

# The Young at Heart Club

**The Young at Heart Club is open to anybody over 60 whether you are an Eastlands Homes Tenant or not.**

Formed in November 2005 its aim is to;

- increase social interaction between older members of the community
- help prevent social exclusion
- give older people a better quality of life

It is a great way of meeting new friends and some members have been reacquainted with friends they have not seen for over 40 years.

A committee of tenants and residents meet once a month to plan trips and activities that will appeal to all tastes and budgets. A wide variety of activities have been arranged by the club including;

- keep fit classes
- museum trips
- games nights
- sing-a-long nights
- meals out.
- weekend trips and holiday breaks

Events are planned by older people, for older people. They always consider relevant issues such as cost, travelling time, easy access, toilet facilities and potential problems caused by stairs or a long walk. Any hazards are always clearly listed so club members can decide if the trip is suitable.

Club membership continues to steadily increase with new people joining all the time. So if you're over 60 living in Openshaw, Clayton or Beswick we would welcome you as a new member.

The Young At Heart Club is a recognised group which has an annual general meeting and audited accounts.

If you would like more information please us on 0161 274 2136

Contacting **Eastlands Homes: Call Eastline** (0161) 274 2390, **8.00am – 5.30pm weekdays**

**Write or visit:** Eastlands Homes, Eastlands House, Victoria Street, Openshaw, M11 2NX

**Reception open 8.45am – 4.30pm weekdays**

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