

Activity	Location	Area	Day	Time	Contact
<b>Coffee Mornings and Afternoon Tea</b>					
Coffee and Natter	St Thomas Crookes Church	Crookes	Wednesday	10:30-11:30	0114 267 1090
Coffee Morning	Stephen Hill Methodist Church	Crosspool	Monday + Friday	10:00-12:00	0114 230 6834
Carer's Cafe	Stephen Hill Methodist Church	Crosspool	4th Monday	10:00-12:00	0114 230 6834
Coffee Morning	Woodseats Library	Woodseats	Wednesday	10:30-12:00	0114 293 0411
SRSB Coffee Morning	SRSB's Mappin Street Centre	City Centre	Alternate Wed/ Thurs	10:00-12:00	0114 272 2757
Dementia Cafe	St Mary's Community Hub	Handsworth	Alternate Wed	13:30-15:00	0114 249 6315
<b>Lunch Clubs</b>					
Lunch Club	Stephen Hill Methodist Church	Crosspool	Wednesday	12:30-13:45	0114 266 70989
Soup and Roll Club	Tapton Hill Congregational Church	Tapton	1st Friday	12:00-14:00	07971 408 809
Lunch Club	Wesley Hall	Crookes	Thursday	11:30	07568 612 161
Friendship Club	Bents Green Methodist Church	Bents Green	Alternate Tuesdays	14:00-15:30	0114 268 6507
No-One Alone Lunch	The Ball	Crookes	1st Thursday	12:00- 15:00	0114 266 1211
Sunday Lunch Club	Sheffield Mencap and Gateway	Norfolk Lodge	Various Sundays	11:30-14:30	0114 276 7757
The Spires Cafe	The Spires Centre	Arbourthorne	Tuesdays	13:00-15:00	07918 054 103
<b>Singing and Dancing</b>					
Singing Tea Pot Choir	Dore and Totley United Reformed Church	Dore and Totley	Tuesday	10:00-11:30	07925 634420
Steel City Tremorloes Voice Class	St Mary's Church and Conference Centre	Bramhall Lane	Friday	13:30	0114 262 0468
Singing for Health	Graves Sports Centre	Jordanthorpe	2nd and 4th Thurs	13:30-15:00	0114 265 6182
Drumming Lessons	Sheffield Flourish	City Centre	Tuesday	10:00-14:00	0114 273 7009
Music Production Group	Sheffield Flourish	City Centre	Wednesday	10:00-12:30	0114 273 7009
Dancing for Health	Gleadless Methodist Church Hall	Gleadless	Monday	15:00-16:00	07721 046757
<b>Support Groups and Therapy</b>					
Sheffield Macular Group	Central United Reform Church	City Centre	1st Thursday	14:00-15:30	0114 236 2251
Age UK Rosemary Memory Café	Dore Methodist Church	Dore	1st and 3rd Tuesday	14:00-16:00	07384 833 594
Age UK Rosemary Memory Café	Bents Green Methodist Church	Bents Green	1st and 3rd Thursday	14:00-16:00	07384 833 594
LGBT+ Dementia Group	Weston Park Museum	Weston Park	2nd Thursday	13:00-15:00	07857 028 855
Silver Foxes' Men's Group	Woodseats Library	Woodseats	Friday	10:30-12:00	0114 293 0411
Breathe Easy	Graves Sports Centre	Jordanthorpe	2nd Wednesday	13:30-15:00	0114 265 6182
Perfectly Parkinson's Café	Waggon & Horses	Millhouses	3rd Tuesday	18:30-20:30	07745217069
<b>Exercise</b>					
Step Out—Health Walks	Various	Various	Various	Various	07505 639 524
Keep Fit	Stephen Hill Methodist Church	Lodge Moor	Monday	14:00-15:00	0114 230 6834
Keep Fit	Stephen Hill Methodist Church	Lodge Moor	Tuesday	15:00-16:00	0114 230 6834
Keep Fit	Stephen Hill Methodist Church	Lodge Moor	Friday	10:00-11:00	0114 230 6834
Aqua Aerobics	Ponds Forge Leisure Centre	City Centre	Wednesday	09:30	0114 223 3400
Parkinson's Pilates	Hallamshire Physiotherapy Clinic	Broomhill	Tuesday/Thursday	19:30/12:30 Call to book	0114 267 1223
Parkinson's Tango	All Saints (Ecclesall)	Ecclesall	Thursday	11:00-12:00	07770 962 115
Parkinson's Monthly Walks	Various local parks	Various	Saturday	Apr-Oct	0114 262 0468
Swimming Group	Zest, Uppertorpe Baths	Uppertorpe	Weekly	Call	0114 272 2757
Dance to Health	St Augustine's Church Hall	Brocco Bank	Monday/Wednesday	13:30-15:30/ 10:00-12:00	07586 367 973
Brunsmear Awareness FC	Goodwin Sports Centre	Crookes	Tuesday	14:00-15:00	0114 273 7009
Snooker	Sheffield Mencap and Gateway	City Centre	Tuesday	17:00-18:00	0114 276 7757
Cricket	Sheffield Mencap and Gateway	City Centre	Tuesday	17:00-18:00	0114 276 7757
<b>Clubs and Societies</b>					
Women's Institute	Stephen Hill Methodist Church	Crosspool	4th Monday	13:00-15:00	07403 281 609
Women's Craft Over 60s	Crystal Peaks Library	Crystal Peaks	Monday	10:00-12:00	0114 293 0612
W.I. Knit and Natter	Stephen Hill Methodist Church	Crosspool	Friday	10:00-12:00	07403 281 609
Board Game Group	Tapton Hill Church	Tapton	2nd Friday	12:00-14:00	07971 408 809
Sporting Memories	Ecclesall Library	Ecclesall	Wednesday	10:30-12:00	0114 203 7222
VI Snooker Academy	Stephen Harrison Academy	Attercliffe	Fortnightly	Various	0114 272 2757
CAST Art Group	Sheffield Flourish	City Centre	Monday	14:00-16:00	0114 273 7009
Games, Craft, Chat	Bents Green Methodist Church	Bents Green	Wednesday	12:30-15:00	0114 268 6507
Gateway Social Age 30+	Sheffield Mencap and Gateway	City Centre	Monday	18:30-20:30	0114 276 7757
Drop in and Draw	Woodseats Library	Woodseats	Last Tuesday	10:30-11:30	0114 2930411
Woodseats Readers	Woodseats Library	Woodseats	2nd Wednesday	13:30-14:30	0114 2930411