



Wednesday Lunch Club



A weekly group for older people who are physically frail and/or have some memory problems has started at Poynton Civic Hall.

The group meets from 10am to 2pm and provides a caring and stimulating environment for up to ten people.

Experienced and trained volunteers organise games and activities, singing and light exercise. A hot lunch is also provided.



This new initiative is managed by Poynton Town Council in partnership with Age UK Cheshire East and costs **£20** per week.

Transport can be arranged at a small additional cost.

Please contact **Sharon Duke**, Communities Co-ordinator, if you would like to find out more on 01625 872238.