

<p>Monday Ageing Well</p>	<p>10 - 11 am: Tai Chi. Drop in. £3.</p> <p>10 am - 1 pm: Welfare advice. Support with welfare, benefits, debt, housing, cost of living. Advice in Urdu, Hindi, Punjabi available. Appointment only. Contact 07593444128 to book. Free.</p> <p>1 - 3 pm: Age Friendly drop-in. Over 50s sessions with refreshments, activities, and information. Free.</p>
<p>Tuesday Learning Well</p>	<p>1 - 2 pm: Chair-based Exercise Classes. Exercises for all abilities. No need to book. This is held at Gorton Mill. £2.50.</p> <p>Adult learning provision: email info@hmhc.co.uk for course dates.</p>
<p>Wednesday Working Well Together</p>	<p>11 am - 12 pm: Walking Group. Meet at the centre and have a local walk with a friendly group, just turn up. Free.</p> <p>3:30 - 5 pm: Gorton Youth Sketchbook Club. For 11 - 16 year olds. Contact 07496084487 to book on. Term-time only.</p>
<p>Thursday Living Well</p>	<p>1.30 - 4.30pm: Citizens Advice. Video drop in. Free.</p> <p>1 - 4pm: Gorton Community Grocer: Low-cost weekly shop for Gorton residents. Contact info@hmhc.co.uk to be added to the membership list. Free.</p>
<p>Friday Empower & Engage</p>	<p>10 am - 12 pm: Across Ummah Food Club. Low-cost shop, no area restrictions, no appointment needed. £2.50.</p> <p>10.00 am - 12:30 pm: Angels Of Hope Women's Coffee Morning. Come along for a hot drink, chat and access wider support. Free.</p>

For more info or to subscribe to our e-mail newsletter contact info@hmhc.co.uk.