

MONDAYS

U3A Table Tennis (10.30-11.30am) U3A membership required: membership@haleu3a.co.uk

Barry's Boardgames (11am-1pm) Share your love of a game with others or learn something new. Relaxed, friendly group- drop in.

Strength & Cardio for Older Adults (11am-12pm) Aimed at over 60s. Contact Bex 07742 906741

Irish Dancing (4.15-5.15pm beginners, 5-7pm intermediate) For ALL Irish dancing enquiries please contact Grace on 07500 556959

Pilates with Claire H (6.30pm, 7.45pm) Friendly class for all abilities. £10 per class Contact Claire on 07503 063055 or pilateswithclaireh@gmail.com

TUESDAYS

English as a Second Language (10-12.30pm) Practise speaking, listening, reading & writing. (Places are subject to assessment and availability) For more details see the English Language flyer or look at our website page.

Little Stars (10.30-12pm every every Tuesday, term time) A new group for babies & toddlers with additional needs, alongside their guardians. FREE

Contact childrenandfamilies@altrinchambaptist.org for more info and to register.

Art Class (1.30-3.30pm) No experience necessary- all welcome. Speak to the Hub office for more details. ****CURRENTLY FULL****

The Bread & Butter Things (2.30pm pick up) Save on grocery costs and reduce food going to landfill. Must register to order bags. See +the TBBT flyer or our website for more details.

Create After School Club (4pm-5.30pm term time) Free. School years 3-6. Dress up, junk modelling, lego, scrapbooking, den building. Contact Rachel on

childrenandfamilies@altrinchambaptist.org

Little Belters (4.15-5.15pm, 5.15-6.15pm) children's choir. Contact Tina on 07740 464507 or see www.littlebelters.co.uk

Stretch & Tone plus Callanetics (7-8pm) whole body workout. £7 per class. Contact Elaine on 07765 760146

Local Vocals (7.30-9pm) 'Feel good' choir- no audition required. Info at office@localvocalschoir.com

WEDNESDAYS

Toddler Group (10am-12pm, term time) Play, crafts, sing and refreshments 0-3yrs. Please contact the Hub office for registration details.

Healthy Hips & Hearts (11am-12.30pm) Chair based, gentle exercise class. Contact the Hub office for class availability.

Citizens Advice Navigators (9.30am-12.30pm, 1-3.30pm) Drop in support, advice and signposting. No appointment required.

Digital Cafe (10am-12pm) Support navigating the internet, online forms and practical guidance with digital technology. Free tea & coffee. Drop in, no appointment needed.

Trafford South Foodbank (1-3pm) Crisis food parcel collection point. Referral/voucher needed- please contact Hub office to request. 0161 941 2018

U3A Bridge (1.30-3.30pm) U3A membership required: membership@haleu3a.co.uk

Chat & Craft (1-3pm, 2nd & 4th Weds) FREE but limited spaces- contact Vicky: volunteer@ourhub.org

Community Meal (6pm each week) FREE hot meal for anyone in the community. Contact the Hub office to book a seat.

THURSDAYS

Toddler Group (10am-12pm, term time) Play, crafts, sing and refreshments 0-3yrs. Please contact the Hub office for registration details.

Pop Pop Korean (11-1pm) Korean language class. Contact mimi@poppopkorean.com

U3A French (11.30am-1pm) U3A membership required: membership@haleu3a.co.uk

F.I.T Therapy (1-2pm) Physiotherapy led exercise class. See myfitclass.co.uk for details.

Knit & Natter (1.30-3.30pm) Knit, chat, meet new people. All abilities welcome.

Kettlebells Health & Cardio (7.30-8.15pm) Full body workout- beginners welcome. Weights provided. Contact Bex on 07742906741 for more info.

Absolute Belters (8-9pm) Women's choir. Contact Claire on absolutebelters@littlebelters.co.uk

FRIDAYS

A Heart to Listen (formally journaling) (10-11.30am) Runs once a fortnight- a safe space to share our story & own it. Contact Isabelle on 07737 465853 or the Hub office for more details and dates.

Move It with Bec (9.30am, 10.30am) Fun HIIT class for mum & baby/mum & pre-schoolers.

Contact Bec on FB/Insta @MoveitwithBec or email moveitwithbec@gmail.com

Free Food Friday (10am) Drop in for access to free food items for those needing a little help. Arrive from 9.15am for hot drinks and snacks.

Conversation Cafe (10.30am-12noon) A safe friendly place to practise your English, meet new people and have a cup of tea

Watercolour with Georgia (10-12pm) Block of 5 lesson, introducing watercolour and mixed media. £65. Contact Georgia georgiandchris@btinternet.com or text 07913 420939

Healthy Hips & Hearts (1.30-3pm) Chair based, gentle exercise class. Contact the Hub office for class availability.

Aspect Acting Drama Class (4-7pm) Kids' drama class. Contact Andy on 07813 089 487 or aspectacting@gmail.com

Friday Night Youth club (7-8.30pm) Drop in youth group, run by ABC church volunteer team. Contact the Hub office for more details.

SATURDAYS

Child Contact Centre (9.30am-12.30pm) Currently running fortnightly providing support for separated families. Referral required- please contact accwa14@altrinchambaptist.org to make an enquiry.

School for Gifted & Talented (10am-12.30pm) Russian language school. Contact Olga on 07905 933966 or admin@giftedandtalented.org.uk

Room Hire available Rooms available to hire for social events. Please contact the Hub office for prices and further details.

SUNDAYS

Sunday Services (10.30am each Sunday) Services are held in person at our Hale Road building alongside online access. Children & youth provision also runs during term time. All welcome

Inclusion (10.30am-12.30pm THIRD Sunday of the month) An 'open door' for those exploring faith or church. Conversation over brunch. Contact Andrew Hawksworth at the church office for more details info@altrinchambaptist.org

Room Hire available (1pm- 10pm) Rooms available to hire for social events. Please contact the Hub office for prices and further details.