

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

Milton Methodist Church, 1.30 - 3.30 pm.m

Wednesday:

Longton Central Hall, 10am - 12pm

Holden Lane Primary, Sneyd Green, 7.15 - 8.15pm

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