



Please call to confirm before attending

Independent Living Team

0161 474 3773

Rebecca

07800 617 832

Sharron

07800 617 828

January 2022

Weekly activities available throughout the borough. Please call 0161 474 3773.

- Dementia Cafe Breakfast clubs
- Bingo Quizzes Games afternoons
- Tai Chi Movie nights
- Friendship groups Supper nights

- 25th** - Burns Night Celebrations , Oak Tree Court 5.30pm £4
- 25th** - Burns Night Celebrations , Russell Gardens 4pm £3
- 25th** - Burns Night Celebrations , Birch court 1pm £3

February 2022

Weekly activities available throughout the borough. Please call 0161 474 3773.

- Dementia Cafe Breakfast clubs
- Bingo Quizzes Games afternoons
- Tai Chi Movie nights
- Friendship groups Supper nights

- 1st** - Chinese New Year Celebrations, Brereton Court 6pm £5 (includes buffet)
- The Winter Olympics will be shown live on TV at various schemes 4th - 20th February, refreshments provided.**
- 10th** - Healthy Cooking on a Budget with Cracking Good Food Brinnington Community Centre 10am £3 (includes samples)
- 14th** - Valentine's Day Quiz (with refreshments), Queens Gardens 2pm £2
- 14th** - Valentine's Day Quiz (with refreshments), Lumb House 11am £2
- The 6 Nations Rugby will be shown live on TV at various schemes 6th February - 19th March, refreshments provided.**

March 2022

Weekly activities available throughout the borough. Please call 0161 474 3773.

- Dementia Cafe Breakfast clubs
- Bingo Quizzes Games afternoons
- Tai Chi Movie nights
- Friendship groups Supper nights

- 1st** -Pancake Day, Stockport Road Communal Lounge TBC 12pm £2
- 1st** -Pancake Day, Various Schemes 12pm £2
- 1st** - St David's Day Welsh Breakfast Oak Tree Court 10.30am £3.50
- 1st** - Mardi Gras Party - Bredbury Community Centre, Bents Lane
- 8th** - International Women's Day, Russell Gardens 12pm-2pm
- 11th** - Bury Market Trip - Offerton/ Cheadle pick up 10am/10.15am £5
- 17th** - St Patricks Day Lunch, Smithy Green 12pm £4
- 18th** - Comic Relief Supper, Brereton Court 5pm £4
- 18th** - Holi Festival of Colour Arts & Crafts session - Bredbury Hub 1.30pm (donations to Bredbury Hub)
- 25th** - Mother's Day Afternoon Tea & Quiz, Lumb House 3pm £3
- Mother's Day - Free cake for all Mum's at our regular coffee mornings this week.**

Accessing Activities - For support/advice in relation to accessing an activity please call 0161 474 3773
Virtual Attendance - To attend an activity virtually, please call Rebecca on 07800617832

Please share this calendar with friends & family, calendar is updated regularly



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April 2022

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 Bingo  Quizzes  Games afternoons
 Tai Chi  Movie nights
 Friendship groups  Supper nights


 **2nd - 9th** - World Autism Awareness Week - Information & activities at various communal lounges/ community venues.

 **8th** - Grand National Ladies Day Lunch, Oak Tree Court 12.30pm £3.50

 **11th** - Easter Crafts, Smithy Green 11am £2



 **14th** - Easter Planting, Birch Court 2pm £2


 **23rd** - St Georges Day Coffee Morning, Stockport Road Communal Lounge 10.30am £2


 **25th** - Anzac Day (Australia Day) Coffee Morning - Queens Court 10.30am


May 2022


Weekly activities available throughout the borough. Please call 0161 474 3773.


 Dementia Cafe  Breakfast clubs
 Bingo  Quizzes  Games afternoons
 Tai Chi  Movie nights
 Friendship groups  Supper nights


 **3rd** - Eid Al - Fitr Celebrations To celebrate breaking fast we are providing food and music - Russell Gardens 3pm £2

 **8th** - VE Day Celebrations VE DVD, reminiscence items and trench cake to mark the occasion - Birch Court 11am

 **Open Days available at all schemes, please call 0161 474 3773 for more information.**

 **16th - 22nd** Dementia Action Week - Information/activities at various communal lounges/community venues.


 **19th** - Nantwich Market Trip (OSCAR) - Offerton/Cheadle pick up 10am/10.15am £5


 **Jubilee celebrations at all schemes, please call 0161 474 3773 for more information.**

June 2022


Weekly activities available throughout the borough. Please call 0161 474 3773.


 Dementia Cafe  Breakfast clubs
 Bingo  Quizzes  Games afternoons
 Tai Chi  Movie nights
 Friendship groups  Supper nights

 **PRIDE Month** - Information/activities at various communal lounges/ community venues throughout June.

 **6th** - D Day Movie Night - Birch Court 6.30pm


 **Alzheimer's Cupcake Day** - to be held at all schemes this month. Literature & information will be made available at all scheme Alzheimer's cupcake days. Call 0161 474 3773 for more information.


 **18th** - Marple Carnival - Come and watch the parade and then enjoy refreshments at Queens Court upon completion.


 **Father's Day** - Free breakfast butty for all Dads at our regular scheme coffee mornings this week.

 **20th** - Father's Day Breakfast - Wimborne Close 10.30am £2

 **21st** - International Yoga Day - Oak Tree Court Chair Yoga 10.45am £4

 **23rd** - Llandudno Trip (OSCAR) - Offerton/Cheadle pick up 10am/10.15am £5

 **27th** - Seniors Art Class and Exhibition - Queens Gardens 1pm - 4pm

 **Jubilee celebrations at all schemes, please call 0161 474 3773 for more information.**

Accessing Activities - For support/advice in relation to accessing an activity please call 0161 474 3773
Virtual Attendance - To attend an activity virtually, please call Rebecca on 07800617832

Please share this calendar with friends & family, calendar is updated regularly



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Rebecca





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July 2022

Weekly activities available throughout the borough. Please call 0161 474 3773.


-  Dementia Cafe  Breakfast clubs
-  Bingo  Quizzes  Games afternoons
-  Tai Chi  Movie nights
-  Friendship groups  Supper nights

 **Wimbledon Strawberries & Cream at various sheltered schemes - call 0161 474 3773 for more information.**

 **16th - Hazel Grove Carnival** – Come and join us as we enjoy the parade. Refreshments available at Torkington House upon completion.

 **21st - Southport Trip (OSCAR) -** Offerton/Cheadle pick up 10am/10.15am £5

 **26th - Marple Canal Boat Trip** 10am £5


 **31st - Stockport PRIDE -** Stockport Market Place – Join us in the market place to celebrate Stockport PRIDE.


August 2022


Weekly activities available throughout the borough. Please call 0161 474 3773.

-  Dementia Cafe  Breakfast clubs
-  Bingo  Quizzes  Games afternoons
-  Tai Chi  Movie nights
-  Friendship groups  Supper nights

 **The Commonwealth Games will be shown live on TV at various schemes 28th July - 8th August, refreshments provided.**

 **Summer Garden Parties** held at various sheltered schemes throughout August including:

 **Old School Summer Sports Day at various schemes, call 0161 474 3773 for more information.**


 **20th Lytham Military Fair (OSCAR) -** Offerton/Cheadle pick up 10am/10.15am £5


September 2022

Weekly activities available throughout the borough. Please call 0161 474 3773.

-  Dementia Cafe  Breakfast clubs
-  Bingo  Quizzes  Games afternoons
-  Tai Chi  Movie nights
-  Friendship groups  Supper nights

 **2nd - International Cabernet Day** - Cheese & Wine tasting 5pm £3 Stockport Road Communal Lounge

 **10th - Emergency Services Day** - Information & intergenerational activities - Brinnington time TBC

 **26th - 30th - Macmillan Coffee Morning** – Fund raising cake sales and coffee mornings across all schemes and communal lounges.

Accessing Activities - For support/advice in relation to accessing an activity please call 0161 474 3773
Virtual Attendance - To attend an activity virtually, please call Rebecca on 07800617832

Please share this calendar with friends & family, calendar is updated regularly



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October 2022

Weekly activities available throughout the borough. Please call 0161 474 3773.
 ☕ Dementia Cafe ☕ Breakfast clubs
 🎰 Bingo 🎮 Quizzes 🎮 Games afternoons
 🧘 Tai Chi 🎬 Movie nights
 ❤️ Friendship groups 🍷 Supper nights

- 👤 👤 **Black History Month - Information and activities will take place at various locations throughout the month.**
- 👤 👤 **1st October is International Day of Older Persons - A week of celebrations including:**
- 🌸 **1st - IDOP Older, Greener Gardening** - Brinnington Community Centre 12.30pm
- 👤 👤 **2nd - Grandparents Day Game Show Activities** - Queens Gardens 2pm - 4pm - Grandchildren welcome
- 👤 👤 **3rd - Health & Older Persons Services Information Day.** Bredbury Community Centre 11am - 2pm
- 🍷 **4th - IDOP Breakfast Butties with guest speaker** - Smithy Green 10.30am £1.50
- 👤 👤 **5th - Health & Older Persons Services Information Day.** Lumb House 11am - 2pm
- 🥕 **6th - IDOP Home Grown Veggies taster session** - Wimborne Close 2pm - 4pm
- ☕ **7th - IDOP Coffee Morning with guest speaker** - Torkington House 10.30am
- 🔥 **25th - Diwali Arts & Crafts session** - Brereton Court £2
- 🎃 **31st - Halloween Hot Pot Supper** - Wimborne Close 4pm £3

November 2022

Weekly activities available throughout the borough. Please call 0161 474 3773.
 ☕ Dementia Cafe ☕ Breakfast clubs
 🎰 Bingo 🎮 Quizzes 🎮 Games afternoons
 🧘 Tai Chi 🎬 Movie nights
 ❤️ Friendship groups 🍷 Supper nights

- 🌿 **1st - World Vegan Day.** Vegan two course lunch, Oak Tree Court 12pm £3
- 🌸 **5th - Bonfire Bangers & Mash,** Torkington House 4pm £3
- 🌸 **5th - Bonfire Banger Butties,** Birch Court 11am
- 👤 **10th - "Movember" Focus on men's health** - Guest speaker - Brereton Court 11am
- ☕ **Armistice Day at various schemes, call 0161 474 3773 for more information**
- 📅 **14th - Diabetes Day** - Literature and information will be available at all scheme coffee mornings. A speak on the topic will be available at Torkington House tbc.
- ⚽ **The World Cup football will be shown live on TV 21/11/22 - 18/12/22 at various schemes, refreshments provided.**

December 2022

Weekly activities available throughout the borough. Please call 0161 474 3773.
 ☕ Dementia Cafe ☕ Breakfast clubs
 🎰 Bingo 🎮 Quizzes 🎮 Games afternoons
 🧘 Tai Chi 🎬 Movie nights
 ❤️ Friendship groups 🍷 Supper nights

- A wide variety of Christmas activities will take place across all SHG communal lounges/community centres including:
- 🎄 **1st - 9th -** Come join us as we put up our Christmas Tree, enjoy tree decorating, mince pies and mulled wine. All Communal lounges. Various times.
 - 🎄 **12th - 16th -** Wreath Making - Make your very own Wreath to take home. Various scheme lounges/community centres 1.30pm £5
 - 🎄 **Christmas Crafts held at various sheltered schemes - call 0161 474 3773 for more information.**

All Christmas activities include seasonal refreshments.

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