

**TRY SOMETHING NEW**

Time	Activity	Cost
<b>Starts April 2017, Time TBC</b>	Next Steps Photography	Free
<b>Thursdays 11.30-12.30pm</b>	Sling Swing	£11 for 5 classes £4 per session if a Salford resident
<b>Every Wednesday 6.30-8.30pm 03.05.2017</b>	Indian cooking for beginners	£30 per 6 week course, £5 deposit required at time of booking.
<b>Times to be confirmed via Fitness Instructor - call to book</b>	One to One fitness sessions with Chantelle	Free
<b>Starts Tues 13<sup>th</sup> June</b>	Mindful Gardening	Free at Garden Needs
<b>Start date TBC</b>	Nail Art & Manicure	Learn how to give the perfect manicure and create amazing nails – 8 week course £7.00 per week.
<b>16.05.17</b>	Gardening - AQA Horticulture Level 1	Free at Garden Needs
<b>Ongoing</b>	Planting, growing, gardening, looking after chickens, creating a café space Lots of opportunities to get involved	Free at Garden Needs

## Volunteer with us!

Get new skills, have a go, get involved! Opportunities available in –  
Gardening, cooking, café work, reception

[hello@socialadventures.org.uk](mailto:hello@socialadventures.org.uk) Tel:0161 2124980

### NEW SKILLS COURSES

Time	Activity	Cost
Starts 05.04.2017 2.30pm-4pm	Emotional Fitness	Free
Monday 10.04.17 6.30pm-8.30pm	Next Steps Photography	Free if in receipt of benefits
Monday 10.04.17 6pm-8.30pm	Next Steps Italian	Free if in receipt of benefits.
Tuesday 11.04.17 6.30pm-8.30pm	Progressive Steps Photography	Free if in receipt of benefits.
Starts 27.04.17 1.30pm-3.30pm	Archaeology	Free if in receipt of benefits
Tuesdays 18 <sup>th</sup> April 11am-1pm	Sewing Bee	£3.00
23.05.17 12.00pm-3.00pm	IT For Over 65s First Steps IT	
03.05.17 2-5pm	Employability Course	Other dates to follow please ask at reception for more details.

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## GENTLE EXERCISE AND RELAXATION CLASSES.

Time	Activity	Cost
<b>Monday</b> 9.30am – 11am	Kurling	Free
<b>Monday</b> 11am – 12pm	Ready Steady Chair	£2
<b>Wednesday</b> 11am – 12pm	Disability Dance	£2
<b>Wednesday</b> 7.30pm-8.30pm	Candlelit Yoga	£5 or £10 a month
<b>08.05.17</b>	Baby Massage	£15 per person for a 5 week course.
<b>Ongoing</b>	One to one get into Fitness sessions	Free

## GROUPS

Time	Activity	Cost
<b>Every Wednesday</b> From 1pm onwards	Friendship Circle (in the creation café) Tea and coffee provided	Free
<b>1<sup>st</sup> and 3<sup>rd</sup> Friday</b> <b>of each month</b>	Blue Lotus Death Café Not a bereavement meeting. people come together to speak freely about their wishes, fears, arrangements etc.	Free

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## **ABILITIES PROGRAMME – courses designed for those with learning difficulties**

<b>Time</b>	<b>Activity</b>	<b>Cost</b>
<b>Mondays 11-1pm (Artroom)</b>	Arts and crafts Tutor - Kate	£2.00
<b>Mondays 2-4pm (Artroom)</b>	Pottery Tutor - Kate	£2.00
<b>Thursdays 10-12pm (Artroom)</b>	Creative Crafts Tutor - Letitia	Free if in receipt of benefits

### **Need some support to give up smoking?**

Our free **E-Cig trial** service is available to Salford residents. Email us at [hello@socialadventures.org.uk](mailto:hello@socialadventures.org.uk) to find out more, or call

0161 212 4980.

### **Free Counselling Sessions available?**

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

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## **EXERCISE CLASSES – BE ACTIVE Fitness Classes**

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

<b>Time</b>	<b>Activity</b>
<b>Monday</b> 6.30 – 7.30pm	Boxfit
<b>Monday</b> 7.30pm – 8.30pm	Legs Bums and Tums
<b>Tuesday</b> 6 – 7pm	Zumba
<b>Tuesday</b> 7 – 8pm	Kettlebells
<b>Tuesday</b> 8 – 9pm	Pump up
<b>Wednesday</b> 6.30 – 7.30pm	METAFIT
<b>Wednesday</b> 7.30 – 8.30pm	Candlelit Yoga
<b>Thursday</b> 6 – 7pm	Step and Tone
<b>Thursday</b> 7 – 8pm	Zumba
<b>Friday</b> 6 -7pm	Step and Tone
<b>Friday</b> 7 – 8pm	Bootcamp

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## UPCOMING EVENTS AND DAYS OUT.

Time	Activity	Cost
Tuesday 27 <sup>th</sup> June 2017	Day out to Llandudno	£12.00
Thursday 27.07.17 1pm-4pm	Afternoon Tea	£3.00
Thursday 31 <sup>st</sup> August 2017	Day out to Scarborough	£12.00
Tuesday 24 <sup>th</sup> October 2017	Day out to Skipton	£10.00

### **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)

Contact us to find out more [hello@socialadventures.org.uk](mailto:hello@socialadventures.org.uk)  
[0161 212 4980](tel:01612124980) Lines open 9-4.30pm Monday-Friday