



## 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. For some of our social clubs we can offer transport for people who would otherwise be unable to attend. We've indicated below which these clubs are – give Lauren a call on 0161 207 0800 to arrange this.

### **Monday 7 January, 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 *First Records Bought*.

### **Thursday 10 January, 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!

### **Tuesday 15 January, 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. Call Lauren to book your place and find out which new film we'll be watching.

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

**Thursday 17 January, 5.30-7.30pm: Dance Club: A Ceilidh! – MILES PLATTING/COLLYHURST (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 there will be a **Burns Night** theme – a Scottish celebration complete with a ceilidh! 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 Lauren a call to book your place and to arrange pick up/drop off.

**Friday 25 January, 10am-12pm: Business Visit – SALFORD (transport can be provided) FASTSIGNS, Unit 2, Dakota South, Salford, M50 2PU**

Join us for a look into the world of signage. See the process from choosing materials, through design and production. They'll even put you to work, making some signs to take away with you! You can learn about the wide range of signage that can be found in all different environments and meet the team who design, make and install them. There is some transport available for those who would otherwise be unable to attend, so please give Lauren a call to book your place and to arrange pick up/drop off.

**Saturday 26 January, 12-2pm: New Year Get Together – LEVENSHULME**

**Levenshulme Inspire Centre, 747 Stockport Rd, Manchester M19 3AR. Bus routes: 168, 171, 191, 192, 197**

Join us for some wholesome food, good company and take-home techniques for wellbeing, peace of mind and happiness ☺. We'll be joined by Sonder Radio – who will teach you how to create a podcast to share your top wellness tips too!

**Monday 28 January, 1pm-3pm: Cooking Club – HULME (transport can be provided)**

**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. The theme of this month is Afternoon Tea - try your hand at cake and biscuit decorating and stay for a cup of tea! All materials will be provided but let us know in advance if you have any dietary requirements. There is some transport available for those who would otherwise be unable to attend, so please give Lauren a call to book your place and to arrange pick up/drop off.

**Tuesday 29 January, 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.

**Please call Lauren to book onto any of these activities on**

**0161 207 0800**