

## City of Stoke Groups



Growing older doesn't mean you need to stop doing things you like to do, which help you keep fit and active.

Our Exercise Groups promote better health for men and women **aged 50+** and can help **prevent**

### Low Mobility Classes

**Tuesday:** Mary Church Centre, Bucknall, 10.30am - 12.30pm;  
Temple Street Methodist, Fenton, 10am - 12pm;  
Minton Community Centre, Hartshill, 12.30 - 1.30pm; **ON HOLD**  
Milton Methodist Church, 1.30 - 3.30pm.

**Wednesday:** Longton Central Hall, 10am - 12pm;  
Holden Lane Primary, Sneyd Green, 7.15 - 8.15pm.

### Thursday

CCMA Cobridge, 10.30am - 12.30pm;  
Longton Central Hall, 10am - 12pm;  
Rowan Village, Meir, 2.15 - 4.15pm.

**Friday:** Stoke Baptist Church, 10.30am - 12.30pm.

## Walking Groups

- **Wednesday:**

City Walks, 1 mile, starts 2pm

- **Friday:**

Step Out & Age Well, **5– 6 miles**, meet at 9.45am.

Walks led by accredited walk leaders.

**Ring the number below for further details.**



**Age UK North Staffordshire...** is a local, independent, registered charity working with and for older people in Stoke-on-Trent, Newcastle-under-Lyme and the Moorlands.

We believe in a world where everyone can enjoy a fulfilling later life. We're here to help, support and inspire people aged 50+, and their carers, to live well, safely and more easily.



### Our members tell us:

*“We have a really good time and I feel much better for exercising. Attending the group has helped me to improve my balance and mobility, and I feel more upbeat and confident”*

### Take the first step

If you're interested in joining in with some of these activities, or perhaps **becoming a volunteer** to help us run them, contact the **Ageing Well Team** using the details below. **Full details of our exercise programme are available on our website.**

**www.ageuk.org.uk/staffordshire Phone:01782 200739**

**Registered Charity Number 1070553**