



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. Clubs with limited capacity have a lottery system in place to make sure it is as fair as possible. If places for a club are allocated via a lottery, we mark this clearly on the programme, along with the date in which we'll draw names out of the hat. If you are successful in the lottery we'll call and let you know, if you don't hear from us then it means that on this occasion you haven't been successful.

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

Monday 4 March, 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 **gig/concert memories!**

Thursday 7th March, 1-3pm: A Stay-cation – WHALLEY RANGE

St Edmund's Church, 3 Range Rd, Whalley Range, M16 8FS. Bus routes: 85, 86, 102

Join us at St Edmund's Church for a trip down memory lane as part of their 'Holidays at Home' week. We will be running a special Desert Island Discs afternoon, with the theme of 'Days at the Beach', followed by traditional games such as: skittles, quoits and hook-a-duck. Join us from 12pm for a free cooked lunch too.

Monday 11 March, 1-3pm: Song Writing 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 in the first of a new series of exciting workshops that will introduce you to making music and writing songs. No musical experience – just a great chance to have fun and try something new with your younger neighbours!

Tuesday 12 March, 6-8.30pm: 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 *I Tonya*, the 2017 American biographical dark comedy film which follows the life of figure skater Tonya Harding and her connection to the 1994 attack on her rival Nancy Kerrigan.

Thursday 14 March, 2-3.30pm: Coffee & Quiz - HULME

Cornbrook Medical Practice, 63 Booth St W, Manchester M15 6PR. Bus routes: 53, 85, 86, 250, 733

A fun quiz, coffee and cake. Teams will be formed on arrival – just bring yourself and your competitive edge!

Friday 15 March, 3-5pm: CFCCA Workshop – CITY CENTRE

CFCCA, Market Buildings, 13 Thomas St, Manchester M4 1EU. Bus routes: 81, 112, 113, 118, 162 or short walk from Piccadilly Gardens

Join us for a special tour then creative workshop at the Centre for Chinese Contemporary Art (CFCCA). ***There are limited places for this club, so please call 0161 207 0800 to put your name in the lottery. We'll draw names at random on Monday 11 March and get in contact with those people whose names have been drawn. If you don't hear from us on that day, unfortunately you won't have a place this time***

Tuesday 19 March, 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 21 March, 5.30-7.30pm: Dance Club: Irish 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

Join us for a St Patrick's Day themed dance club this month – led by our fantastic volunteer Shauna! No experience needed, and if you'd prefer to just come and soak up the atmosphere that's fine too. There is some limited transport available for those who would otherwise be unable to attend, so please give Lauren a call to book your place and to arrange this.

Tuesday 26 March, 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 March, 12.30pm-2.30pm: 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. This month our theme is **picnic** – join us in making some tasty lunch snacks to enjoy together afterwards!



Throughout March & April, there is also the opportunity to get involved in a project called **Golden Years Caravan** that we are running in partnership with arts organisation **Art With Heart**. As a group you will have the chance to work with a **professional filmmaker over 6 workshop sessions to create a short film**, giving you the chance to express yourself creatively and combat negative stereotypical images of being 60+. Travel will be provided but places are limited. **Please call Lauren for more details if you would like to be involved.**