**Community Timetable 2022**

March 2020

**Walk and Talk**

A gentle 30-minute walk with a trained walk leader planning the routes.

A chance to get out in the fresh air and socialise with others. **All walks are Free.**

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Hyde | Monday | 10.00am | Hyde Park, Park Rd, Hyde SK14 4JT (Bottom Entrance). **(Volunteer lead) Lisa – 07542683666** |
| Denton | Tuesday | 10.00am | Victoria Park, Acre St, Denton, M34 2AL (Bandstand Area) **Lisa - 07542683666**  |
| Ashton  | Wednesday | 10.00am | Active Oxford Park, Pottinger St, Ashton-Under Lyne, OL7 0PW (Carpark) **Lisa - 07542683666** |
| Mossley | Thursday | 10.00am | New Bridge Inn, Micklehurst Rd, Mossley, Ol5 9HT (Carpark) **(Volunteer lead) Lisa - 07542683666** |
| Stamford Park | Friday | 10.00am | Stamford Park, Stalybridge, SK151NJ. (Meet at bowling hut) **(Volunteer lead) Lisa - 07542683666** |

**Contact Live Active office for further details - 0161 366 4860**. **Advisable to contact the office to confirm walk is on (Inclement weather etc.)**

**Active Sessions**

Social and active session including Indoor kurling, team-based game that can be performed standing or seated as well as other chair-based activities, such as dance & Tai Chi plus refreshments.

£3 per session

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Hope United Reformed Church,  | Monday | 1.00pm-2.30pm | Stockport Rd, Denton, M346DB. **Lisa – 07542683666** |
| Active Medlock | Wednesday | 12.30pm-2.00pm | Garden Fold Way, Droylsden, M43 7XU. **0161 370 3070**  |
| Active Copley  | Thursday | 11.00am-12.30pm | Huddersfield Rd, Stalybridge, SK15 3ET. **0161 303 8118** |
| The Together Centre (Loxley House) | Friday | 10.00am-11.00am | 287 Birch Lane, Dukinfield, SK16 5AU. **Lisa 07542683666**(NOTE: NO session from 28th March-29th April due to maintenance work) |

**Senior Cycle**

Opportunity for older population to get together socially, cycle the track, we have a variety of specialised bikes, and a knowledgeable instructor on hand for any support and advice, its £3 per session. (Book in advance or cash only on arrival)

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Active Tameside Cycle Circuit | Friday | 11.00-12.30pm | 159 Richmond St, Ashton-Under-Lyne, OL7 9HG. **0161 370 3070**  |

**Couch To 5K**

A running plan for absolute beginner, to help you gradually work toward running 5k in 10 weeks. Course costs £15.00 per person, payable in full at the start of the course.

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| **LOCATION** |  | **DAY** | **TIME** | **INFORMATION / CONTACT** |
| East Cheshire Harriers running track,  |  | Wednesday | 5.45pm-6.45pm | Richmond Street Ashton.Next course that starts**: 13th April**Runs for 10 weeks. Email: liveactive@activetameside.com for registration form.Further details 0161 366 4860 |

**Not Board Club**

Community board game session, free and accessible to all, a chance to play classic board games and meet new people. (Dementia friendly)

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Tameside Wellness Centre - Denton | Friday | 11.30am-12.15pm | Lance Corporal Andrew way, Denton, M34 3RD **Tel. 0161 2601190** |

**Community Indoor Bowling**

Fun filled Indoor Tenpin bowling, team-based game that can be performed standing or seated. £3 per session. (Dementia friendly)

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| Tameside Wellness Centre - Denton | Friday | 1.00pm-2.30pm | Lance Corporal Andrew way, Denton, M34 3RD **Tel. 0161 2601190** |

**Sow & Sew**

Active community allotment session. Get your green fingers and crafty hands. Learn new skills and make friends all for juts £1 with refreshment and material included

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| Ash Road Allotments | Wednesday | 2.00pm-4.00pm | Ash Road, Droylsden. **Lisa 07542683666**  |

**Low Level Dance Session**

Social low level dance session, have fun and dance.

£3 per session

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| **LOCATION** | **DAY** | **TIME** | **INFORMATION / MEETING POINT / CONTACT** |
| The Together Centre (Loxley House | Monday & Thursday | 10.00am-11.00am | 287 Birch Lane, Dukinfield, SK16 5AU. **Lisa 07542683666**(NOTE: NO session from 28th March-29th April due to maintenance work) |

Please Note: Any Live Active members on All-inclusive membership direct debit - £17.50 the sessions are free.

**Contact Live Active Office for further details 0161 366 4860**.

**With our brand new, FREE app it’s never been easier to find everything you need to make the most out of your time at our Active Tameside centres and attractions.**

