

## 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 falling** by improving **strength and balance.**

### Low Mobility Classes

#### **Tuesday:**

Mary Church Centre, Bucknall, 10.45 am - 12.30pm

Goldenhill Community Centre , 10.30 am - 12.00 pm

Temple Street Methodist, Fenton, 10am - 12pm **ON HOLD**

Milton Methodist Church, 1.30 - 3.30 pm.m

#### **Wednesday:**

Longton Central Hall, 10am - 12pm

#### **Thursday**

CCMA Cobridge, 10.45am - 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 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 lot of fun 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 Project** 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**