



zest

ACTIVITIES

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Updated January 2012

Hexagon Tower, Crumpsall Vale,
Blackley. M9 8GQ
0161 655 7882
zest@manchester.gov.uk
www.zestactivities.blogspot.com

Activities in Beswick, Clayton and Openshaw



MONDAY

ZUMBA (keep fit), Suitable for all

Weekly most Mondays (term-time only) 9.30-10.30 am
FREE, starting Monday 5th September

St Clements C of E Primary School, Abbey Hey Lane, Openshaw, M11 1LR

Contact Rich on 0161 655 7885 to book a place

Zumba

ZUMBA (keep-fit),

*****CURRENTLY FULLY BOOKED contact Rich to be added to waiting list*****

Weekly every Monday, 6-7 pm, FREE

The New Roundhouse, 1330 Ashton Old Road, Openshaw, M11 1JG

Contact Rich on 0161 655 7885 to book a place

TUESDAY

Currently no sessions on a Tuesday

WEDNESDAY

EXERCISE AND ENERGISE,

*****LIMITED PLACES- book now!*****

Weekly every Wednesday, 6-7 pm, FREE

The New Roundhouse, 1330 Ashton Old Road, Openshaw, M11 1JG

Contact Rich on 0161 655 7885 to book a place

SEWING AND NEEDLEWORK CLUB, Suitable for all including parents and older children

Weekly every Wednesday, 5.30-7 pm

FREE, just turn up

The New Roundhouse, 1330 Ashton Old Road,
Openshaw, M11 1JG



**Craft
&
Needlework
Club**

ZUMBA (keep-fit)

Weekly every Wednesday, 7.30-8.30pm

FREE, Booking essential

The Grange Community Resource Centre, Pilgrim Drive,
Beswick, Manchester, M11 3TQ

Zumba

NEW: Zumba Fitness Club

A new club including weight-management, nutritional advice, support and a great Zumba workout.

Weekly every Wednesday, 1.45-3pm. FREE booking essential

Clayton Sure Start Children's Centre, North Road, Clayton, M11 4NE

THURSDAY

ZUMBA (keep-fit)

Weekly every Thursday, 6-7pm

FREE, booking essential

Ashbury Meadow Sure Start, Rylance Street, Beswick, M11 3NA

FRIDAY

DANCING FOR OVER-50s

Weekly every Friday, 1-3pm

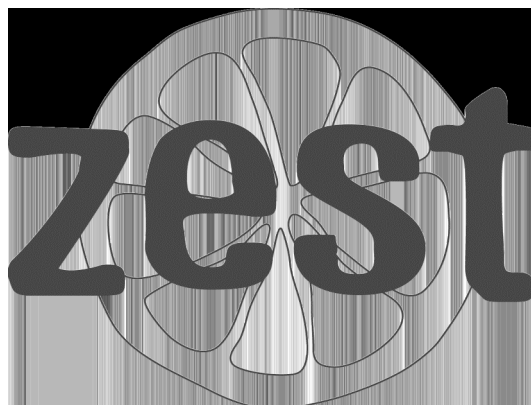
£1 per session including refreshments, just turn-up

The Grange, Pilgrim Drive, Beswick, M11 3TQ

To find out more about the activities contact Rich Browning
on 0161 655 7885 or 0795 110 0171
email r.browning@manchester.gov.uk



Activities in Miles Platting, Ancoats and Collyhurst



MONDAY

ZUMBA (keep fit), Suitable for all

Booking Essential

Weekly every Monday 7.30 – 8.30pm

FREE, starting Monday 9th January

St Georges Youth and Community Centre, Livesey Street, Collyhurst M40 7HR

Contact Laura on 0161 655 7883 / 0783 486 9203

l.cassidy@manchester.gov.uk

TUESDAY

No Sessions at the moment

WEDNESDAY

No Sessions at the moment

THURSDAY

MASSAGE/ RELAXATION/ BEAUTY TREATMENT, suitable for all

Weekly every Thursday, 9.30-11.30 am

FREE, just turn up Lalley Welcome Centre, St Malachy's School, Eggington Street (off Rochdale Road), Collyhurst, M40 7RG

Baby Massage and Stretch

Weekly every Thursday, 1-2 pm

£2 Suggested Donation, just turn up

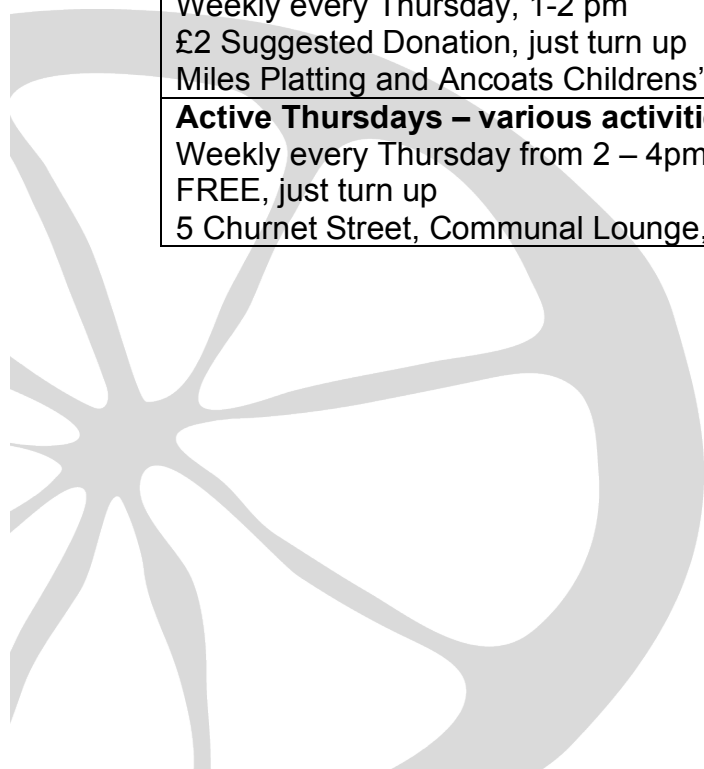
Miles Platting and Ancoats Childrens' Centre, Holland Street, M40 7DA

Active Thursdays – various activities including exercise, craft and cooking

Weekly every Thursday from 2 – 4pm Open to local over 50's

FREE, just turn up

5 Churnet Street, Communal Lounge, Churnet Street, Collyhurst M40



FRIDAY

SOCIAL CAFÉ HEALTHY ACTIVITIES, suitable for all

Weekly every Friday, 10-11.30 am (Term Time only)

Small charge for refreshments, just turn up

Church of the Apostles, Ridgeway Street, Miles Platting, M40 7DT

TAI CHI, suitable for all

Weekly every Friday, 1-2.30 pm

FREE, just turn up

Ancoats Clinic, Old Mill Street, M4 6HH

SATURDAY

TAI CHI, suitable for all

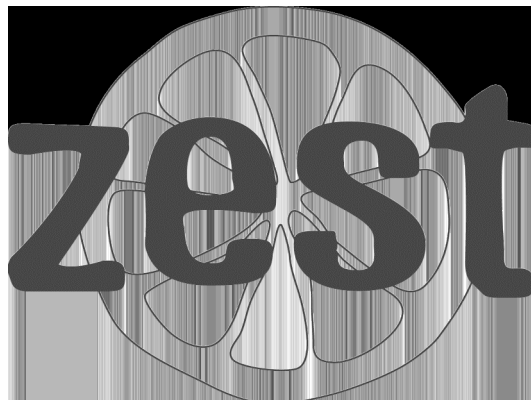
Weekly, every Saturday 1pm – 2.15pm

FREE, just turn up Manchester Communications Academy, Silchester Drive
(off Queens Road), Collyhurst M40 8NT

To find out more about the activities contact Laura
Cassidy on 0161 655 7883 / 0783 486 9203
email l.cassidy@manchester.gov.uk



Activities in Newton Heath



MONDAY

FUN AND GAMES FOR THE OVER 50's

Weekly every Monday, 10-12 noon Play Wii, darts, board games, meet people.
FREE, just turn up.

Heathfield Hall, Heathfield Street (off Briscoe Lane)

TUESDAY

YOGA, suitable for all

Weekly every Tuesday, 6.15-7.15 pm

FREE, just turn up. Mats provided.

Culceth Methodist Church, corner of Droylsden Road and Regent Street

WEDNESDAY

FRONT ROW, Over 50's Film Showing

1st and 3rd Wednesday of the month, 12-2.30 pm

18th January – Super 8 1st February – Cowboys and Aliens

15th February – Tangled (Half term) Bring the grandkids!

FREE including food, just turn up

Heathfield Hall, Heathfield Street (off Briscoe Lane)

THURSDAY

GENTLE EXERCISE CLASS, suitable for all

Weekly every Thursday, 1.30-2.30 pm

FREE, just turn up

Heathfield Hall, Heathfield Street (off Briscoe Lane)

FRIDAY

COUNTRY DANCING, suitable for all

Weekly every Friday, 1-2 pm

FREE, just turn up

Heathfield Hall, Heathfield Street (off Briscoe Lane)

To find out more about the activities contact Laura
Cassidy on 0161 655 7883 / 0783 486 9203
email l.cassidy@manchester.gov.uk

Activities in Charlestown & Higher Blackley



MONDAY

TAI-CHI, Suitable for adults all ages

Weekly every Monday, 1-2 pm

FREE

St John Bosco Church Hall, Charlestown Road

BLACKLEY FOREST WALKS, Suitable for adults all ages

Monthly. Monday, 2-3 pm

FREE

Monthly walks through the forest, 2nd Monday each month, meet at Victoria Avenue entrance 2pm. Refreshments available after the walk at Glenbrook Chapel Hall.

TUESDAY

TEA DANCES, Suitable for adults all ages

£1.50 including hot pot and refreshments

Please contact Zest on 0161 655 7882/ 7889 for upcoming dates.

WEDNESDAY

YOGA, Suitable for adults all ages

Weekly every Wednesday, 12.30- 1.30pm

FREE

Whitemoss Youth Centre, Southdown Crescent

LEARN TO DANCE, Suitable for adults all ages

Weekly every Wednesday, 1.00-2.00 pm

FREE

St Mark's Church, 70 Booth Hall Road

THURSDAY

CHAIR BASED EXERCISE, Ideal for adults with health conditions and mobility difficulties

Weekly every Thursday, 10-11 am

FREE

St Mark's Church, 70 Booth Hall Road

FRIDAY

No sessions at the moment

SATURDAY

BELLY DANCING SESSIONS, Suitable for adults all ages

Weekly every Saturday, 11.30am- 12.30pm

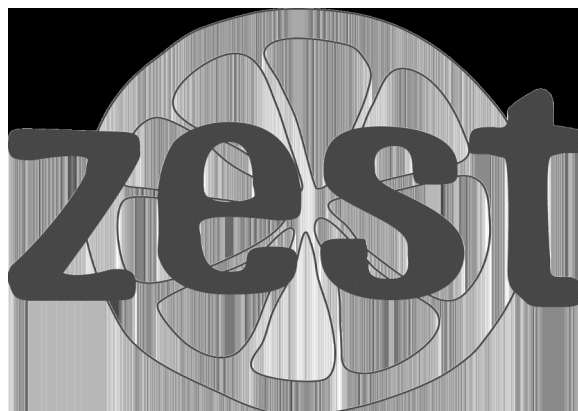
£2 per session

Higher Blackley Community Centre, Victoria Avenue

To find out more about the activities contact a member of
the Zest team on 0161 655 7882
Email zest@manchester.gov.uk



Activities in North City, Harpurhey, Moston & New Moston



MONDAY

TAI-CHI, Suitable for adults all ages (Beginners welcome)

Weekly every Monday, 1.00-2.00 pm

FREE

New Moston Library, Nuthurst Road, M40 3PJ

SINGING FOR FUN, Suitable for adults over 50

Weekly every Monday, 2-4 pm

FREE with donation for refreshments

NEPHRA HQ, 27 Parkfield Road North, New Moston, M40 3TB

Singing lifts your mood, is great fun – and anyone can join in.

TUESDAY

TAI-CHI, Suitable for adults all ages (Beginners welcome)

Weekly every Tuesday, 10-11 am

FREE

New Moston Library, Nuthurst Road, M40 3PJ

TAI-CHI, Suitable for adults all ages (Beginners welcome)

Weekly every Tuesday, 10.30am-12 noon

Admission £1

Simpson Memorial Hall, Moston Lane, M10 9NB

WEDNESDAY

No sessions at the moment

THURSDAY

YOGA, Suitable for adults all ages (Beginners welcome)

Weekly every Thursday, 9.15-10.45am

Admission £2

Parkfield Dance Centre, Corner of Eastwood Road and Parkfield Road North,
M40 3TF

KNIT & NATTER GROUP

Learn to knit or brush up on your skills – or just enjoy doing your own knitting
with new friends, while having a natter.

Weekly 11am-12.15 pm

FREE with donation for refreshments

NEPHRA HQ, 27 Parkfield Road North, New Moston, M40 3TB

BABY YOGA

Weekly every Thursday, 11am-12 noon

Admission £2

Broadhurst Park Children's Centre, Lightbowne Road, Moston, M40 0FJ

CREATIVE CARD MAKING, Suitable for adults all ages

Weekly every Thursday, 12.45-2.45 pm

Admission £2 + cost of material (approx £2)

Parkfield Dance Centre, Corner of Eastwood Road and Parkfield Road North, M40 3TF

LEARN TO DANCE, Suitable for adults all ages

Weekly every Thursday, 3-4.30 pm

Admission £2

Parkfield Dance Centre, Corner of Eastwood Road and Parkfield Road North, M40 3TF

LEARN TO DANCE, Adults 50+

Weekly every Thursday, 1-4pm

Admission £2

St. Dunstan's Church Hall, Kenyon Lane, Moston, M40 9PA

FRIDAY

No sessions at the moment

SATURDAY**TAI-CHI, Suitable for adults all ages (Beginners welcome)**

Weekly every Saturday, 10.30-11.30 am

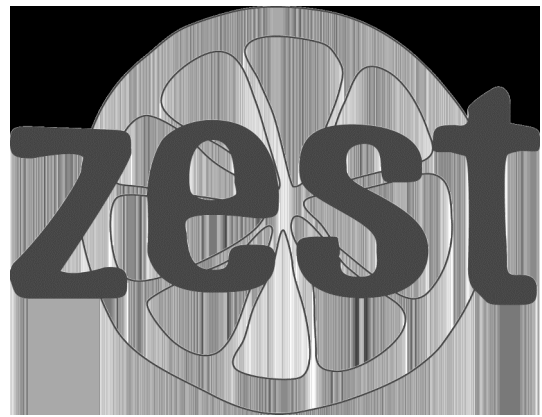
Free

New Moston Library, Nuthurst Road, M40 3PJ



To find out more about the activities
Contact a member of the Zest team on 655 7882 or
Email zest@manchester.gov.uk

Activities in Cheetham & Crumpsall



MONDAY

SELF DEFENCE- Suitable for all

Weekly every Monday, 6.30-8 pm

FREE, just turn up

Trinity Church Hall, Cheetham Hill Road, M8 9LE

TUESDAY

YOGA FOR WOMEN

Weekly every Tuesday, 9.30-11 am

Admission £1, just turn up

Irk Valley School, 10 Waterloo Street, Crumpsall, M8 5XH

YOGA FOR ALL

Weekly every Tuesday, 12-1 pm

Suggested donation £1, just turn up

St Matthews Church, Cleveland Road, M8 4GS

WEDNESDAY

ST JOHNS SOCIAL CAFÉ AND DROP ON- Suitable for all

Weekly every Wednesday, 11am-1pm

FREE, just turn up

St Johns Church, Waterloo Road, M8 0AY

AQUANATAL- Suitable for pregnant women

Weekly every Wednesday, 7-7.45 pm

FREE, just turn up

Abraham Moss Pool, Woodlands Road, Crumpsall, M8 5UF

Call Sarah on 0796 680 2266

THURSDAY

text WELCOME CENTRE, SOCIAL CAFÉ & DROP IN- Suitable for all

Weekly every Thursday, 10.30am- 4pm

FREE, just turn up

Trinity Church Hall, Cheetham Hill Road, M8 9LE

FRIDAY

MASSAGE- Suitable for all

Alternate weeks, drop-in is 10.30am- 4pm and massage appointments are from 11am- 1pm

FREE, just call in for the drop-in and to book a massage appointment call 0781 100 4644

Trinity Church Hall, Cheetham Hill Road, M8 9LE

VARIOUS TIMES/ PARTNER ACTIVITIES

Community allotment group - Suitable for all

Cheetham and Crumpsall Allotments, Hazelbottom Road, Crumpsall

WomenZone

Local Women only activities [<info@womenzone.org.uk>](mailto:info@womenzone.org.uk)

<http://www.womenzone.org.uk>

Tai Chi - for people with learning disabilities

Abraham Moss centre

Contact Naomi for more information on 0161 655 7881

To find out more about the activities contact Naomi

Davies on 0161 655 7881 or 0161 655 7882

Email n.davies1@manchester.gov.uk



Food Activities in North Manchester



MONDAY

Cook and Taste

Mon 9th January – Mon 6th February, 12.45 – 2.30pm
Chatterbox, St Mark's Church, Booth Hall Road, Charlestown
To enquire call Chatterbox on 0161 795 6162

Can't Cook Will Cook

Mon 23rd Jan – 12th March, 11 – 1pm
Crumpsall Park Visitors Centre, Ashtree Lane, Crumpsall

TUESDAY

No courses currently running

WEDNESDAY

Zumba Fitness Club

Wed 4th Jan – Wed 22nd February, 1.15pm – 3pm
Clayton Children's Centre, North Road, Clayton
To enquire call 0161 219 6177

Cook and Taste

Wed 11th January – Wed 22nd February, 12.30 – 2.30pm
Manchester Drug Service, Brentfield Avenue, Cheetham
To enquire call: 0161 708 2124

Cook and Taste

Wed 11th January – Wed 15th February, 6.30 – 8pm
Manchester Young Carers, Gorton Youth Club, Gorton Lane

THURSDAY

Food, Weight and More

Thurs 12th January – Thurs 9th February, 9.30 – 11.30am
Cheetham Community School, Halliwell Lane, Cheetham
To enquire call the school and ask to speak to Shahida: 0161 740 5996

FRIDAY

Food, Weight and More

Fri 13th January – Fri 10th February, 9.30 – 11.30am

Ashbury Meadow Children's Centre, Rylance Street, Beswick

To enquire call Odette on: 0161 219 6634

Cook and Taste

Fri 2nd January – Fri 10th February

NACRO Housing Project, Cheetham.

To enquire call the home 0161 740 5476

Cook and Taste

Fri 20th January – Friday 2nd March

Al Hilal Community Centre, Cheetham Hill Road

To enquire contact the manager on: 0753 224 3022

SATURDAY

No courses currently running

To find out more about spaces on the activities contact the venue and number if supplied

For anything else relating to food work please call Rose Boyd on 0161 655 7822 / 0797 133 1539

or email r.boyd@manchester.gov.uk



