

# What's On East Salford

## Autumn 2016

**Candlelit Yoga**, **Gentle Exercise**, **Sewing Bee**,  
**Cake Decorating**, **Friday Meet-up**, **Days Out**,  
**Family Activities**, **Boxercise**, **Learn Internet Skills**,  
**Feel Good Sessions**, **Arts and Crafts**, **Fusion**  
**Food Cooking**, **Sports Day**, **Customer Service for**  
**Employment**, **One Pot Cooking** and much much  
more....

Full timetables below, Contact us to find out more:

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## Exercise Classes - Be Active Fitness Classes

(£5 a session or £10 a month for first 100 members) – Classes are subject to change please contact us to book.

Time	Activity
<b>Monday</b> 7.30pm – 8.30pm	Legs, Bums and Tums
<b>Monday</b> 8.30pm – 9.30pm	Boxfit and Abs
<b>Tuesday</b> 6.30pm – 7.30pm	Kettlebells
<b>Tuesday</b> 7.30pm – 8.30pm	Pump Up!
<b>Wednesday</b> 6pm – 7pm	Legs, Bums and Tums
<b>Wednesday</b> 7pm – 8pm	Boxfit and Abs
<b>Wednesday</b> 8pm – 9pm	Candlelit Yoga
<b>Thursday</b> 6pm – 7pm	Step and Tone
<b>Thursday</b> 7pm – 8pm	Running Club
<b>Friday</b> 7pm – 8pm	Bootcamp Advanced
<b>Friday</b> 8pm – 9pm	Friday Night Social
<b>Contact us to book</b>	1-2-1 Intro to exercise sessions

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## Gentle Exercise and Relaxation Classes Session

Time	Activity	Cost
<b>Monday</b> 9.30am – 11am	Kurling	Free
<b>Monday</b> 11am – 12pm	Ready Steady Chair	£2
<b>Monday</b> 12.30pm – 2.30pm	Yoga	£5
<b>Wednesday</b> 11am – 12pm	Disability Dance	£2
<b>Wednesday</b> 8pm – 9pm	Candlelit Yoga	£5 or £10 a month
<b>Thursday</b> 6.30pm – 8pm	Iyengar Yoga	£7, reduction available
<b>Friday</b> 1.00pm – 3.00pm	Yoga	£5

## Try Something New

Time	Activity	Cost
<b>Tuesday</b> 6pm – 8pm Starts 13 <sup>th</sup> September	Fusion Cooking Chinese, Indian, Thai Learn to cook some different meals and enjoy a meal together	£5 a week
<b>Tuesday</b> 6.30pm – 8.30pm Starts 13 <sup>th</sup> September	Photography	Free
<b>Wednesday</b> 5.30pm – 7.30pm	One Pot Cooking SOLD OUT Contact to reserve place on next one.	£5 for the whole course
<b>Thursday</b> 1.30pm – 3.30pm Starts 6 <sup>th</sup> October	Archaeology	Free if in receipt of benefits
<b>Evenings To be confirmed</b>	Cake Decorating	£3 a week

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Time	Activity	Cost
Dates and time to be confirmed.	Feel Good Sessions Small changes to improve how you feel. Sleep, meditation, cooking and movement.	FREE  Contact for more info
Dates and time to be confirmed.	Salford Sewing Bee  Learn how to use a sewing machine to modify clothing and make new items.	FREE

## Groups

Time	Activity	Cost
Wednesday 1pm – 2pm	Friendship Circle	Free
Friday 2pm – 4pm Starts 2 <sup>nd</sup> September 2016	Friday Drop-in Games, darts, and socialising	Free

## Abilities Programme – Courses designed by and for those with learning difficulties

Time	Activity	Cost
Days and times to be confirmed	Creative Crafts	Free if in receipt of benefits
Days and times to be confirmed	Pottery	Free if in receipt of benefits
Days and times to be confirmed	Art and Crafts	Free if in receipt of benefits

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## New Skills Courses

Time	Activity	Cost
<b>Tuesday</b> 12.30pm – 2.30pm Starts 4 <sup>th</sup> October 2016	Confidence and Communication	Free if in receipt of benefits
<b>Wednesday</b> 1pm-3pm – Starts 05 <sup>th</sup> October 2016	Money Management	Free if in receipt of benefits
<b>Wednesday</b> Time TBC Starts 14/09/16	First Steps IT	Free if in receipt of benefits
<b>Wednesday</b> Time TBC Starts 14/09/16	First Steps Microsoft Office	Free if in receipt of benefits
<b>Thursday</b> 1.30pm – 2.30pm  Starts 08/09/16	Internet Skills with Andy – using computers, phones tablets to access services to make life easier.	Free
<b>Days and times to be confirmed</b>	Social Media for Employment	Free
<b>Days and times to be confirmed</b>	Customer Service for Employment	Free

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## Events

Time	Activity	Cost
<b>Friday 26<sup>th</sup> August</b> Meet at 1pm at The Angel	History Walk and Picnic Food provided	£3 each or £5 family Booking essential
<b>Tuesday 6<sup>th</sup> September</b> 10am at The Angel	Trip to Towneley Gardens SOLD OUT	Free (entrance to Hall is £4)
<b>Tuesday 30<sup>th</sup> August</b> 12pm – 3pm	Family Social AdVentures Sports Day Trinity Park on Mayan Avenue Salford M3	Free
<b>Thursday 1<sup>st</sup> September</b> 1.30pm – 3pm	Family Cycling Afternoon	Free
Monthly	Saturday Social Evening at the Creation Cafe	Some Free

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## **Need some support to try something new?**

Our free **life coaching** service is available to Salford residents. Email us at [hello@socialadventures.org.uk](mailto:hello@socialadventures.org.uk) to find out more

## **Got an idea for a group?**

We've got spaces and expertise so if you have a group you'd like to hold or you have an idea for a new group get in touch – [hello@socialadventures.org.uk](mailto:hello@socialadventures.org.uk)

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