

July-August 2026 Programme for Over 50's

Monday	Happy Mondays 2:45pm-4:30pm	Who says Mondays have to be dull? We got a lineup of activities guaranteed to unleash your creativity in our Creative/Arts Workshops . Please ask staff members about upcoming craft/arts workshops or check our upcoming extra activities programme (FREE)	Levenshulme Inspire 747 Stockport Road, M19 3AR
Tuesday	Chair Dance Exercise 10.30am – 12:00pm	Join us for a fun chair-based exercise session with Clare, set to the lively tunes of 60s! (Price £4.00). Go at your own pace in this relaxed & fun workout. Stay after for bingo, raffle & a quiz from Roy! Don't miss out on a morning full of energy, laughter, & great company! Try our free taste session!	Levenshulme Inspire 747 Stockport Road, 3AR
	Choir 1.00pm-2.00pm	Choir Sessions with Charlotte - Sing for fun and enjoyment, beginners always welcome (FREE).	
	Mindful Class 2:15pm-3:15pm	Improve your health & achieve a relaxed state of mind with our gentle breathing and chair-based yoga exercises (FREE JULY-AUGUST!) Every 1st and 3rd Tuesday of the Month.	
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 (1st July and 5th August).	Arcadia Library Yew Tree Ave, Levenshulme, M19 3PH
Thursday	FREE Advice & Guidance 10.00am-12:00pm	Struggling with housing, healthcare, benefits? Need to renew or apply for a Blue Badge or bus pass? We offer friendly, confidential support for people over 50s. Please book an appointment before visiting.	Levenshulme Inspire 747 Stockport Road, M19 3AR
	Chair Dance Exercise 10:30am–12:00pm	Set to a soundtrack of the 60's, Clare leads the group in seated exercise to stretch & tone those extremities. Followed a round of Bingo & Raffle, and a quiz from Roy (Exercise class is £4.00).	
Friday	MEN's Breakfast Club 10:30am-12:00pm	Welcoming space for men to connect, receive support, & improve your wellbeing. Enjoy a healthy, free breakfast while reducing at-home expenses & meeting new people in a positive, supportive environment that promotes better happiness & mental health.	NEW LOCATION: Arcadia Library Yew Tree Ave, Levenshulme, M19 3PH
	Digital Buddies 1:00pm-3:00pm	Unlock the digital world! Don't feel left behind by technology, join our sessions, a FREE friendly 1-1 support to help you gain confidence in using digital tools for everyday life. No question is too small; we are all here to learn together.	
Sunday	Sunday Lunch 1:00pm-3:00pm	Are you looking for a warm and welcoming place to enjoy a delicious meal & meet new friend? Enjoy a 3-course meal for only £10.00 (vegetarian option available). Food is served from 1:20pm. Please prebook in advance with us. Next dates: 19 th July and 16 th August. July's Sunday lunch will be at the Noor Masjid Mosque. 	Levenshulme Inspire 747 Stockport Road, M19 3AR

TRY OUR FREE FIRST TASTER SESSION FOR NEW ATTENDEES

For more information, please contact us on 07724 713563 Email: tatiana.guzman@inspiredtaskforce.co.uk
Website: <https://www.inspiredtaskforce.co.uk/> Facebook <https://www.facebook.com/InspiredTaskforce/>

The Inspired Taskforce is a registered charity in England & Wales. Charity Number: 1206639

Welcome to the Taskforce

If you are a regular member, hi again!

If you are new—welcome to our Taskforce family.

If you are joining us for the very first time, we would like to invite you to enjoy any of our weekday activities (Monday-Friday) free for one week. This is a great way to try things out, meet people, and see what our group is all about. Our groups aren't just about activities; they're about building friendships, social connections, and a supportive community, which we know are so important for wellbeing.

The Inspired Taskforce began as a small but determined initiative focused on addressing the growing challenges faced by older residents in our communities. As neighbourhoods became less age-friendly, our mission was clear: *“Creating a better world for older people”*. For several years, we were *run by Levenshulme Inspire*. *In 2021, we became independent from Levenshulme Inspire. Although our names are similar, we are now two completely separate organisations, each with its own focus and projects.* In 2024, we proudly *registered as a charity* in our own right. Today, we continue to deliver impactful community projects & support services for older residents. Through social groups, advocacy, education, and care, we continue to create a better world for older people.

While our public-facing activities are well attended and appreciated, some of our impact also happens quietly, behind the scenes; in moments of compassion, care, and responsibility that go far beyond our official duties. These small but impactful actions improve quality of life, independence, and personal safety for those who often struggle to manage alone.

Some of our activities have a small fee, this is only because the Inspired Taskforce is an independent charity. These contributions help us cover the costs of room hire, facilitators, and running activities, so we can keep them going. That said, we never want cost to be a barrier. *If cost is a concern, please just let us know. Nobody will ever be excluded. Our aim is simple: to see older people thrive, connect, and excel.*

If you'd like to find out more, you can always contact Tatiana or Paul on 07724 713 563. We also rent an office at Inspire Centre (747 Stockport Road, Levenshulme - Opposite the North Levenshulme Post Office), and you're always welcome to drop in for a chat, advice, or a bit of extra support.

You can also find us on **Facebook and Instagram**, just search **Inspired Taskforce** to see photos, videos, and stories from our activities, and to *keep up with our upcoming events, trips and activities*. It might give you a feel for the fun and friendships that await!