



OLDER PEOPLE'S GUIDE OF **WHATS GOING ON IN IRLAM** **AND CADISHEAD.**

Compiled by Positive Moves
CIC May 2013

Please check with provider for details as we cannot be held accountable for changes to activities.

Monday's activities

09:30 - 10:30

The Panic Group

Need help with panic attacks?

Panic support group

FREE group every Monday

For more information call:

Julia 0780 192 7372 or 0161 686 5239
Helen 0771 708 8135

09:30 - 10:15

Zumba Gold aged 50+

for people 50+ years

Every Monday

Irlam and Cadishead leisure centre

13:00 -15:15

Art club

Every Monday

Lady James hall

10:00 - 12:00

Art Group

Monday meeting

Irlam and Cadishead 50+ arts group

Runs every Monday

St Mary's church hall

10:15 – 11:00

Legs, bums and Tums

For all levels of fitness

Every Monday

Irlam and Cadishead leisure centre

12:15 – 12:45

Express spin

For all levels of fitness

Every Monday

Irlam and Cadishead leisure centre

13:00 – 15:00

Yoga class

Every week

Hamilton Davies house

13:00 – 15:00

Female singing group

Evergreens

Every Monday

Cadishead Wesley community hall

13:00 – 15:15

Art club

Every Monday

Lady James hall

Tuesday Activities

09:30 - 11:30

Ladies bike ride - Bike & Brekkie

Ladies bike ride followed by a healthy breakfast

Bikes available to use!

Call 0161 686 5237 for more details.

Meet at Princes Park Bike Pod

FREE!

Every week

Ongoing from 22nd January

Health Improvement Team Prince's park

09:30 - 10:15

Aeromix

For all levels of fitness

Every week

Irlam and Cadishead Leisure Centre

10:00 - 12:30

Open Door - Get refreshed

Every Tuesday morning the church is open to all! We are there to talk to anyone that may need a listening ear or just want a friendly chat and a coffee. Nursery facilities available

Every Tuesday

Cadishhead community church

10:00 - 12:30

Drop in... For a cuppa Tuesday mornings

Come along, everyone welcome

Cadishhead Library

10:15 - 11:00

Step-beginners

For beginners

Irlam and Cadishhead leisure centre

11:15 - 12:00

Push and Lift

For all levels of fitness

Irlam and Cadishhead leisure centre

19:30 - 21:30

Craft Sessions

Go along and join in.

A variety of crafts on offer to try your hand at.

(Irlam Fire Station)

19:30

Weekly Ladies Social

Get together for ladies to meet every Tuesday.
Demonstrations, Speakers, Talks and Trips outs.

Wednesday activities

07:30- 08:15

Hydrofit

Not sure which workout is for you? Why not sign up to a six week programme of different aquatic disciplines that feature: Aqua walk- taking it from small steps increasing intensity and speed to give a water workout for all, Aqua jog – as it sounds- jogging in water! Aqua step – don't worry as the step block has little suckers at the bottom to fix the step securely to the bottom of the pool. We provide webbed mitts for the class for those that want to increase the resistance as they work through the water. Together with aqua circuits and aqua fit, there is something for everyone and variety will keep your fitness regime fresh

Every Wednesday

Irlam and Cadishead leisure centre

09:00-11:00

Stop smoking drop in

Help and advice to quit smoking for good

Free

Every Wednesday

Health improvement team

Irlam library

09:30-10:15

Aerobics

For all levels of fitness

Every Wednesday

Irlam and Cadishead leisure centre

10:00 -11:00

Healthy hearts aged 50+

Designed for the 50+age group

Every Wednesday

Irlam and Cadishead leisure centre

12:15 -12:45

Express spin

For all fitness levels

Every Wednesday

Irlam and Cadishead leisure centre

Thursday activities

09:15-12:15

Health improvement team

Every Thursday

Stopping smoking drop in – call in for advice and support

Cadishead library

09:30-10:15

Ladies morning

For all fitness levels

Every Thursday

Irlam and Cadishead leisure centre

10:00-11:30

tea and biscuits-The project provides drop in sessions once a week over a period of eight weeks where members of the general public can come and learn in a friendly and informal environment about all sorts of technology from computers to digital cameras, from social networking to understanding ipad's and much more

Every Thursday

Hamilton Davies house

11:15-12:00

Aqua aerobics – get fit and have fun in the pool aerobic exercise in water, a fitness class in the pool is a great way to maintain stamina, strength and suppleness. It is also good at reducing stress levels, also increasing cardiovascular fitness. Working out in the water has a range of benefits, the key one being that the water acts as a cushion protecting joints such as spine and ankles

Every Thursday

Irlam and Cadishead leisure centre

12:30-14:30

Health improvement team

Fit and fab for the New Year- relaxation, stress, health and weight management with the health improvement services and Salford City College.

Just turn up

88b Parkstone Road Irlam

13:30-14:15

Healthy hips and hearts

Weekly event

Free and open to all aged 50+

Phone June Winspear 0161 775 0336 so she is aware of numbers

Every Thursday

St Clements court

13:30 – 15:30

Rixton with Glaze brook community hall

Hollins green arts class

Classes run from September to June

Every Thursday afternoon

Beginners welcome

Contact Rachelle on 0161 7750524 for more information

Friday activities

09:30-10:15

Spinning-for all fitness levels

Irlam and Cadishead leisure centre

10:00-12:00

Irlam and Cadishead heart club

Healthy heart club-dancing, Thai chi, holistic therapies,
chair based exercise, relaxation, weight management,
bingo, raffle and trips

First visit-no charge

Subsequent visits: £1.00 per session

Highlights

1st February wear red day competition

8th February relaxation session

1st march local history talk

15th march osteoporosis talk

Irlam steel and recreation and social club

10:30 – 11:15

Zumba gold aged 50+

Irlam and Cadishead leisure centre

12:15-12:45

Express spin

For all fitness levels

Irlam and Cadishead leisure centre

13:00-14:00

Health improvement team

Weigh and stay – weekly weigh in and healthy life style information

Non on Good Friday

Every Friday

Lady James hall

14:00-21:30

Lady James hall senior citizens association

Billiards and snooker

Lady James hall

Saturday activities

10:00-14:00

Farmers market

Held on the 2nd Saturday of each month 10am-2pm

Admission free

Local produce and crafts

The majority of the stalls are primary producers growing or baking their own products

The Black Swan

10:00 -14:00

Coffee morning

2nd Saturday of the month
Cake stall and tea cakes
Everyone welcome
Cadishead Wesley Methodist church

10:30-11:00
Push and lift techniques – beginners – beginners' level
Every Saturday
Irlam and Cadishead leisure centre

Sunday activities

08:30-09:30
Holy Communion
Services usually last an hour
Every Sunday
St John's the Baptist C of E

08:30-09:30
Sunday mass (early)
Services usually last an hour
Every Sunday
St Joseph the worker RC church

10:00-11:00
Sunday services
Services usually last an hour

Every Sunday
Kingdom hall of Jehovah's witnesses

10:00-11:00
Sunday services
Service usually last an hour followed by refreshments
Every Sunday
St Pauls Methodist church

10:00-11:00
Sunday mass
Services usually last an hour
Every Sunday
St Teresa of Avila RC church

10:30-11:30
Sunday services
Services usually last an hour
Every Sunday Cadishead Community Church

10:30-11:30
Parish communion
Services usually last an hour
Every Sunday
St John the Baptist of C of E

10:30-11:30

Sunday mass
Services usually last an hour
Every Sunday
St Joseph the worker RC church

10:30-11:30
Family services and Sunday school
Services usually last an hour. Please note these services
will not be held on the first Sunday of each month
Every Sunday
St Mary the Virgin C of E church

10:45-11.45
Sunday services
Services usually last an hour
Every Sunday
Cadishead congregational church

