

Community Weekly Activities Calendar

MONDAY'S	TUESDAY'S	WEDNESDAY'S	THURSDAY'S	FRIDAY'S	SATURDAY'S
<p>Brinnington Community Walk 10:30am Meet at Hollow End Towers, Northumberland Road, SK5 8NY</p> <p>Join us for a leisurely walk around Reddish Vale. Just turn up, for a warm welcome whatever the weather!</p>	<p>Brinnington Community Clean 9am - 10.30am Meet at Brinnington Park Leisure Complex, SK5 8LS.</p> <p>This is a volunteer lead group for people wanting to improve physical and mental well-being whilst also giving something back to the community. Consisting of litter picking and general maintenance.</p> <p>Confidence Class- 10am - 11am - Free At Life Leisure Houldsworth Village, Broadstone Rd, Reddish SK57AT (adjacent to Broadstone Mill), To improve strength, stability, and general fitness. For all abilities. No need to book!</p>	<p>Confidence Walk– 10.30am to 11.30am At Brinnington Park Leisure Complex, SK5 8LS. Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? We are currently running a FREE Indoor confidence walk session. No need to book</p>	<p>Coffee Morning– 10.30am to 12 noon Everyone welcome! Join us for our Coffee morning in the Community Room at Brinnington Park Leisure Complex, Northumberland Road, Stockport SK5 8LS. This is a great space for people to meet and chat with like-minded people in the Brinnington Community. There will also be an opportunity to influence what happens in your local area. Just turn up – No need to book!</p> <p>Free Chair based Exercise Class followed by a Light Meal 12.15pm- 1pm Brinnington Lighthouse Centre, SK5 8LS Free chair-based exercise class followed by a light meal. This class is designed for beginners, and you can just turn up you don't have to book!</p>	<p>Gym Session- at Brinnington Park Leisure Complex – meet at 10.30am. Free gym session! It is a relaxed introduction into the gym, with Lisa from their Active Communities Team and Danny from Age UK Stockport to lend a hand. The session is open to anyone over 16 years of age and at any level of fitness. If you'd like to go along, meet at 10.30am in the Community Room – Just turn up, no need to book!</p>	<p>Saturday Social Walk On the first Saturday of each month starting at 10am at various locations around Stockport and will last for 2- 2½ hours. Come along to get your steps in and meet new people! No need to book. This walk is being run in conjunction with Life Leisure's Active Community Team. Just turn up, for a warm welcome whatever the weather! Contact 0161 480 1211 to find out next walk location.</p>

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	<p>11:30am – 1:00pm Free Community Bingo –At Brinnington Park Leisure Complex, SK5 8LS.This session is supported by the Lighthouse Centre. Just turn up and join in the fun!</p> <p>Confidence Walk-Life Leisure Avondale, 1pm – 2pm Heathbank Road Cheadle Heath, SK3 0UP. Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? We are currently running a FREE Indoor confidence walk session in partnership with Life Leisure, where specialist instructors will be able to offer advice & support, in a relaxed social environment! Just turn up, no need to book!</p>		<p>Confidence Class- At The Bramhall Village Club, 1:30pm – 2:30pm 2 Melbourne Road, Bramhall SK7 1LR. Do you, or someone you know, need to improve their balance; gain confidence in walking, all while increasing fitness? Indoor confidence walk session run in partnership with Life Leisure, where specialist instructors will be able to offer advice & support, in a relaxed social environment! Just turn up and pay on the day! £1.50 charge including refreshments</p>		