they once enjoyed and with a little help, can do so once again. Looking after your loved ones with care, compassion, dignity and respect. Helping reconnect people with pastimes or activities

- · Safety & security
- · Stimulation of memory CONVErsation
  - · Company &
  - community
  - Assistance in the
- Social activities appointments
- Help with medical visits/ meal times
- Cooking & monitoring • Medication reminders
- Dementia Care Services

- seatime routines
- nb voutines Assist with morning/wake
  - reminders
    - Provide medication • Assist with eating
- Help with incontinence
  - Provide grooming
  - Assist with dressing Help with bathing

Personal Care Services

- Collect brescriptions
- Assist with pet care • Oversee home deliveries
  - maintenance
  - Supervise home Meal preparation Buiddoys
  - Help with general ped linen
  - Make beds & change
  - gninoni & gnineseW .
  - Dusting & vacuuming • Light housekeeping
- Home Help Services
- Attend plays, concerts or
- qıuugu · Accompany to lunch or
- Monitor diet & eating
- Participate in hobbies & crafts
- Help with reading Make travel arrangements
- Assist with appointments
- Offer companionship & conversation

Companionship Services

# **8687 TTE 0080 MAHGLO** Mobility Specialists **OYCOYO**



or e-mail actonit@gorvins.com 7112 086 1910 uo sn IIsO

WE CAN HELP.

Whether it's here at our offices, in your



















Court of Protection







WHATEVER YOUR FAMILY SITUATION GORVINS CAN HELP:

your tamily are protected to give you total peace of mind. Our specialist approach to Planning for the Future will ensure you and

things as easy and stress-free as possible for you. Everything we do at Gorvins Solicitors is designed to make

Family Legal Services A New Approach for Your



# reduirements. lailor made to your individual One-to-one at home care,

## Would you like to make a difference?



Home Instead Senior Care is looking for CAREGivers in the local area. People who can make a difference in their community, caring for seniors in their own homes.

- Excellent training
- Great rates of pay
- Previous experience not necessary



## Call us today on **0161** 480 0646





At Home Instead Senior Care we are immensely proud of the work we do supporting our clients and their families.

We consistently achieve market leading inspection scores from the auditing bodies (The Care Inspectorate & Care Quality Commission) and have won numerous awards for the quality of care we provide.

If you feel we could help you and your family please just get in touch, we are here to help.

> Home Instead Senior Care, Randolph House. 37-41 Longshut Lane West, Stockport, SK2 6RX

> > Call us today on

0161 480 0646

Email: stockport@homeinstead.co.uk www.homeinstead.co.uk/stockport

Each Home Instead Senior Care® franchise office is independently owned and operated





Tameside West Edition 1

To us, it's personal

## What's on Where Guide for Older People in Tameside West Edition 1

Event	Venue	Area	Day	Time	Contact
Coffee Mornings and Afternoon T	ea				
Coffee Morning	Droylsden Methodist Church, Dunkirk Street, M43 7DZ	Droylsden	Monday	1000 - 1200	0161 370 81
Coffee Morning	Trinity Church, 230 Audenshaw Road, M34 5WP	Audenshaw	Monday	900 - 1200	0161 427 30
Tuesday at 10 Coffee Morning with Activities	Church of the Nazerene, 230 Stamford Street, OL6 7LI	Ashton Under Lyne	Tuesday	1000 - 1200	0755 734 40
Coffee Morning	Dukinfield Methodist Church, Wellington Parade, SK16 4LE	Dukinfield	Wednesday	1000 - 1200	0161 427 30
Coffee Afternoon	·		Thursday	1400 - 1600	0161 370 81
	Edge Lane Methodist Church, Edge Lane, M43 6JH	Droyleden		1030 - 1130	0161 370 81
Coffee Morning	Fairfield Moravian Church, Fairfield Square, M43 6AE	Droylsden	Thursday		
Coffee Morning	Dukinfield Congregational Church, Crescent Road, SK16 4EG	Dukinfield	Thursday	1000 - 1200	0161 303 74
Friday Morning Coffee	St Mary's Church, Duke Street, M34 2AN	Denton	Friday	900 - 1200	0782 665 55
Coffee Morning	West End Methodist Church, Trafalgar Square, OL7 0LL	Ashton Under Lyne	Friday	1000 - 1200	0161 427 30
Coffee Morning	Willow Wood Day Hospice, Willow Wood Close, OL6 6SL	Ashton Under Lyne	1st Saturday	1000 - 1200	0161 330 11
De-Caf Drop-In Dementia Café	Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG	Denton	1st Thursday	930 - 1130	0161 716 34
Forever Friendship Café	Ladysmith Building Café, Tameside Hospital, Fountain Street, OL6 9RW	Ashton Under Lyne	1st Tuesday	1300 - 1500	0161 922 44
Café in Church	St Lawrence Church, Stockport Road, M34 6AD	Denton	2nd Tuesday	1000 - 1600	0161 320 48
Breakfast/Lunch Clubs					
Luncheon Club (Ladies Only)	Khush Amdid Day Centre, Holy Trinity Community Centre, Deans Street, OL6 7HD	Ashton Under Lyne	Monday	1000 - 1400	0780 542 59
Breakfast Club	Woodford Court, Williamson Lane, M43 7BJ	Droylsden	Monday	1000 - 1200	0770 286 49
New Horizons Luncheon Club	Dukinfield Congregational Church, Crescent Road, SK16 4ET	 Dukinfield	Tuesday	1200 - 1400	0778 796 15
Breakfast Club	Park House, Gorseyfields, M43 6DX	Droylsden	Wednesday	1000 - 1200	0770 286 49
uncheon Club	•				0161 337 84
	Denton Methodist Church, Hyde Street, M34 3AF	Denton	Wednesday	1230 - 1400	
Breakfast Club	Hope United Reform Church, Stockport Road, M34 6AB	Denton	1st Saturday	1000 - 1200	0161 336 36
/eterans Breakfast Club - SSAFA	Portland Basin Museum, Portland Place, Heritage Wharf, OL7 0QA	Ashton Under Lyne	2nd Saturday	1000 - 1200	0796 283 29
Support Groups and Therapy					
Arts for Health	Haughton Green Centre, Tatton Road, M34 7PH	Denton	Monday	1300 - 1500	0161 336 53
Chartist House Activity Group - Alzheimer's Society	Mount Street, SK14 IRW	Hyde	Monday	1300 - 1500	0161 477 69
Dementia Wellbeing Group - Age UK	131 Katherine Street, OL6 7AW	Ashton Under Lyne	Tuesday	1300 - 1500	0161 308 50
Rita & Geds Retreat (Was Carers Connect)	Fairfield Arms, Manchester Road, M34 5GB	Audenshaw	Tuesday	1300 - 1500	0758 354 63
T Support Drop-in Sessions - Age UK	131 Katherine Street, OL6 7AW	Ashton Under Lyne	· · · · · · · · · · · · · · · · · · ·	1000 - 1200	0161 308 50
			Tuesday		
Musical Memories	Oasis (Haughton Green Library), 2 Tatton Road, M34 7NP	Denton	Tuesday	1300 - 1500	0161 336 09
Singing Group - Age UK	131 Katherine Street, OL6 7AW	Ashton Under Lyne	Wednesday	1100 - 1200	0161 308 50
Hurst Circle Of Friends	Hurst Community Centre, Kings Road, OL6 8EZ	Ashton Under Lyne	Thursday	1300 - 1500	0161 339 59
Noah's A.R.T	Loxley House, Birch Lane, SK16 5AU	Dukinfield	Thursday	1030 - 1200	0797 345 39
Sing for Fun	Grafton Centre, Grafton Street, SK14 2AX	Hyde	Thursday	1030 - 1130	0161 368 41
Stroke Association Carers Support Group	131 Katherine Street, OL6 7AW	Ashton Under Lyne	Friday	1400 - 1600	0161 308 50
Tameside & Glossop Support Group - Parkinsons UK	Loxley House, Birch Lane, SK16 5AU	Dukinfield	Ist Monday	1330 - 1530	0161 330 40
Tameside & Glossop Support Group	Denton Methodist Church, Hyde Street, M34 3AF	Denton	3rd Tuesday	1330 - 1600	0344 225 36
F .					
Excercises					
Beginners Line Dancing	Ryecroft Hall, Manchester Road, M34 5ZJ	Audenshaw	Monday	1000 - 1200	0161 370 88
Gentle Excercises	Ryecroft Hall, Manchester Road, M34 5ZJ	Audenshaw	Monday	1000 - 1100	0161 370 88
Line Dancing	Confirm Control Confirm State of State	Hyde	Monday	1220 1520	0161 368 41
Line Dancing	Grafton Centre, Grafton Street, SK14 2AX			1330 - 1530	0707 043 54
	Ashton Central Mosque, Hillgate Street, OL6 9JA	Ashton Under Lyne	Tuesday	1300 - 1430	0/9/ 043 34
Ladies Excercises		Ashton Under Lyne Hyde			
adies Excercises Fai Chi	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX	Hyde	Tuesday Tuesday	1300 - 1430 955 - 1040	0161 368 41
adies Excercises Tai Chi Zumba Gold	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ	Hyde Audenshaw	Tuesday Tuesday Tuesday	1300 - 1430 955 - 1040 1300 - 1345	0161 368 41 0161 370 88
Ladies Excercises Fai Chi Zumba Gold Fit over Fifty	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY	Hyde Audenshaw Denton	Tuesday Tuesday Tuesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145	0161 368 41 0161 370 88 0798 085 52
Ladies Excercises Fai Chi Zumba Gold Fit over Fifty Sequence Dancing	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK 14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK 14 2AX	Hyde Audenshaw Denton Hyde	Tuesday Tuesday Tuesday Wednesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515	0161 368 41 0161 370 88 0798 085 52 0161 368 41
Ladies Excercises Fai Chi Zumba Gold Fit over Fifty Sequence Dancing Men's Slipper Football - Age UK	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW	Hyde Audenshaw Denton Hyde Ashton Under Lyne	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50
Ladies Excercises Tai Chi Zumba Gold Fit over Fifty Sequence Dancing Men's Slipper Football - Age UK Otago Strength & Balance - Age UK	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK 14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK 14 2AX	Hyde Audenshaw Denton Hyde	Tuesday Tuesday Tuesday Wednesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1100 - 1200	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50
Ladies Excercises Fai Chi Zumba Gold Fit over Fifty Sequence Dancing Men's Slipper Football - Age UK Otago Strength & Balance - Age UK	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW	Hyde Audenshaw Denton Hyde Ashton Under Lyne	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50
Ladies Excercises  Tai Chi  Zumba Gold  Eit over Fifty  Sequence Dancing  Men's Slipper Football - Age UK  Otago Strength & Balance - Age UK  Gorton Exercise Group	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1100 - 1200	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0161 308 50
adies Excercises  ai Chi  Lumba Gold  it over Fifty  equence Dancing  Men's Slipper Football - Age UK  Otago Strength & Balance - Age UK  Gorton Exercise Group  Armchair Exercise	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1100 - 1200 1230 - 1330	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0161 308 50
adies Excercises  ai Chi  Cumba Gold  it over Fifty equence Dancing  Men's Slipper Football - Age UK  Otago Strength & Balance - Age UK  Gorton Exercise Group  Armchair Exercise  Hobbies, Clubs and Societies	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1100 - 1200 1230 - 1330 1015 - 1100	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41
adies Excercises  ai Chi  Cumba Gold it over Fifty equence Dancing Men's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group Armchair Exercise  Hobbies, Clubs and Societies  singo Club	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1100 - 1200 1230 - 1330	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41
adies Excercises  Tai Chi  Tumba Gold  It over Fifty  equence Dancing  Men's Slipper Football - Age UK  Otago Strength & Balance - Age UK  Gorton Exercise Group  Armchair Exercise  Hobbies, Clubs and Societies  Bingo Club	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1100 - 1200 1230 - 1330 1015 - 1100	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41
adies Excercises  ai Chi Cumba Gold it over Fifty equence Dancing Alen's Slipper Football - Age UK Otago Strength & Balance - Age UK Sorton Exercise Group Armchair Exercise  Hobbies, Clubs and Societies ingo Club ins & Needles Group	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde	Tuesday Tuesday Tuesday Wednesday Wednesday Thursday Friday Friday Monday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1100 - 1200 1230 - 1330 1015 - 1100	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41
adies Excercises Tai Chi Zumba Gold Cit over Fifty Sequence Dancing Men's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group Armchair Exercise  Hobbies, Clubs and Societies Bingo Club Dins & Needles Group Community Hub	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw	Tuesday Tuesday Tuesday Wednesday Wednesday Thursday Friday Friday Monday Monday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 370 88 0161 366 97
adies Excercises Tai Chi Zumba Gold It over Fifty equence Dancing Men's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group Armchair Exercise  Hobbies, Clubs and Societies Bingo Club Pins & Needles Group Community Hub Cont & Natter (Anthony Seddon Trust)	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield	Tuesday Tuesday Tuesday Wednesday Wednesday Thursday Friday Friday Monday Monday Monday Monday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 370 88 0161 369 70 0161 320 03
Adies Excercises  Tai Chi Zumba Gold  Tit over Fifty  Sequence Dancing  Men's Slipper Football - Age UK  Dago Strength & Balance - Age UK  Gorton Exercise Group  Armchair Exercise  Hobbies, Clubs and Societies  Bingo Club  Pins & Needles Group  Community Hub  Knit & Natter (Anthony Seddon Trust)  The Shed	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Dukinfield	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday  Monday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 900 - 1500	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 370 88 0161 366 97 0161 320 03 0161 368 45
Adies Excercises  Tai Chi Zumba Gold  Tit over Fifty  Sequence Dancing  Men's Slipper Football - Age UK  Otago Strength & Balance - Age UK  Gorton Exercise Group  Armchair Exercise  Hobbies, Clubs and Societies  Bingo Club  Pins & Needles Group  Community Hub  Contain Watter (Anthony Seddon Trust)  The Shed  Time of Your Life - 50+ Activities Group	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Dukinfield Ashton Under Lyne	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday  Monday Monday Monday Monday Monday Monday Tuesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 1000 - 1200	0161 368 4 0161 370 88 0798 085 52 0161 368 4 0161 308 50 0800 061 4 0161 368 4 0161 370 88 0161 320 03 0161 368 49 0161 308 50
Adies Excercises  Tai Chi Zumba Gold  Tit over Fifty  Sequence Dancing  Men's Slipper Football - Age UK  Otago Strength & Balance - Age UK  Gorton Exercise Group  Armchair Exercise  Hobbies, Clubs and Societies  Bingo Club  Pins & Needles Group  Community Hub  Cont & Natter (Anthony Seddon Trust)  The Shed  Time of Your Life - 50+ Activities Group  Time of Your Life - 50+ Activities Group	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Dukinfield Ashton Under Lyne Dukinfield Ashton Under Lyne Dukinfield	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday  Monday Monday Monday Monday Monday Monday Tuesday Tuesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 900 - 1500 1000 - 1200 1000 - 1200	0161 368 4 0161 370 88 0798 085 52 0161 368 4 0161 308 50 0800 061 4 0161 368 4 0161 370 88 0161 320 02 0161 368 49 0161 308 50 0161 308 50 0161 308 50
adies Excercises  ai Chi fumba Gold it over Fifty equence Dancing flen's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group armchair Exercise  Hobbies, Clubs and Societies ingo Club ins & Needles Group community Hub init & Natter (Anthony Seddon Trust) the Shed ime of Your Life - 50+ Activities Group irrts & Crafts Group - Tameside Arts Ltd	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Dukinfield Ashton Under Lyne Dukinfield Dukinfield Dukinfield Dukinfield Dukinfield	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday  Monday Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 900 - 1500 1000 - 1200 1000 - 1200 1000 - 1200 1300 - 1500	0161 368 4 0161 370 88 0798 085 52 0161 368 4 0161 308 50 0800 061 4 0161 368 4 0161 370 88 0161 320 02 0161 368 49 0161 308 50 0161 330 92 0161 330 92 0161 368 3
adies Excercises adies Excercises adi Chi  Cumba Gold it over Fifty equence Dancing Alen's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group Armchair Exercise  Hobbies, Clubs and Societies  Itingo Club Itins & Needles Group Community Hub Itinit & Natter (Anthony Seddon Trust) Ithe Shed Itime of Your Life - 50+ Activities Group Itime of Your Life - 50+ Activities Group Arts & Crafts Group - Tameside Arts Ltd Iters & Crafts - Age UK	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 900 - 1500 1000 - 1200 1000 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200	0161 368 4 0161 370 88 0798 085 52 0161 368 4 0161 308 50 0800 061 4 0161 368 4 0161 370 88 0161 368 4 0161 368 4 0161 368 4 0161 308 50 0161 308 50 0161 308 50
adies Excercises ai Chi Cumba Gold it over Fifty equence Dancing den's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group Armchair Exercise  Hobbies, Clubs and Societies singo Club dins & Needles Group Community Hub Cinit & Natter (Anthony Seddon Trust) The Shed Time of Your Life - 50+ Activities Group Time of Your Life - 50+ Activities Group Arts & Crafts Group - Tameside Arts Ltd Arts & Crafts - Age UK Craft Group	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Dukinfield Ashton Under Lyne Dukinfield Dukinfield Dukinfield Dukinfield Dukinfield	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday  Monday Monday Monday Monday Tuesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 900 - 1500 1000 - 1200 1000 - 1200 1000 - 1200 1300 - 1500	0161 368 4 0161 370 88 0798 085 52 0161 368 4 0161 308 50 0800 061 4 0161 368 4 0161 370 88 0161 368 4 0161 368 4 0161 368 4 0161 308 50 0161 330 92 0161 368 3
adies Excercises ai Chi Cumba Gold it over Fifty equence Dancing den's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group Armchair Exercise  Hobbies, Clubs and Societies singo Club dins & Needles Group Community Hub Cinit & Natter (Anthony Seddon Trust) The Shed Time of Your Life - 50+ Activities Group Time of Your Life - 50+ Activities Group Arts & Crafts Group - Tameside Arts Ltd Arts & Crafts - Age UK Craft Group	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 900 - 1500 1000 - 1200 1000 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200	0161 368 4 0161 370 88 0798 085 52 0161 368 4 0161 308 50 0800 061 4 0161 368 4 0161 370 88 0161 308 50 0161 308 50
adies Excercises aid Chi Cumba Gold it over Fifty equence Dancing den's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group Armchair Exercise  Hobbies, Clubs and Societies singo Club dins & Needles Group Community Hub Sinit & Natter (Anthony Seddon Trust) The Shed Time of Your Life - 50+ Activities Group Time of Your Life - 50+ Activities Group Arts & Crafts Group - Tameside Arts Ltd Arts & Crafts - Age UK Craft Group - U3A	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Dukinfield Ashton Under Lyne Dukinfield Ashton Under Lyne Dukinfield Ashton Under Lyne Dukinfield Dukinfield Dukinfield Dukinfield Dukinfield Dukinfield Dukinfield	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday  Monday Monday Monday Monday Tuesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 1000 - 1200 1000 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1400 - 1200 1400 - 1200	0161 368 4 0161 370 88 0798 085 52 0161 368 4 0161 308 50 0800 061 4 0161 368 4 0161 370 88 0161 370 88 0161 385 50 0161 385 50 0161 388 50 0161 388 50 0161 388 50 0161 336 50
adies Excercises  ai Chi fumba Gold it over Fifty equence Dancing flen's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group urmchair Exercise  Hobbies, Clubs and Societies ingo Club ins & Needles Group Community Hub init & Natter (Anthony Seddon Trust) the Shed ime of Your Life - 50+ Activities Group irms & Crafts Group - Tameside Arts Ltd urts & Crafts - Age UK Craft Group Craft Group - U3A ime of Your Life - 50+ Activities Group	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, 10 Corporation Road, SK14 1AL Stalybridge Civic Hall, Trinity Street, SK15 2BN	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Friday Friday Friday  Monday Monday Monday Monday Tuesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 1000 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1400 - 1200 1400 - 1200 1400 - 1200	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 370 88 0161 369 70 0161 330 92 0161 308 50 0161 308 50 0161 336 34 0161 336 34 0161 336 36 0161 336 36 0161 336 36
adies Excercises ai Chi Cumba Gold it over Fifty equence Dancing Men's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group Armchair Exercise  Hobbies, Clubs and Societies singo Club ins & Needles Group Community Hub Chit & Natter (Anthony Seddon Trust) The Shed Time of Your Life - 50+ Activities Group Arts & Crafts Group - Tameside Arts Ltd Arts & Craft Group Craft Group Craft Group - U3A Time of Your Life - 50+ Activities Group	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, 10 Corporation Road, SK14 1AL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Dakinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday  Monday Monday Monday Monday Tuesday Wednesday Wednesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 1000 - 1200 1300 - 1500 1100 - 1200 1400 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1400 - 1600 1000 - 1200 1400 - 1500 1000 - 1200 1300 - 1500 1000 - 1200	0161 368 4 0161 370 88 0798 085 52 0161 368 4 0161 308 50 0800 061 4 0161 368 4 0161 370 88 0161 370 88 0161 385 50 0161 308 50 0161 308 50 0161 308 50 0161 308 50 0161 336 44 0161 336 50 0161 338 50
adies Excercises ai Chi fumba Gold it over Fifty equence Dancing fien's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group furmchair Exercise  Hobbies, Clubs and Societies singo Club fins & Needles Group Community Hub finit & Natter (Anthony Seddon Trust) The Shed Time of Your Life - 50+ Activities Group furts & Crafts Group - Tameside Arts Ltd forst & Crafts - Age UK Craft Group - U3A Time of Your Life - 50+ Activities Group	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, 10 Corporation Road, SK14 1AL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Dakinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Ashton Under Lyne Ashton Under Lyne	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 1000 - 1200 1100 - 1200 1400 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1000 - 1200 1400 - 1600 1000 - 1200 1300 - 1500 1000 - 1200 1300 - 1500 1000 - 1200	0161 368 4 0161 370 88 0798 085 52 0161 368 4 0161 308 50 0800 061 4 0161 368 4 0161 370 88 0161 370 88 0161 385 50 0161 308 50 0161 336 44 0161 336 50 0161 338 50
adies Excercises ai Chi fumba Gold it over Fifty equence Dancing fien's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group furmchair Exercise  Hobbies, Clubs and Societies singo Club ins & Needles Group Community Hub finit & Natter (Anthony Seddon Trust) The Shed Time of Your Life - 50+ Activities Group furts & Crafts Group - Tameside Arts Ltd furts & Crafts - Age UK Craft Group - U3A Time of Your Life - 50+ Activities Group	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, 10 Corporation Road, SK14 1AL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 8ES	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday  Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Wednesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 1000 - 1200 1000 - 1200 1100 - 1200 1400 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1000 - 1200 1300 - 1500	0161 368 4 0161 370 88 0798 085 57 0161 368 4 0161 308 50 0800 061 4 0161 368 4 0161 370 88 0161 370 88 0161 385 57 0161 385 57 0161 385 57 0161 385 57 0161 385 57 0161 385 57 0161 385 57 0161 386 38 0161 386 38 0161 386 38 0161 386 38 0161 386 38 0161 386 38 0161 386 38 0161 386 38 0161 386 38 0161 386 38 0161 386 38
adies Excercises ai Chi fumba Gold it over Fifty equence Dancing flen's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group furmchair Exercise  Hobbies, Clubs and Societies singo Club ins & Needles Group Community Hub finit & Natter (Anthony Seddon Trust) The Shed Time of Your Life - 50+ Activities Group furts & Crafts Group - Tameside Arts Ltd furts & Crafts - Age UK Craft Group - U3A Time of Your Life - 50+ Activities Group Toung at Heart Group Toung at Heart Group Tridge Club Tingo Club (Check for Availability)	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, 10 Corporation Road, SK14 1AL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 8ES Woodford Court, Williamson Lane, M43 7BJ	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Droylsden	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 1000 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1000 - 1200 1300 - 1500	0161 368 4 0161 370 88 0798 085 57 0161 368 4 0161 308 50 0800 061 4 0161 368 4 0161 370 88 0161 370 88 0161 385 57 0161 385 57 0161 385 57 0161 385 57 0161 385 57 0161 385 57 0161 385 57 0161 385 57 0161 385 57 0161 386 44 0161 386 57 0161 386 57 0161 386 57 0161 386 57 0161 386 57 0161 386 57 0161 386 57 0161 386 57 0161 386 57 0161 386 57 0161 386 58
adies Excercises ai Chi fumba Gold it over Fifty equence Dancing flen's Slipper Football - Age UK Otago Strength & Balance - Age UK Sorton Exercise Group furmchair Exercise  Hobbies, Clubs and Societies ingo Club ins & Needles Group Community Hub init & Natter (Anthony Seddon Trust) The Shed Time of Your Life - 50+ Activities Group furts & Crafts Group - Tameside Arts Ltd forts & Crafts Group - Tameside Arts Ltd forts & Crafts Group - U3A Time of Your Life - 50+ Activities Group firme of Your Life - 50+ Activities Group formal Heart Group formal Heart Group foringe Club ingo Club (Check for Availability)	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, 10 Corporation Road, SK14 1AL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 8ES	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Friday Friday  Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Wednesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 1000 - 1200 1000 - 1200 1100 - 1200 1400 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1000 - 1200 1300 - 1500	0161 368 4 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 370 88 0161 370 88 0161 385 50 0161 385 50 0161 385 50 0161 385 50 0161 386 34 0161 386 50 0161 336 50 0161 330 82 0161 330 81 0161 330 81 0161 330 81 0161 330 81
adies Excercises ai Chi fumba Gold it over Fifty equence Dancing flen's Slipper Football - Age UK Otago Strength & Balance - Age UK Forton Exercise Group furmchair Exercise  Hobbies, Clubs and Societies ingo Club ins & Needles Group formunity Hub init & Natter (Anthony Seddon Trust) the Shed ime of Your Life - 50+ Activities Group furts & Crafts Group - Tameside Arts Ltd forts & Crafts - Age UK fortaft Group furts Group - U3A fine of Your Life - 50+ Activities Group furts of Your Life - 50+ Activities Group furts Group - U3A fine of Your Life - 50+ Activities Group fortaft Group fo	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, 10 Corporation Road, SK14 1AL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 8ES Woodford Court, Williamson Lane, M43 7BJ	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Droylsden	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1230 - 1330 1015 - 1100 1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 1000 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1000 - 1200 1300 - 1500	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 370 88 0161 370 88 0161 370 88 0161 385 52
adies Excercises  Tai Chi  Tumba Gold  It over Fifty  equence Dancing  Men's Slipper Football - Age UK  Dago Strength & Balance - Age UK  Forton Exercise  Corton Exercise  Cort	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, 10 Corporation Road, SK14 1AL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 8ES Woodford Court, Williamson Lane, M43 7BJ Stroke Association, Saxon Street, M34 3DS	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Doenton Hyde Stalybridge Ashton Under Lyne Ashton Under Lyne Denton Denton Denton Hyde Denton Denton Denton Denton Denton Denton Denton Droylsden Denton	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1100 - 1200 1230 - 1330 1015 - 1100  1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1000 - 1200 1300 - 1500 1000 - 1200 1300 - 1500 1000 - 1200 1300 - 1500 1000 - 1200 1300 - 1500 1000 - 1200 1300 - 1500	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 370 88 0161 370 88 0161 368 45 0161 308 50 0161 308 50 0161 308 50 0161 308 50 0161 303 82 0161 303 82 0161 303 82 0161 303 82 0161 303 82 0161 303 82 0161 303 82 0161 303 82 0161 303 82 0161 303 82 0161 303 82 0161 303 82 0161 303 82
adies Excercises ai Chi fumba Gold it over Fifty equence Dancing flen's Slipper Football - Age UK Otago Strength & Balance - Age UK Sorton Exercise Group furnchair Exercise  Hobbies, Clubs and Societies ingo Club ins & Needles Group fommunity Hub init & Natter (Anthony Seddon Trust) the Shed ime of Your Life - 50+ Activities Group furts & Crafts Group - Tameside Arts Ltd forts & Crafts - Age UK fortate Group furts & Crafts Group - Tameside Arts Ltd forts & Crafts Group furts & Crafts Group furts & Crafts Group furts & Crafts Group - Tameside Arts Ltd forts & Crafts Group furts Group furts Group - U3A fine of Your Life - 50+ Activities Group furts Group - U3A fine of Your Life - 50+ Activities Group furts Group - U3A fine of Your Life - 50+ Activities Group furts Group - Stroke Association furts Group/Coffee Morning fullowship Meeting	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 BES Woodford Court, Williamson Lane, M43 7BJ Stroke Association, Saxon Street, M34 3DS Rosemont Methodist Church, 112 Bennett Street, SK14 4SS Rosemont Methodist Church, 112 Bennett Street, SK14 4SS	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Dukinfield Ashton Under Lyne Dukinfield Ashton Under Lyne Dukinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Denton Under Lyne Denton Denton Dukinfield Dukinfield Dukinfield	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday	1300 - 1430 955 - 1040 1300 - 1345 1045 - 1145 1315 - 1515 1100 - 1200 1100 - 1200 1230 - 1330 1015 - 1100  1400 - 1515 1300 - 1600 900 - 1500 1000 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1100 - 1200 1300 - 1500 1000 - 1200 1300 - 1500 1000 - 1200 1300 - 1500 1000 - 1200 1300 - 1500 1000 - 1200 1300 - 1500 1000 - 1200 1300 - 1500 1000 - 1200 1300 - 1500	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 370 88 0161 370 88 0161 368 45 0161 368 45 0161 368 34 0161 368 34 0161 368 34 0161 368 36 0161 370 88
adies Excercises ai Chi iumba Gold it over Fifty equence Dancing den's Slipper Football - Age UK Otago Strength & Balance - Age UK iorton Exercise Group irmchair Exercise  Hobbies, Clubs and Societies ingo Club ins & Needles Group iommunity Hub nit & Natter (Anthony Seddon Trust) he Shed ime of Your Life - 50+ Activities Group irms & Crafts Group - Tameside Arts Ltd irts & Crafts - Age UK iraft Group iraft Group - U3A ime of Your Life - 50+ Activities Group ird Group - U3A ime of Your Life - 50+ Activities Group iraft Group - U3A ime of Your Life - 50+ Activities Group iraft Group - U3A ime of Your Life - 50+ Activities Group iraft Group - U3A ime of Your Life - 50+ Activities Group iraft Group - U3A ime of Your Life - 50+ Activities Group iraft Group - U3A irage Club irage Club irage Club (Check for Availability) ameside Fishing Group - Stroke Association iraft Group/Coffee Morning ellowship Meeting ainting & Drawing - U3A	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 8ES Woodford Court, Williamson Lane, M43 7BJ Stroke Association, Saxon Street, M34 3DS Rosemont Methodist Church, 112 Bennett Street, SK14 4SS Hyde Town Hall, 10 Corporation Road, SK14 1AL	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Denton Under Lyne Denton Denton Denton Dukinfield Dukinfield Ashton Under Lyne Doenton Hyde Stalybridge Ashton Under Lyne Ashton Under Lyne Droylsden Denton Dukinfield Dukinfield Hyde	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday	1300 - 1430   955 - 1040   1300 - 1345   1045 - 1145   1315 - 1515   1100 - 1200   1230 - 1330   1015 - 1100   1400 - 1500   1000 - 1200   1300 - 1500   1100 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1200   1	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 370 88
adies Excercises ai Chi iumba Gold it over Fifty equence Dancing den's Slipper Football - Age UK Otago Strength & Balance - Age UK iorton Exercise Group irmchair Exercise  Hobbies, Clubs and Societies ingo Club ins & Needles Group community Hub nit & Natter (Anthony Seddon Trust) he Shed ime of Your Life - 50+ Activities Group irme of Your Life - 50+ Activities Group irts & Crafts Group - Tameside Arts Ltd irts & Crafts Group - USA ime of Your Life - 50+ Activities Group ire of Your Life - 50+ Activities Group	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, 10 Corporation Road, SK14 1AL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 8ES Woodford Court, Williamson Lane, M43 7BJ Stroke Association, Saxon Street, M34 3DS Rosemont Methodist Church, 112 Bennett Street, SK14 4SS Rosemont Methodist Church, 112 Bennett Street, SK14 4SS Hyde Town Hall, 10 Corporation Road, SK14 1AL Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3LG	Hyde Audenshaw Denton Hyde Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Denton Hyde Denton Under Lyne Denton Denton Dukinfield Dukinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Ashton Under Lyne Droylsden Denton Dukinfield Dukinfield Hyde Denton	Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday	1300 - 1430   955 - 1040   1300 - 1345   1045 - 1145   1315 - 1515   1100 - 1200   1230 - 1330   1015 - 1100   1400 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1330 - 1600   1200   1330 - 1600   1330 - 1600   1200   1330 - 1600   1330 - 1600   1200   1330 - 1600   1200   1330 - 1600   1200   1330 - 1600   1200   1330 - 1600   1200   1330 - 1600   1200   1330 - 1600   1200   1330 - 1600   1330 - 1600   1200   1330 - 1600   1200   1330 - 1600   1330 - 1600   1330 - 1600   1300 - 1600   1330 - 1600   1300 - 1600   1300 - 1600   1300 - 1600   1300 - 1600   1300 - 1600   1300 - 1600   1300 - 1	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 370 88 0161 370 98 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88
adies Excercises ai Chi umba Gold t over Fifty equence Dancing len's Slipper Football - Age UK orton Exercise Group rmchair Exercise  Hobbies, Clubs and Societies ingo Club as & Needles Group ommunity Hub anit & Natter (Anthony Seddon Trust) he Shed ime of Your Life - 50+ Activities Group ime of Your Life - 50+ Activities Group rats & Crafts Group - Tameside Arts Ltd rts & Crafts - Age UK raft Group raft Group - U3A ame of Your Life - 50+ Activities Group ime of Your Life - 50+ Activities Group raft Group - U3A ame of Your Life - 50+ Activities Group ime of Yo	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, 10 Corporation Road, SK14 IAL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 8ES Woodford Court, Williamson Lane, M43 7BJ Stroke Association, Saxon Street, M34 3DS Rosemont Methodist Church, I12 Bennett Street, SK14 4SS Hyde Town Hall, 10 Corporation Road, SK14 IAL Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3LG Denton Methodist Church, Hyde Street, M34 3AF	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Denton Under Lyne Denton Denton Dukinfield Dukinfield Ashton Under Lyne Denton Hyde Denton Dukinfield Denton Denton	Tuesday Tuesday Vednesday Wednesday Wednesday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Thursday	1300 - 1430   955 - 1040   1300 - 1345   1045 - 1145   1315 - 1515   1100 - 1200   1230 - 1330   1015 - 1100   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1330 - 1430   1000 - 1200   1330 - 1600   0930 - 1400   0	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 368 41 0161 368 41 0161 370 88 0161 370 88 0161 368 49 0161 308 50 0161 308 50 0161 330 92 0161 368 49 0161 330 82 0161 330 81 0161 330 81 0161 330 82 0161 330 82 0161 330 82 0161 330 83 0161 330 83 0161 330 83 0161 330 83 0161 330 83 0161 330 83 0161 330 83 0161 330 83 0161 330 83 0161 330 83 0161 330 83 0161 330 83
adies Excercises ai Chi iumba Gold it over Fifty equence Dancing den's Slipper Football - Age UK Otago Strength & Balance - Age UK iorton Exercise Group irmchair Exercise  Hobbies, Clubs and Societies ingo Club ins & Needles Group community Hub nit & Natter (Anthony Seddon Trust) he Shed ime of Your Life - 50+ Activities Group irms & Crafts Group - Tameside Arts Ltd irts & Crafts - Age UK iraft Group iraft Group iraft Group iraft Group - U3A ime of Your Life - 50+ Activities Group iraft Group iraft Group iraft Group iraft Group - U3A iraft Group irage Club irago Club (Check for Availability) irameside Fishing Group - Stroke Association iraft Group/Coffee Morning ellowship Meeting ainting & Drawing - U3A Vhist Club irafty Quilters irt Class 2	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, I0 Corporation Road, SK14 IAL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 8ES Woodford Court, Williamson Lane, M43 7BJ Stroke Association, Saxon Street, M34 3DS Rosemont Methodist Church, I12 Bennett Street, SK14 4SS Hyde Town Hall, 10 Corporation Road, SK14 IAL Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3LG Denton Methodist Church, Hyde Street, M34 3AF Ryecroft Hall, Manchester Road, M34 5ZJ	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Denton Dukinfield Dukinfield Dukinfield Ashton Under Lyne Denton Hyde Denton Dukinfield Dukinfield Dukinfield Dukinfield Dukinfield Dukinfield Hyde Denton Denton Audenshaw	Tuesday Tuesday Wednesday Wednesday Wednesday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Tuesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Tuesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Thursday	1300 - 1430   955 - 1040   1300 - 1345   1045 - 1145   1315 - 1515   1100 - 1200   1230 - 1330   1015 - 1100   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1330 - 1430   1000 - 1200   1330 - 1430   1000 - 1200   1330 - 1400   1400 - 1630   1	0797 043 54 0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 368 41 0161 368 41 0161 368 41 0161 368 49 0161 360 97 0161 363 50 0161 363 50 0161 363 64 0161 363 50 0161 363 65 0161 330 81 0161 330 82 0165 783 22 0161 330 81 0161 330 82 0161 330 81 0161 330 82 0161 330 81 0161 330 82 0161 330 81 0161 330 82 0161 336 70 0161 336 70 0161 337 84 0161 337 84
Ladies Excercises Tai Chi Zumba Gold Fit over Fifty Sequence Dancing Men's Slipper Football - Age UK Otago Strength & Balance - Age UK Gorton Exercise Group Armchair Exercise  Hobbies, Clubs and Societies Bingo Club Pins & Needles Group Community Hub Knit & Natter (Anthony Seddon Trust) The Shed Time of Your Life - 50+ Activities Group Time of Your Life - 50+ Activities Group Arts & Crafts Group - Tameside Arts Ltd Arts & Crafts - Age UK Craft Group Craft Group Craft Group - U3A Time of Your Life - 50+ Activities Group Bridge Club Bingo Club (Check for Availability) Tameside Fishing Group - Stroke Association Craft Group/Coffee Morning Fellowship Meeting Painting & Drawing - U3A Whist Club Crafty Quilters Art Class 2 Thursday Club	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, It O Corporation Road, SK14 1AL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 8ES Woodford Court, Williamson Lane, M43 7BJ Stroke Association, Saxon Street, M34 3DS Rosemont Methodist Church, 112 Bennett Street, SK14 4SS Rosemont Methodist Church, 112 Bennett Street, M34 3AF Ryecroft Hall, Manchester Road, M34 5ZJ St John the Evangelist, 155 Kings Road, OL6 8EZ	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Ashton Under Lyne Denton Hyde Denton Dukinfield Dukinfield Ashton Under Lyne Denton Hyde Ashton Under Lyne Ashton Under Lyne Droylsden Denton Dukinfield Dukinfield Hyde Denton Denton Denton Audenshaw Ashton Under Lyne	Tuesday Tuesday Wednesday Wednesday Wednesday Friday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Tuesday Wednesday Wednesday Wednesday Wednesday Wednesday Tuesday	1300 - 1430   955 - 1040   1300 - 1345   1045 - 1145   1315 - 1515   1100 - 1200   1230 - 1330   1015 - 1100   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1330 - 1430   1000 - 1200   1330 - 1430   1000 - 1200   1330 - 1430   1000 - 1200   1330 - 1400   1400 - 1630   1400 - 1630   1300 - 1500   1400 - 1630   1300 - 1500   1400 - 1630   1300 - 1500   1500   1500   1400 - 1630   1300 - 1500   1	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 368 41 0161 368 41 0161 368 41 0161 368 30 0161 369 70 0161 330 92 0161 368 34 0161 368 34 0161 308 50 0161 330 82 0161 330 81 0161 330 82 0161 330 82 0161 330 82 0161 330 82 0161 330 81 0161 330 82 0161 330 82 0161 330 81 0161 330 75
adies Excercises Tai Chi Zumba Gold Cit over Fifty Gequence Dancing Men's Slipper Football - Age UK Dago Strength & Balance - Age UK Gorton Exercise Group Armchair Exercise  Hobbies, Clubs and Societies  Bingo Club Dins & Needles Group Community Hub Cinit & Natter (Anthony Seddon Trust) The Shed Time of Your Life - 50+ Activities Group Time of Your Life - 50+ Activities Group Carft Group Craft Group - Tameside Arts Ltd Arts & Crafts - Age UK Craft Group Craft Group - U3A Time of Your Life - 50+ Activities Group Time of Your Life - 50+ Activities Group Craft Group - U3A Time of Your Life - 50+ Activities Group Craft Group - U3A Time of Your Life - 50+ Activities Group Craft Group - U3A Time of Your Life - 50+ Activities Group Craft Group - U3A Time of Your Life - 50+ Activities Group Craft Group - U3A Time of Your Life - 50+ Activities Group Craft Group - U3A Time of Your Life - 50+ Activities Group Craft Group - U3A Time of Your Life - 50+ Activities Group Craft Group - U3A Time of Your Life - 50+ Activities Group Craft Group - U3A Time of Your Life - 50+ Activities Group Toung at Heart Group Craft Group - U3A Time of Your Life - 50+ Activities Group Time of Your Lif	Ashton Central Mosque, Hillgate Street, OL6 9JA Grafton Centre, Grafton Street, SK14 2AX Ryecroft Hall, Manchester Road, M34 5ZJ Danebank Garden Society, Windmill Lane, M34 2EY Grafton Centre, Grafton Street, SK14 2AX 131 Katherine Street, OL6 7AW 131 Katherine Street, OL6 7AW Gorton Community Centre, Highmead Street, M18 8PE Grafton Centre, Grafton Street, SK14 2AX  Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3JG Ryecroft Hall, Manchester Road, M34 5ZJ Loxley House, Birch Lane, SK16 5AU The Anthony Seddon Centre, 140 Stamford Street, OL6 6AD Loxley House, Birch Lane, SK16 5AU Ashton Town Hall, Market Place, OL6 6DL Dukinfield Town Hall, King Street, SK16 4LA Rosemont Methodist Church, 112 Bennett Street, SK14 4SS 131 Katherine Street, OL6 7AW Haughton Green Centre, Tatton Road, M34 7PH Hyde Town Hall, I0 Corporation Road, SK14 IAL Stalybridge Civic Hall, Trinity Street, SK15 2BN George Lawton Hall, Stamford Street, OL5 0HR Broadoak Community Centre, Broadoak Road, OL6 8RS Ashton Bridge Club, Carr Street, OL6 8ES Woodford Court, Williamson Lane, M43 7BJ Stroke Association, Saxon Street, M34 3DS Rosemont Methodist Church, I12 Bennett Street, SK14 4SS Hyde Town Hall, 10 Corporation Road, SK14 IAL Victoria Park Community Centre, Town Hall Car Park, Market Street, M34 3LG Denton Methodist Church, Hyde Street, M34 3AF Ryecroft Hall, Manchester Road, M34 5ZJ	Hyde Audenshaw Denton Hyde Ashton Under Lyne Ashton Under Lyne Gorton Hyde  Denton Audenshaw Dukinfield Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Denton Hyde Stalybridge Ashton Under Lyne Denton Dukinfield Dukinfield Dukinfield Ashton Under Lyne Denton Hyde Denton Dukinfield Dukinfield Dukinfield Dukinfield Dukinfield Dukinfield Hyde Denton Denton Audenshaw	Tuesday Tuesday Wednesday Wednesday Wednesday Friday Friday  Monday Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday Wednesday Tuesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Tuesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Wednesday Thursday	1300 - 1430   955 - 1040   1300 - 1345   1045 - 1145   1315 - 1515   1100 - 1200   1230 - 1330   1015 - 1100   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1500   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1300 - 1430   1000 - 1200   1330 - 1430   1000 - 1200   1330 - 1430   1000 - 1200   1330 - 1400   1400 - 1630   1	0161 368 41 0161 370 88 0798 085 52 0161 368 41 0161 308 50 0800 061 41 0161 368 41 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88 0161 370 88

Denton West End Comnunity Library, Windsor Road, M34 2HB

Ashton Art Gallery above Ashton Central Library, Old Street, OL6 7SG

Portland Basin Museum, Portland Place, Heritage Wharf, OL7 0QA

Rosemont Methodist Church, 112 Bennett Street, SK14 4SS

St Marks Parish Hall, Railway Street, SK16 4PX

Denton Methodist Church, Hyde Street, M34 3AF

Droylsden Library, Manchester Road, M43 6EP

Dukinfield Library, Concord Way, SK16 4DE

St John Church, Vicarage Drive, SK16 5HZ

Park House, Gorseyfields, M43 6DX

Ryecroft Hall, Manchester Road, M34 5ZJ

Knit & Natter

Knitting Group

Ryecroft Hall Ladies

Knitt & Natter Group

Film Night with Hot-Pot Supper

Friends & Neighbours Group

Bingo Club (Check for availability)

Droylsden Lively Library Club for Over 55"s

Dukinfield Lively Library Club for Over 55"s

Probus Club

Knit & Natter

### **WOW GUIDE**

Tameside West

Our local community in Tameside West offers a range of stimulating activities for older adults to enjoy but it can be difficult to find them.

This guide has been created so you can brighten up your calendar, make new friends and enjoy the best of what your local community has to offer.

# \*\*\* Tameside Metropolitan Borough

Local communities across
Tameside are offering a wide
range of group activities that
are waiting for you to join them.
Why not try something different,
make new friends, or if you are
already involved in a group bring
along someone who isn't. Virtually
everyone experiences loneliness
from time to time. Please help to
combat loneliness. This Guide has
been created for you to brighten
up your calendar.



Age UK Tameside is a local, independent charity supporting older people in Tameside to remain healthy & independent. We provide a range of services to support older people including: Day Support; Information & Advice; Support in the Community & Falls Prevention. At Age UK Tameside, we match the best level of support to your individual needs. For more information, contact us on 0161 308 5000 or visit www.ageuk.org.uk/tameside.

#### Useful contacts

Action Together 0161 339 2345

Alzheimer's Society

0161 477 6999

Citizens Advice Bureau 0161 342 5005

Macmillan Cancer Support

0161 922 5644

Miles & Smiles

0161 622 2090 NHS Advice

111

1415 - 1500 0770 286 4957

0161 336 2552

0161 308 2410

0161 370 1282

0161 342 2650

0779 054 4951

0161 330 3257

0161 338 8199

1330 - 1500

1000 - 1145

1000 - 1130

1000 - 1300

1000 - 1300

1000 - 1130

Tameside Borough Council 0161 342 8355

Tameside Carers Centre

0161 342 3344

Tameside Community Response 0161 342 5100

Tameside General Hospital

0161 716 3449

Tameside Police Emergency

Tameside Police Non-Emergency

#### DAA Dementia Action Alliance

Dementia Action Alliance brings together organisations and individuals across England, committed to improving health & social care outcomes for people living with Dementia, and those who care for them. Telephone: 0780 286 1876

Denton

Dukinfield

Dukinfield

Audenshaw

Denton

Droylsden

Dukinfield

Dukinfield

Droylsden

Ashton Under Lyne

Ashton Under Lyne

Friday

Friday

Let & 3rd Thursday

Ist Wednesday

2nd & 4th Tuesday

2nd & 4th Tuesday

Alternate Thursday

2nd Wednesday

Tuesday/Friday

1st & 3rd Wednesday

1st Saturday