

Summer Trips and Picnic :) yeah!

Bus Trip to Luss - Wednesday 5th July- bus leaves sharp again 10am so please meet up at 9.30am and bring packed lunch and spending money. Back as near 5pm as possible
Picnic in Kelvingrove Park- Thursday 13th July 1pm-4pm- meet up at the fountain and bring a picnic, a blanket and the sunshine! :)

“Doon the Water “ on the Waverley Trip - Monday 7th August funded by monies raised at our recent bring and buy sale and a very kind donation from an anonymous benefactor!!! Boat leaves 10am sharp so please be on quay for 9.30am and please bring bus pass to get back and spending money for fish supper lunch and an ice cream at Nardini’s. This years theme is “Kiss Me Quick” sailor hats!!!

Evaluation Tea and Cake Afternoons- As we all know, a central part of the Connects2Project is sharing your experiences and feeding this back to funders. So we are planning to bring classes together to meet and hear from each others experiences. Partick Pluckers with Meditation, Positive Living Class with Volunteers, Knit and Natter with Art Classes, Circle Dancing with Yoga and Therapies+ G Exercise with Choir. Dates for these afternoons will be out shortly, so please look out of this, come along and support if you can! :)

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
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https://www.facebook.com/
Connects2Project/?fref=ts
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Positive Living Class helps celebrate fellow beneficiaries good news!!! :)



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



Connects2Project

“Helping you, to help yourself”

July- September 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 July	18th Sept	£3	No class 7th August for Waverley Trip
	"Doon the water" for our Waverley Trip to Largs	9.30am-5pm	7th August	See over for more info	Free	Please book place! :) +bus pass to get back!
	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 July	18th Sept	£3	We supply the wool, needles, tea and biscuits, you bring the natter! For 60+
Tuesday	Intermediate Art Class	10am-12pm	25th July	19th Sept	£5	60+
	Circle Social Dancing	10.30-12.30pm	15th Aug	19th Sept	£3	NB later start date -60+
£1 a foot!!!	Twinkle Toes	11am-1pm	4th July	1st August	5th Sept	1st Tuesday of month
	Wellbeing Yoga Plus	2pm-4pm	18th July	19th Sept	£3	Under 60's welcome 2
Wednesday	Slow and Gentle Yoga	11am-12pm	19th July	20th Sept	£3	60+
	Bus Trip to Luss	9.30am-5pm	5th July	Book now!	Free	Bring packed lunch
	Connects2 Singalong Choir	2pm-4pm	19th July	20th Sept	£3	 Showcase 20th Sept!!!
Thursday	Positive Living Classes	10.30-12.30pm	20th July	21st Sept	£2	60+
	Picnic in Kelvingrove Park	1pm-4pm	13th July	Bring picnic		Meet at the fountain
	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	£1	Leaves Annexe sharp
Friday	Beginners Art Class 60+	10.30-12.30pm	28th July	15th Sept	£3	60+
	Group Meditation	11am-12pm	21st July	15th Sept	£2	60+
one hour treatments	Relaxing Therapies include Reiki, Reflexology, Crystal	1pm-4pm	21st July	15th Sept	£5	Phone Jane to book a therapy for 60+
	Gentle Exercise Class	2pm-3pm	21st July	15th Sept	£3	60+
	Blanket Stitch up	2pm-4pm	21st July	15th Sept	£2	Knit +Natter support!
	Photos are Fun Group :)	12.30pm-2pm	28th July	25th August	29th Sept	Last Friday of Month
	Friday Night Film Club	7pm-9pm Start sharp at 7pm :)	28th July 25th Aug 29th Sept		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+