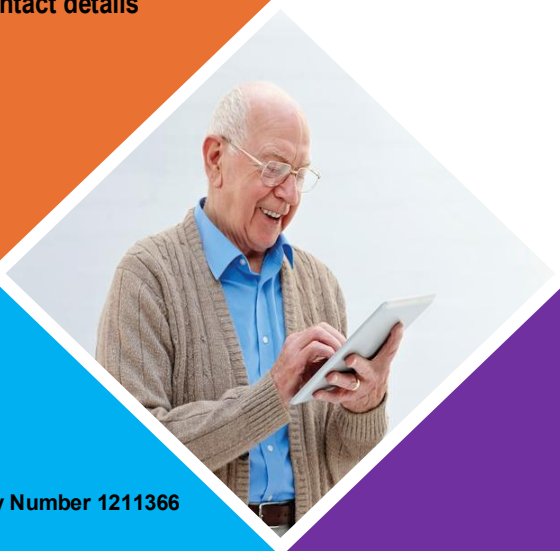


AGE UK SALFORD AND TRAFFORD ACTIVITIES

Here at Age UK Salford and Trafford, we offer a variety of activities to get older people in Trafford included!

Socialise, exercise, or connect with others in the area.

For more information or to book on
to one of our activities, please use
provided contact details



**For more information or to book on to one of our activities
please contact us on 0161 746 7000 (option 3) or
admin@ageuksalfordandtrafford.org.uk**

AFTERNOON TEA Entertainment and Refreshments provided. Takes place every 3rd Wednesday of the month at 1pm – 3pm, £2 per person.

EXERCISE CLASSES These classes are run by our Falls Prevention team and take place weekly in Urmston, Hale and Sale.

WALKING FOOTBALL Takes place every Tuesday at BeActive in Urmston. No running required and first session is free, then £3 per person.

LADIES WALKING FOOTBALL Takes place every Tuesday at BeActive in Urmston. All ages welcome and first session is free, then £3 per person.

PASSION FOR LIFE Dementia day support and respite service that runs Monday – Friday across Urmston, Hale and Sale 9.30am – 3.30pm.

DIGITAL HELPERS Takes place weekly on a Thursday morning and requires booking. We understand technology can be daunting. However, our very friendly, helpful and patient Digital Helpers will build your confidence and show you how to use technology in many exciting ways to help communicate with friend and family accessing vital services such as the NHS app.

MENS ACTIVITIES & SOCIAL HUB Takes place weekly* on a Monday at 2pm (**except 2nd Monday of the Month*), feel free to just turn up. A group for men to socialise and meet up.

URMSTON HUB SOCIAL Takes place weekly on a Monday 11:30am – 1:30pm, join us for a free lunch and hot drink. Open to all ages.



@AgeUKSalfordandTrafford