

## KNUTSFORD

### Methodist Church

Keep Fit Tuesday 10.15am

### Civic Centre

Tai Chi Monday 9.45am

### WALKING THE WAY TO HEALTH

Various starting points—11am  
1st & 3rd Wednesday in the month

## MARTHALL

### Toft Rd Cricket Club

Keep Fit Wednesday 10.00am

## MOBBERLEY

### Mobberley Community Centre

Keep Fit Thursday 10.00am

### The Beeches-Warford Park\*

Keep Fit Monday 2.00pm

## PICKMERE

### Pickmere Village Hall

Tai Chi Tuesday 2:30pm

## HOLMES CHAPEL

### WALKING THE WAY TO HEALTH

Various starting points—11.00am  
1st and 3rd Tuesday in the month

## CONGLETON

### Congleton Library Meeting Room

Gentle Exercise Monday 10.45am

### Heliosa Nursing Home\*

Keep Fit Friday 2:45pm  
(Monthly)

### Clayton Manor Nursing Home\*

Keep Fit Tuesday 2:00pm  
(Monthly)

### WALKING THE WAY TO HEALTH

Various starting points—11.00am  
2nd & 4th Thursday in the month

## Cost of sessions

Keep Fit - £3.00 (1 hour)

Tai Chi - £3.00 (1 hour)

Scrabble - £1.00 (2hours)

Book Club - £1.00 (1 hour)

Health walks - Free (Approx 1  
hour)

**Classes marked \* are not open to members of the public.**

**Computer sessions** are held at Macclesfield, Wilmslow & Knutsford  
Tel: 01625 612958 to book a course

ACEC-10-0409  
Registered Charity No. 1090161



# ACTIVAGE

## MAKING MORE OF LIFE

Physical Activity helps you do the things you want to do!

[www.ageconcerneastcheshire.org.uk](http://www.ageconcerneastcheshire.org.uk)

New Horizons Centre, Henderson Street,  
Macclesfield, Cheshire SK11 6RA  
Tel: 01625 612958



## MACCLESFIELD

**Age Concern office, Henderson Street**  
Scrabble Monday 10.00am

Tai Chi Wednesday 1.45pm  
& 2.45pm

Keep Fit Friday 10.30am

Book club last Tuesday  
each month 2.00pm

### Millers Court, Hope Street West

Keep Fit Thursday 11:00am

### Harry Lawson Court

Keep Fit Tuesday 11am

### WALKING THE WAY TO HEALTH

Meet at the Leisure Centre—10.30am  
1st and 3rd Tuesday in the month

## WILMSLOW

**Queen Anne Court\***  
Keep Fit Monday 9:45am

**Canterbury Grange\***  
Keep Fit Tuesday 2.30pm

**United Reformed Church Hall**  
Tai Chi Monday 11.00am  
Keep Fit Tuesday 9.45am

### Wilmslow Leisure Centre

Keep Fit Monday 2.00pm  
Indoor Bowling Tuesday 9.30am  
Keep Fit Friday 1.30pm

### Chapel Court

Keep Fit Thursday 2:00pm

### WALKING THE WAY TO HEALTH

Various starting points—2pm  
2nd & 4th Wednesday in the month

## POYNTON

**Vernon Lodge**  
Scrabble Tuesday 2.00pm

**Holland Court\***  
Keep Fit Monday 10.30am

**Cedarwood**  
Keep Fit Tuesday 3.00pm

**Poynton Methodist Church Hall**  
Keep Fit Wednesday 3:00pm

**Oaklands, Oak Grove**  
Keep Fit Thursday 2:30pm

### WALKING THE WAY TO HEALTH

Various starting points—11am  
2nd & 4th Tuesday in the month

## BOLLINGTON

**Methodist Church Hall**  
Keep Fit Monday 1.30pm

### WALKING THE WAY TO HEALTH

Bridgend Centre—10.30am  
2nd and 4th Wednesday in the month

## GAWSWORTH

**Methodist Church Hall**  
Keep Fit Tuesday 2:00pm

## HANDFORTH

**Gwyneth Morley Court**  
Keep Fit Wednesday 10:30am

**Royal British Legion Club**  
Keep Fit Friday 2:00pm

**Oakmere, Spath Lane**  
Keep Fit Wednesday 10:30am

Tai Chi Thursday 10:00am

## LANGLEY

**Methodist Church Hall**  
Keep Fit Thursday 9:45am

## DISLEY

**Disley Community Centre**  
Tai Chi Monday 2:00pm & 3.00pm

## PRESTBURY

**Beaumont Nursing Home**  
Keep Fit Wednesday 1:45pm