

Thanks to Pat for the idea and the contact, Connects2Project will be visiting the new Kelvinhall, National Library of Scotland for four visits in May- see over for dates- week one we will be given a tour, week two we are let loose on the



archive computers to look through old footage of Glasgow based old films and then in week three and four we get back stage to watch some of our favourite films on the big screen. Library have kindly offered tea and coffee if we supply the biscuits!? Deal!! thank you :)



For folk who couldn't manage along to the Film night, here is an extra afternoon showing of Sky TV's "50 ways to kill your Mammies" starring our very own Amazing Grace. 2pm-4pm Monday 3rd April 2017



This years April Spring clean Bring and Buy Sale - Thursday 13th April 1pm-4pm- has a target of £540 to go towards, another back by public demand, trip "doon the water to Largs" on the Waverley for the Connects2Project summer trip!!!

If you or anyone you know, is 60+, living in the Central and West areas of Glasgow, and could benefit from joining Connects2Project, please phone or refer or just let us know. Thank you

Connects2Project
Annexe Communities- 9a Stewartville St
Partick, Glasgow, G11 5PE
Phone Jane, Angie or Michele on
0141-212-3980 Email:
connects@annexecommunities.org.uk
https://www.facebook.com/
Connects2Project/?fref=ts
Web: www.annexecommunities.org.uk

Knit and natter's world domination picks up speed!!! :)



Bundles of knit and natter, hand knitted with love, goodies have already been sent out this year to Drumchapel Women's Aid, premature babies at the Royal Hospital, Families at the Glasgow City Mission, with blankets for Glasgow Foster children, and asylum seekers at Calais, being worked on as we speak!!! Centre place in the photo above is a marriage blanket for John St Julien and Fritz in Tanzania and the group is working on another big bundle of love to go out to an Orphanage in India!!! Magic work, everyone!!! :) x

The Arts of Wellbeing Project positive activities, with much appreciation, are funded by:-



Connects2Project

"Helping you, to help yourself"

April-end of June 2017

Positive individual and group activities

For 60+

- to improve physical, mental and emotional wellbeing.
- to make new friends, support and inspire each other.
- to combat isolation and help you cope better with every day life.
- to work through life issues in a welcoming and supportive space.
- Volunteering opportunities to share your skills and talents with your peers.



Registered Charity: SC002491
Company Number: SC215070

Connects2Project For 60 +

| Day | Group/Activity | Time | Start Date | Finish Date | Donation | Information |
|----------------------------|---|--|-------------------------------------|--------------|----------------------------------|---|
| Monday | "Partick Pluckers" - Ukulele Group | 10am-12pm | 24th April | 26th June | £3 | NB. Holiday Mondays- 1st and 29th May |
| | Slower Health Walk | 11am-12pm | Ongoing | Ongoing | £1 | Leaves Annexe sharp |
| Variety Club | Knit and Natter Group - (hand knitting, with love, for causes in need, at home and abroad) :) | 2pm-4pm | 24th April | 26th June | £3 | We supply the wool, needles, tea and biscuits, you bring the natter! For 60+ |
| Film Show | "50 Ways to kill Our Grace!" | 2pm-4pm | 3rd April | | £2 | back by public demand |
| Tuesday | Intermediate Art Class | 10am-12pm | 18th April | 20th June | £5 | 60+ |
| | Circle Social Dancing | 10.30-12.30pm | 18th April | 20th June | £3 | 60+ |
| £1 a foot!!! | Twinkle Toes | 11am-1pm | 4th April | 2nd May | 6th June | 1st Tuesday of month |
| | Wellbeing Yoga Plus | 2pm-4pm | 18th April | 20th June | £3 | Two hours with Linda! |
| Wednesday | Slow and Gentle Yoga - especially for the over 60's | 11am-12pm | 19th April | 21st June | £3 | Staff available to support :) 60+ |
| | Connects2 Singalong Choir | 2pm-4pm | 19th April | 21st June | £3 | 60+ |
| Thursday | Positive Living Classes | 10.30-12.30pm | 20th April | 22nd June | £2 | 60+ |
| | Not So Slow Health Walk | 2pm-3pm | Ongoing | Ongoing | £1 | Leaves Annexe sharp |
| Declutter! | Bring and Buy Sale | 1pm-4pm | 13th April | | £2 | Fundraising4Waverley |
| thanks Pat! | 4 x Visits to Kelvinhall | 2pm-4pm | 4th May | 25th May | Free | Bring pocket money |
| Friday | Beginners Art Class 60+ | 10.30-12.30pm | 21st April | 23rd June | £3 | No class 2nd June 60+ |
| | Group Meditation | 11am-12pm | 21st April | 23rd June | £2 | 60+ |
| one hour treatments | Relaxing Therapies include Reiki, Reflexology, Crystal | 1pm-4pm | 21st April | 23rd June | £5 | Phone Jane to book a therapy for 60+ |
| | Gentle Exercise Class | 2pm-3pm | 21st April | 23rd June | £3 | 60+ |
| New!!! | Blanket Stitch up | 2pm-4pm | 21st April | 23rd June | £2 | Knit +Natter support! |
| volunteers | Photos are Fun Group :) | 1pm-3pm | 28th April | 19th May | 23rd June | Last Friday of Month |
| | Friday Night Film Club | 7pm-9pm Start sharp at 7pm :) | 28th April 19th May 23rd June | | Free and popcorn provided! | All Welcome Bring a Friend |
| Available Monday to Friday | One2one- cup of tea and a chat as an introduction to Connects2Project or for ongoing support if needed | Time to suit both you and the member of Connects2 staff | Ongoing | Up to 1 hour | Free | Phone Jane or Angie to book a time slot for your one2one for 60+ |