

For more information on specific activities, please call 0161 480 1211

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