

Limelight What's On – Weekly

MONDAYS

Rhyme Time

10.30am – 11:15am Limelight Library Free Under 5s

A chance to meet other children, learn new rhymes and develop listening skills.

Careers Advice (every other Monday)

10am – 4pm Limelight Meeting Room Two Free Adults

Free one-to-one support and guidance for adults every other Monday. Contact Naz 07703 345 950 or the National Careers Service help line on 0800 100 900.

St Brides Knitting Group

1pm – 3pm Limelight Cafe Free Everybody Welcome

St Brides Church knitting group welcomes all abilities of knitter for a chat and a knit.

G Camp Kickboxing

6pm – 8pm Limelight's Hire Space £4/ £5 Everybody Welcome

A Thai Kickboxing group run by Michael Embrack.

Ashtanga Vinyasa Yoga

6pm – 8pm Limelight's Hire Space £9 or 6 for £50 Everybody Welcome

The fundamental aspects of Ashtanga Vinyasa Yoga with Janine. Suitable for all levels of practice.

TUESDAYS

Amma Wellness and Yoga

6.15pm – 7.45pm Limelight's Hire Space £7/ £5 for taster session Everybody Welcome

This is your chance to try Kundalini yoga. Call Amma on 07842180805 for more information.

Shins Academy Taekwondo

6pm – 8pm Limelight's Hire Space Juniors £4 Everybody Welcome

Taekwondo classes run by Grand Master Shin – learn the skills of unarmed combat.

WEDNESDAYS

Limelight's Drawing Social

10am – 12noon Limelight Café £1 Everybody Welcome

Friendly drop-in art classes. Equipment is provided and sessions are facilitated by Limelight's Artists.

Rhyme Time

10.30am – 11:15am Limelight Library Free Under 5s

A chance to meet other children, learn new rhymes and develop listening skills.

LMCP

9am – 1pm Limelight's Hire Space Free

South Asian Over 50s Drop-In – Men's and Women's groups available

Art Twilight

6.30pm – 8.30pm Limelight's Hire Space £6 per session Everybody Welcome

Develop your artistic talent in these adult art classes with experienced artist Darren.

Limelight Table Tennis Club

6.30pm – 8.30pm Limelight's Hire Space £3 per session Everybody Welcome

Come along and practice your skills. All abilities are welcome. Children under 16 must be accompanied by an appropriate adult throughout the session.

G Camp Kickboxing

7pm – 8pm Limelight's Hire Space £4 / £5 Everybody Welcome

A Thai Kickboxing group run by Michael Embrack.

THURSDAYS

Chit Chat Luncheon Club

12 – 1pm Limelight Café £5 Over 60s

Please join us for friendly conversation and a three course meal.

THURSDAYS (Continued)

Music In Mind

11am– 1pm Residents Lounge Free People living with dementia
 These fun and friendly music therapy sessions are for people living with Dementia and their carers. If you or someone you know would like to attend, please talk to Limelight's reception.

Yoga

6.30pm – 7.30pm Limelight's hire space Free Everybody Welcome
 Come along to Hatha Yoga with Amrit. Mats are provided and beginners are welcome.

FRIDAYS

Limelight Library's Crafty Knitters

10:30am–12:00 Limelight Café Free Everybody Welcome
 Crafty Knitters are a fun, friendly knitting group.

The PaSH Partnership

11am– 2pm Limelight's Health Space Free Everybody Welcome
 Free and confidential rapid HIV testing and sexual health advice and information. Ask at Brooks Bar reception.

Games for the Brain with Together Dementia Support

11am–1pm Limelight's Hire Space £1 Everybody Welcome
 Come and try a wide range of fun activities, from table tennis to dominoes.

Tenancy Support

10am–12 Meeting Room Two Free Everybody Welcome
 Drop-in advice for people who are homeless or at risk of becoming homeless.

Pulling Together Asian Women's Group

6pm – 8pm Limelight's Hire Space Free Everyone Welcome
 A wide range of arts and cultural activities to promote social inclusion and cultural diversity.

SATURDAYS

Old Trafford Community Church

9am–11am Limelight's Hire Space Free Everybody Welcome
 Old Trafford Community Church run by Alan and Jackie Freeman.

Trafford Tuition Class

10:30am–12:30pm Limelight's Hire Space Price on request Ages 8– 11
 Tuition classes for primary and secondary school children.

Living My Best Life

11am – 1pm Limelight's Hire Space Free Young People
 Do you love music and media? Join Anton from TMZM in Limelight every Saturday and develop your talents. You do not need experience and all levels of ability are welcome, just bring your passion.

Dari Class

11am–1pm Limelight's Hire Space Free Ages 5 - 15
 Language class for children age 5-15 teaching Dari and Farsi.

Tutor Doctor

2pm –4pm Limelight's Hire Space Price on request
 Personalised tutor support across a number of curriculum areas.

SUNDAYS

Fellowship Church

10am–1pm Limelight's Hire Space Free Everybody Welcome
 New and Living Fellowship Church is run by Dr Olutunde Ovadiii.

New and Living Fellowship Harvest Field United Pentecostal Church

2pm – 4pm Limelight's Hire Space Free Everybody Welcome
 Join Rev. Harvey & Faith Groves for gospel singing and sharing of the 'Word'. Light refreshment will follow.