

**FITNESS ACTIVITIES, COURSES AND GROUPS**

<b>ACTIVE SENIORS</b>	Healthy Hips & Hearts seated exercise class	£2.00	Monday 11am –12noon
<b>KURLING</b>	New Age indoor Kurling suitable for all abilities.	£2.00	Monday 2pm – 4pm Wednesday pm – 4pm
<b>ZUMBA GOLD</b>	Modified Zumba recreates original moves at lower intensity	£2.50	Monday 12:15pm – 1:00pm
<b>YOGA (IYENGAR)</b>	Beginners and improvers welcome	£6.00	Monday 6:30pm-8pm
<b>TALK ABOUT IT MATE</b>	A safe space for men to connect and talk. Referrals only. contact Mike: <a href="tel:07592812944">07592812944</a> / <a href="mailto:Talkaboutitmate@gmail.com">Talkaboutitmate@gmail.com</a>	FREE	Mondays 1pm- 3pm
<b>ZUMBA WITH BECKY</b>	Adult dance-based fitness - a fusion of Latin and International rhythms with easy-to-follow moves.	£2.50	Monday 5.30pm -6.15pm Tuesday 5.15pm – 6.00pm
<b>MEN'S GAMES GROUP</b>	Men's social group with darts, games, quizzes etc.	FREE	Tuesday 1.30pm – 3.30pm
<b>TUMBLING: RELAXATION ART</b>	Tumbling Art classes using technical pens on paper for all ages. Relaxation and escape stress with creativity.	FREE	Fortnightly on Tuesdays: 10am – 12pm. <b>Started on 16<sup>th</sup> Jan</b>
<b>FOODCYCLE</b>	Join us for a free community meal using surplus food that would otherwise be wasted.	FREE	Tuesdays and Thursdays 6.30pm – 8pm
<b>KNIT &amp; CROCHET</b>	Social crafts group held in the cafe no charge	FREE	Wednesday 10am-12noon
<b>MEDITATION WITH MARTINA</b>	Come and relax with Martina in a meditation and relaxation group	FREE	Wednesday 2.30pm – 3.30pm
<b>KARATE WITH LEE</b>	Martial arts for ages 6+. Classes for beginners and advanced. Please contact reception for more information	tbc	Wednesday 5-6.30 pm and 6.30 -8pm
<b>TALK ENGLISH CAFE</b>	Practice your English language skills in a relaxed, informal environment	FREE	Thursday 9.30am -11.30am and 12noon – 2.30pm
<b>WOMEN INTO VISUAL ARTS AND ENTERPRISE CLASSES</b>	4 weeks class, Beginners welcome, all ages. Contact reception to book, limited spaces.	FREE	9:30am – 3:30pm Thursdays. <b>Started on 18<sup>th</sup> Jan</b>
<b>CHAT THE PAST</b>	Social group for those who love to reminisce on history and past experiences	FREE	Fortnightly on Thursdays 10:45am – 11:45am
<b>CHIMNEY POT CRAFTERS</b>	Work on your own crafts in a relaxed and friendly group.	FREE	Thursday 6.00pm – 8.00pm
<b>ANCESTRY</b>	1-1 hourly ancestry sessions. Contact us to book.	FREE	Friday 10am-12noon
<b>SALSA</b>	Latin Dance improvers	£7.00	Friday 10am – 12noon
<b>SPORTING MEMORIES</b>	Share sporting memories and discuss current sporting topics	FREE	Friday 10.30am-12noon
<b>TAI CHI, TAO YOGA AND BREATHING</b>	Beginners welcome. Contact <a href="mailto:wam-ley@lishi.org">wan-ley@lishi.org</a> for more info	tbc	Friday 1.30pm-3.00pm (1.5 hrs)

**CHILDREN'S ACTIVITIES**

<b>TOY LIBRARY</b>	3 small toys or 1 large toy from £1 per month <a href="tel:07962438314">07962 438314</a> or <a href="mailto:littletotstoylibrary@gmail.com">littletotstoylibrary@gmail.com</a>	from £1 month	Tuesdays and Thursdays 10.00am – 12.30-pm
<b>SENSORY ROOM</b>	Please enquire at reception.	FREE	Monday – Friday
<b>BABY SOCIALS</b>	Drop-in sessions. No need to book.	FREE	Tuesday 1.30pm - 2.30pm
<b>DIY THEATRE COMPANY</b>	Various creative sessions for young people with learning disabilities. Contact <a href="mailto:molly.steadman@diytheatre.org">molly.steadman@diytheatre.org</a>	FREE	Various
<b>JSTAR ACADEMY FRIDAY DANCE</b>	<b>Ballet Babes (3 – 7yrs), Tots Street Dance (2.5 – 5yrs), Junior 1 Street Dance (5 – 7yrs), Junior 2 Street Dance (7 – 10yrs) Contact: <a href="mailto:info@jstar-academy.co.uk">info@jstar-academy.co.uk</a></b>	tbc	Various age groups 55 min sessions from 4:30 - 8pm
<b>COMPUTERS FOR CHILDREN</b>	For children in Salford aged 7-14 years. Contact Sovereign House for more info. <b>0161 759 1255</b>	tbc	Tuesday, Wednesday, Thursday and Friday 6pm - 8pm

**SERVICES AND ADVICE**

<b>MEN'S HEALTH PROJECT</b>	Promoting men's health and wellbeing in a fun and non-clinical way.	FREE	Ongoing
<b>JOB CLUB</b>	Drop-in run by Claremont and Waste Opportunities Club. Get support on all things work related	FREE	Wednesday 10am-12.00noon
<b>SALFORD DISABILITY FORUM</b>	Signposting, advice, computer support. Contact <a href="mailto:chair@salforddisabilityforum.com">chair@salforddisabilityforum.com</a>	FREE	2 <sup>nd</sup> Wednesday of every Month 12.30pm – 2.30pm
<b>SALFORD d/DEAF COMMUNITY</b>	Drop-in sessions 9.00am – 4.00pm WhatsApp/sms/voice <b>07799 118968</b>	FREE	Tuesday 9.00am – 4.00pm Thursday 9.00am – 4.00pm
<b>CITIZENS ADVICE (CAB)</b>	Appointments must be booked through reception	FREE	Friday 9.30am–13.30 am
<b>INFORMATION AND ADVICE SESSIONS</b>	Drop - in advice sessions on a range of topics <a href="mailto:Julie@inspiringcommunitiestogether.co.uk">Julie@inspiringcommunitiestogether.co.uk</a>	FREE	Monthly. Tuesday 9.30am – 12 noon

**OTHER SERVICES**

<b>CHIMNEY POTS CAFE</b>	Cafe open to the public serving lovely home cooked, healthy food at very reasonable prices.	varies	Monday – Friday 9.00am – 1.30pm
<b>LANGWORTHY FOOD CLUB</b>	Membership open to residents of Langworthy, Seedley and Weaste	£3.50 week	Tuesdays 10am- 2pm
<b>GP SURGERY</b>	Email:- <a href="mailto:cornerstonemedicalpractice@nhs.net">cornerstonemedicalpractice@nhs.net</a> <a href="http://www.salfordcarecentres.co.uk">www.salfordcarecentres.co.uk</a> <b>0161 213 1980</b>	n/a	Contact surgery for opening times