Taskforce

Summer Programme for 50+

Starting from 17th May 2021

Monday	Discussion Group 10am - 1pm	11.30- 12.30pm Discussion Group facilitated by Ria. Lively and stimulating discussion on a topic chosen by members.	Cringle Suite at Levenshulme Inspire
	1:30pm - 4pm	2.30pm - 4pm for 6 weeks Join the Reading Room with local crime writer Chris Simms. Chris will read aloud short stories for general debate and enjoyment. (17th May, 24th May, 7th June, 14th June, 28th June, and 5th July). Supported by the Royal Literacy Fund.	Cringle Suite at Levenshulme Inspire
Tuesdays	Exercise and Eat 10am-1pm	10.30 - 11.30am Chair based exercise (£2). Set to a soundtrack of the 60's, Claire leads the group in seated exercise to stretch and tone those extremities. Followed by a quiz from Roy and a round of Bingo.	Cringle Suite at Levenshulme Inspire
	Paint Club 1.30pm-4pm	Creative Afternoon - we get the paints, pens and paper out to explore our artistic sides.	Cringle Suite at Levenshulme Inspire
	From 1 st June	4 weeks of <u>film-making workshops</u> with Maria, using the Royal Northern College of Music's archives for inspiration (6 places - need to be pre-booked - see Kate- Dates: 1 st June, 8 th June, 15 th June, 22 nd June).	Cringle Suite at Levenshulme Inspire
Thursdays	Exercise and Eat 10am-1pm	10.30 - 11.30am Chair based exercise (£2). Set to a soundtrack of the 60's, Claire leads the group in seated exercise to stretch and tone those extremities.	Cringle Suite at Levenshulme Inspire
	In June 10.30am-12pm	Spoken word, music and poetry workshops using the using the Royal Northern College of Music's archives for inspiration facilitated by local musician Claire Mooney and Erica from EnjoyArts (6 places - need to be pre-booked for the 3rd, 10th, 17th & 24th June - see Kate)	Greenbank Suite at Levenshulme Inspire
	Radio Show 12pm-1.30pm	Make a radio show with the help of Jane from ALL FM. No prior knowledge is required, just enthusiasm and ideas.	ALL FM offices Levenshulme Old Library
	Computer Buddies 2pm - 5pm	Don't let new technology pass you by, drop-into our Computer Buddies sessions led by Paul and James - who explain what it all means and show you what to do. Learning at your own pace.	Northmoor Community Centre.

Day Trip to Cleveleys

Thursday 8th July

£15 per coach seat

Depart Inspire at 10am, Return from Cleveleys at 4pm

Cleveleys is on the Flyde coast, just up from Blackpool and has a wide accessible promenade along the beach and plenty of gift shops, fish & chips and cafes.

Sounds of the Sixties Concert

Sunday 25th July, 2pm - 5pm at the Klondyke Club, 1 Burnage Range, Levenshulme, M19 2HQ

£10 per ticket (includes free raffle ticket)

Performing for us will be local 7 piece band Silhoutte, A professional live 60s band with a unique and versatile individual song sound. All mature performers themselves, they will get you up and rocking & rolling and singing along to many familiar tunes of the 60's. Please feel free to come dressed in the 60's style.

Fundraiser for the Inspired Taskforce

The Artful Codgers - back by popular demand (date and venue to be confirmed asap)

Venue: Northmoor Community Centre

Address: 95-97 Northmoor Rd, Levenshulme, Manchester M12 5RT

Venue: Levenshulme Inspire Centre

Address: 747 Stockport Rd, Levenshulme, Manchester M19 3AR

Venue: Levenshulme Old Library

Address: Cromwell Grove, Levenshulme, Manchester M19 3QE

For any bookings or enquiries, you can contact:

Kate or Paul

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