

March 2024-April 2024 Programme

Monday	Discussion Sessions 11:00am-12:30pm	Discussion Sessions with Ria - Weekly topics of interest to discuss in a group followed by Mark's fabulous lunch specials. Activity is for free; & lunch price varies, provided by Bluebell.	The Blue Bell Inn 170 Barlow Road M19 3HF (Bus No.172 stops outside)
	Happy Mondays 2:00pm-3:30pm	Friendly afternoons in the café with arts and craft; knitting & painting, board games & Wii games; table tennis & more! Equipment provided; no prior skills needed (Peer led). Cost: FREE	Levenshulme Inspire - 747 Stockport Road, M19 3AR
Tuesday	Exercise Session 10.30am - 12:00pm	10.30am - 11.30am Chair based exercise. Set to a soundtrack of the 60's, Clare leads the group in seated exercise to stretch & tone those extremities. Followed by a quiz from Roy & a round of Bingo & Raffle. Dance class: £3.00	Levenshulme Inspire, 747 Stockport Road, M19 3AR
	Choir 1:00pm - 2:00pm	Choir Sessions with Charlotte - Sing for fun and enjoyment, beginners always welcome. (Cost: FREE)	
	Mindful Movements 2:15pm-3:15pm	Improve your health and achieve a relaxed state of mind with our fantastic chair-based yoga exercises lead by Amanda! Fee: £3.00.	
Wednesday	Book Club 1:00pm-2:30pm	Monthly Book Club for Mature Readers. Each month a different book will be supplied by the library for reading in advance of the sessions. We meet every first Wednesday of the month (6 th March 2024 & 3 rd April 2024) - Cost: FREE	Arcadia Library & Leisure Centre - Yew Tree Ave, Levenshulme, M19 3PH
Thursday	Exercise 10:30am-12:00pm	10.30am -11.30am Chair based exercise. Set to a soundtrack of the 60's, Clare leads the group in seated exercise to stretch & tone those extremities. Followed by a quiz from Roy & a round of Bingo & Raffle. £3.00 Exercise class.	Levenshulme Inspire 747 Stockport Road, M19 3AR
	Radio Show 1.30pm-3.30pm	Make a radio show with the help of Jane from ALL FM. No prior knowledge required enthusiasm and ideas. Radio shows are on air on Tuesdays at 2pm on ALL FM 96.9. Cost: FREE	Levenshulme Old Library, Cromwell Grove, M19 3QE
Friday	Computer Buddies 1:00pm-3:00pm	Don't let new technology pass you by, drop into our Computer Buddies sessions led by Paul & James - who explain what it all means & show you what to do. Learning at your own pace. Fee: £3.00.	Levenshulme Inspire, 747 Stockport Road, M19 3AR
Sunday	Sunday Lunch 12:00pm-3:00pm	Come and enjoy our monthly Sunday Lunches provided by Paul! A three-course meal for only £8.00 (vegetarian option available). Food is served between 1.00pm-1.30pm. Please book in advance with Paul. Next Sunday Lunch: 21 st April 2024.	422 Community Hub -422 Stockport Rd, Longsight, M124EX

For more information, please contact us on 0161 676 8450

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