

CONNECTING OUR COMMUNITY

Whatever your age, we've something for you!

The Fed,
Maccabi and
The Nicky have
teamed up to bring
you a calendar
full of social
events!

The Fed

1. **Mums 'n' Tots** – for *mummies and little ones* aged 0 – 5 yrs - Wednesdays
2. **Walk 'n' Talk** - social meet ups for *adults* in Heaton Park - Tuesdays and Thursdays
3. **Quarterly Coffee Stops** for *clients* of The Fed's Volunteer Services department

To find out more or book your place: advice@thefed.org.uk or 0161 772 4800

The Nicky

MJCC's popular day-centre for *older* people has reopened for members old and new!
Come and socialise and enjoy a hot lunch and a day of activities.
Transport and bathing service available.

To find out more or book your place: michelle@mjcc.org.uk or 0161 740 0111

Maccabi

1. **Mindfulness, Mental Health and Wellbeing Sessions** - *over 18s* - Wednesdays
2. **Adult Exercise Classes** - HIIT Bodyweight (High Impact Interval Training) - Tuesdays

To find out more or book your place: steph.wilks@manchestermaccabi.org.uk
or 0161 492 0040