

# Regular Activities at NMC and online:

## Monday

### Singing in the Community Space

🕒 fortnightly from 1.00pm

## Tuesday

### Shed Club

🕒 from 10am

### 3D Printing Club

### Get Up and Grow Gardening Club

🕒 from 10.30am

## Wednesday

### Live Exercise Class with NMC Therapies Team

🕒 11.30am on Zoom

### Art Group

🕒 1st Wednesday of the month at 7.00pm on Zoom

## Wednesday

### Talking Point Online

🕒 2.00pm on 4th Wednesday of the month on Zoom

## Thursday

### Shed Club

🕒 from 10am

## Friday

### Coffee and Chat Morning

🕒 10.30am, drop-in session at NMC

### Read and Connect Book Club

🕒 11.30am on 1st Friday of each month

### Craft in the community space

🕒 10.30am 3rd Friday of each month

### Live Exercise Class with NMC Therapies Team

🕒 2.15pm on Zoom

## In addition to our regular activities:

## July

13<sup>th</sup> Live in the Park

25<sup>th</sup> Fishing Day

## August

15<sup>th</sup> Fishing Day

19<sup>th</sup> Gaming Day

21<sup>st</sup> Sound Bath Meditation

31<sup>st</sup> Art Saturday including Life Drawing

## September

14<sup>th</sup> NMC Showcase

17<sup>th</sup> Greater Manchester Canal Boat Trip



## NMC Connect Up

NeuroMuscular Centre is not a building or just a place for physiotherapy treatment... it is a community. Connect Up represents the best of this: connection, support and friendship. We have a wide range of activities and specialist groups available to all our NMC community, including anyone with a neuromuscular condition, their family, friends and Carers.

At NMC there is something for everyone. If you would like to meet new people, learn a new skill, join us for a day out, share your experiences or perhaps join us for a cup of tea and a chat then you will be very welcome.

We are always open to trying new ideas. Please get in touch if you would like any further information and join in with the amazing community spirit that is so rich at NMC.

If you would like to be added to the connect up mailing list, please email [connectup@nmcentre.com](mailto:connectup@nmcentre.com)

## NMC Endeavour Award

NMC Endeavour award is the NMC spin on the Duke of Edinburgh Award. It is a brand-new opportunity open to anyone with a neuromuscular condition aged over 25. It will be officially launched at our NMC Showcase event on 14th September.

By taking part you will be helping the community/environment, taking care of your health, developing new skills and completing a challenging (accessible) expedition. It takes 12 months to complete and it's all about setting personal challenges. If you're interested in taking part to feel a real sense of achievement and make memories to last a lifetime, then please contact Amy or come along on 14th September.

[Amy.gittins@nmcentre.com](mailto:Amy.gittins@nmcentre.com)

## Contact Us

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# NMC Connect Up



## What's On

July - September 2024