



Open to anyone aged **50+**

Calendar of Events 2023

Please call to confirm before attending

Independent Living Team


0161 474 3773

October 2023

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 Person - A week of celebrations including information days and breakfast butties with guest speakers at various schemes**


 **31st - Halloween soup lunch – £2**
1pm - Queens Gardens
1pm - Brereton Court


November 2023

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 Breakfast butties at various schemes**

 **3rd - Bonfire Banger Butties – Wimborne Close 10.30am and Torkington House 10.30am**

 **6th - 10th Armistice Day coffee mornings (£2 all proceeds go to the poppy appeal)**


December 2023

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 - 8th - Tree decorating – Come join us as we put up our Christmas Trees, 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**

Accessing Activities - For support/advice in relation to accessing an activity please call 0161 474 3773

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



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January 2024

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 1pm at Oak Tree Court
 Russell Gardens
 Birch Court

February 2024

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

♥ **World Heart Month**
 Leaflets at all schemes

♥ **4th - World Cancer Day** - Leaflets at schemes

6th - Chinese New Year - Queens Gardens 12.30pm

13th - Pancake Day - Various Schemes

March 2024

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

8th - International Women's Day, leaflets at schemes

15th - St Patricks Day Breakfast Butties at Torkington House & Wimborne Close 10.30am

W/C 4th - Mother's Day - Free cupcakes for all our mums at our regular coffee mornings this week.

26th - Easter Crafts - Brereton Court 1-3pm £2 per person

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April 2024

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-  Tai Chi  Movie nights
-  Friendship groups  Supper nights


 **9th & 10th** - Eid Al celebrations - music and refreshments at various schemes 1-3pm

 **12th** - Grand National Ladies' Day Lunch at Russell Gardens 1-3pm

May 2024

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

 **Open Days at all schemes 12-3pm**

Queens Court
13/05/2024

Birch Court
13/05/2024

Queens Gardens
13/05/2024

Wimborne Close
15/05/2024

Brereton Court
16/05/2024

Russell Gardens
16/05/2024

Oak Tree Court
16/05/2024


Torkington House
17/05/2024

Smithy Green
17/05/2024

June 2024

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

 **10th** Father's Day – Free breakfast butty for all our Dads

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




July 2024


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** - Join us in the Market Place to celebrate Stockport Pride










 **Wimbledon Strawberries & Cream**
1st - 12th at various schemes


August 2024

Weekly activities available throughout the borough. Please call 0161 474 3773.
 Dementia Cafe  Breakfast clubs
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 Tai Chi  Movie nights
 Friendship groups  Supper nights

 **Summer Garden Parties at various schemes**

September 2024

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 **Macmillan coffee mornings at various schemes**

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