

| Monday                                                                                                           | Tuesday                                                                                                                                                     | Wednesday                                                                                                  | Thursday                                                                                                                                   | Friday                                                                                      | Saturday                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Brinnington Community Walk. 10:30am</b></p> <p>Meet at Hollow End Towers, Northumberland Road, SK5 8NY</p> | <p><b>Brinnington Community Clean. 9am - 10.30am</b></p> <p>Meet at Brinnington Park Leisure Complex, SK5 8LS</p>                                           | <p><b>Confidence Walk. 10.30am to 11.30am</b></p> <p>Held at Brinnington Park Leisure Complex, SK5 8LS</p> | <p><b>Coffee Morning. 10.30am to 12 noon</b></p> <p>Held at Brinnington Park Leisure Complex, Northumberland Road, Stockport SK5 8LS</p>   | <p><b>Gym Session. 10.30am</b></p> <p>Held at Brinnington Park Leisure Complex, SK5 8LS</p> | <p><b>Saturday Social Walk. 10am</b></p> <p>Held on the first Saturday of each month from various locations around Stockport lasting for 2- 2½ hours.</p> |
|                                                                                                                  | <p><b>Confidence Class. 10am - 11am</b></p> <p>Held at Life Leisure, Houldsworth Village, Broadstone Rd, Reddish, SK5 7AT (adjacent to Broadstone Mill)</p> |                                                                                                            | <p><b>Free Chair based Exercise Class followed by a Light Meal. 12.15pm- 1pm</b></p> <p>Held at Brinnington Lighthouse Centre, SK5 8LS</p> |                                                                                             |                                                                                                                                                           |
|                                                                                                                  | <p><b>Community Bingo. 11:30am – 1:00pm Free</b></p> <p>At Brinnington Park Leisure Complex, SK5 8LS</p>                                                    |                                                                                                            | <p><b>Confidence Class. 1:30pm – 2:30pm</b></p> <p>At The Bramhall Village Club, 2 Melbourne Road, Bramhall, SK7 1LR</p>                   |                                                                                             |                                                                                                                                                           |
|                                                                                                                  | <p><b>Confidence Walk-Life. 1pm – 2pm</b></p> <p>Leisure Avondale, Heathbank Road, Cheadle Heath, SK3 0UP</p>                                               |                                                                                                            |                                                                                                                                            |                                                                                             |                                                                                                                                                           |