

NEWTON HEATH

Last updated: January 2010

Legend:

RED = Stopped activity.

BLUE = New activity

GREEN =change to an activity (ie date/time/venues etc)

No	Activity	Who for	Where	How Often	When	Time	Until	Price	How do I join	Max no per class
176	Body tone	Open to all	NH Surestart Centre	Weekly	Thursday	10.30am	11.30 am	Free	Turn up or call for more details, limited creche places available, please call Manchester Creche Team on 219 6173	
	Health Walk	Open to all	Fron NH Surestart	Weekly	Tuesday	12.30pm	2.30pm	Free	Just turn up	
177	Country Dancing	Open to all	All Saints Youth and Community Centre	Weekly	Recommences 8 Jan	1.00 pm	2.00 pm	Free	Just turn up	
179	Women's Exercise Class	Women	Heathfield Hall	Weekly	Recommences 7 Jan	1.30pm	2.30pm		Just turn up	25
192	Yoga	All Saints Youth & Community Centre	Culcheth Methodist Church, corner of Droylsden Rd & Regent St	Weekly	Recommences 5 Jan 1010	6.30 pm	7.30pm	Free	Just turn up	
194	Coffee Morning	Open to all	All Saints Youth and Community Centre	Weekly	Tuesday				Cancelled	
208	Adult exercise	All Saints Youth &	Lisa Kolade	NH	Term time only commencing 9/11				Cancelled	
	Fun & Games for the over 50's	over 50's	Heathfield Hall, Briscoe Lane	Weekly	Recommences 11 Jan 10	10:00 AM	12:00 PM	Free	Just turn up	
	Front Row, over 50's film showings	Open to all	Heathfield Hall	Fortnightly	Wednesday	12:00 PM	2,30 pm	Free	Just turn up	

For more information contact Laura at New East Manchester on 0161 223 1155 (Ex 1145)