



MANCHESTER CARES

Here's a list of our free Social Clubs for **people aged 65 and over**. All our events are hosted by younger people in their 20s and 30s who want to meet you and hear your stories.

Each event is free and refreshments will be provided.

If you would like to book on to any of these clubs, please call Lauren on
0161 207 0800



Wednesday 1 May, 3-4.30pm: Chair Based Exercise for Women – LONGSIGHT

Longsight Library, 519 Stockport Rd, Manchester M12 4NE. Bus routes: 192, 197, 191, 150, 734, 702, 53

Come along to meet some new friends and take part in some simple chair-based exercise routines. At the moment this club is for women only.

Thursday 9 May, 1-3pm: Songwriting Workshop – MOSS SIDE

St James' Church, Princess Road, Moss Side, M14 4TH. Bus routes: 101, 102, 103, 108, 755, 733, 111, 44, 720, 15

Join musicians from the Camerata Orchestra at this new series of exciting workshops that will introduce you to making music and writing songs. No musical experience needed – just a great chance to have fun and try something new! Full dates are: 9 May, 20 June, 11 July, 22 August - but even if you can't make every session, we'd still love you to attend!

Monday 13 May, 6.30-8pm: Desert Island Discs – ANCOATS

Victoria Square, Oldham Road, Ancoats, M4 5DX. Bus routes: 24, 74, 76, 83, 114, 180, 181, 182, 184, X84

Like the radio show of its namesake, come and share a song and why it's meaningful to you. This month our theme is Smile/Laughter - we want to hear those tunes that make you giggle, or that bring back an amusing memory!

Tuesday 14 May, 5.30-8.30pm: Film Night – MILES PLATTING

Butler Court, Gunson Street, Miles Platting, M40 7UW. Bus routes: 24, 83, 114, 180, 181, 182, 184, 726

Join us for a film, some popcorn and a catch up. This month we'll be watching Hidden Figures - the incredible & inspiring untold true story about three women at NASA who were instrumental in one of history's greatest operations.

Thursday 16th May, 5.30-7.30pm: Dance Club: Line Dancing!

MILES PLATTING/COLLYHURST (limited transport can be provided)

St George's Youth and Community Centre, Livesey Street, Collyhurst, M4 5HF.

Bus routes: 24, 83, 114, 180, 181, 182, 184, 726

Each month our dance club will have a different theme and dancing style – this month join younger neighbours for some **line dancing**, led by Wild Bill Hancock! No experience needed, and if you'd prefer to just come and soak up the atmosphere – that's fine too. There is some transport available for those who would otherwise be unable to attend, so please give Amy a call to book your place and to arrange pick up/drop off. Amy will be running this club.

Wednesday 22nd May, 4pm-6pm: Salsa & Tapas – CITY CENTRE

Revolución de Cuba, 11 Peter St, Manchester M2 5QR. Bus routes: 1 & 2 (free bus), 191 or a short walk from St Peters Square tram stop

Show us your moves with a Salsa class and enjoy some Latin inspired tapas dishes. No experience needed! Revolución de Cuba Manchester is a stunning two floor cocktail bar and cantina just off Manchester's Deansgate. **Places are limited so please call a member of the team on 0161 207 0800 to book your place.** Amy will be running this club.

Tuesday 28 May, 5-7pm: Pub Quiz – ANCOATS

Crown & Kettle, 2 Oldham Rd, Manchester M4 5FE. Bus routes: 24, 74, 76, 83, 180, 181, 182, 184, 216, 217, 231, X84 or a short walk from Piccadilly Gardens

Join us for our popular pub quiz. Teams will be formed on arrival – just bring yourselves and your competitive edge.

Friday 29 May, 2-4.30pm: Business Visit and Technology Workshop - SALFORD QUAYS

AJ Bell, 4 Exchange Quay, Salford M5 3EE. Metrolink (Blue Line) to Exchange Quay. Please call Lauren to discuss transport routes.

The team at AJ Bell, one of the UK's largest investment platforms invite you along to their workspace at Salford Quays, to learn about what they do, and then take part in a Technology Workshop, where you can either bring along your phones/laptops/gadgets or a computer will be provided. **Places are limited so please call a member of the team on 0161 207 0800 to book your place.**

Friday 31 May, 1-3pm: Cooking Club - HULME

Aquarius Community Centre, 21 Eden Cl, Hulme, Manchester M15 6AX. Bus routes: 85, 86, 44, 101, 102, 103

Join younger neighbours to cook up some tasty treats in the kitchen. All materials will be provided but let us know in advance if you have any dietary requirements - and bring along a Tupperware to take the delicious food home if you have one!

Please call Lauren to book onto any of these activities on 0161 207 0800

Did you know....



We also run a programme called **Love Your Neighbour?** It connects and younger neighbours to spend a little time one-to-one and build meaningful friendships.

We have lots of younger volunteers who are waiting get to know their older neighbours. So if you would like to be involved, or you know someone aged over 65 who would enjoy spending an hour or two each week getting to know a younger neighbour, then please do let us know!