

Stained Glass Classes back by public demand!

Yes, Raymond's stained glass classes are back in town on Monday nights 5.30pm-7.30pm for 8 weeks starting on Monday 16th October.

Class costs £3 and this block focus is on making your own wee stained glass festive gifts! Go for it, lovely idea!!! :)

5th Annual Margaret Thomson Talent Showcase

Come along on Wednesday 13th December, 2pm-5pm and join in with the celebration of another busy year in the Connects2Project.

Partick Pluckers, Sing Along Choir, talent spots for the floor and a few lovely surprises makes for an entertaining afternoon, washed down with tea and cake all for the princely sum of £1. :) Never know you may even pluck up the courage to have a wee floor-spot go yourself?! Your audience awaits!!! :)

New Lift - Yeah!- Work on the new lift is booked for Monday 30th and Tuesday 31st October, so there may be a bit of disruption for a few of the classes. The work will be cornered off so downstairs will still be accessible. So only Intermediate Art and Stained Glass on the 31st Oct will be effected. So we will move the stained glass downstairs and change dates for Art. No Art on 31st Oct. but extra class added 12th Dec.....Ta Dah, all sorted! :)

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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Connects2Project making the most of Summer 2017! :)



Summer 2017 saw us picnicking in Kelvingrove Park, going "doon the water" on the Waverley to Largs and Bus tripping it to Luss. Always with a wee fancy dress costume piece on to jolly along proceedings. We were quoted as being "The best entertainment this beach has ever seen." at Luss. Rena got a "Kiss Me Quick" kiss off a nice chap in Largs. And rain stayed off for the picnic in the park with some pluckers on their ukes entertaining the park goers.

Lovely to see more beneficiaries are finding their confidence again, or a partner in fun, and going off on holidays, trips and cruises together, some definitely been inspired by our amazing Grace and her exploits abroad last year!!! Good Summer, everyone!!!

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



Connects2Project

"Helping you, to help yourself"

October- December 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 Yr4

For 60 +

Day	Group/Activity	Time	Start Date	Finish Date	Donation	Information
 Monday	"Partick Pluckers" - Ukulele Group	10am-12pm	2nd Oct	4th Dec	£3	Waiting list so please see Michele or Angie :)
	Slower Health Walk	11am-12pm	Ongoing	Ongoing	£1	Leaves Annexe sharp
 Variety Club	1. Knit and Natter Group (hand knitting, with love, for causes in need, at home and abroad) :) 2. Tracy's Festive Stars 	2pm-4pm 2pm-4pm	2nd Oct	4th Dec 4th Dec	£3 	We supply the wool, needles, tea and biscuits, you bring the natter! For 60+
Raymond's	Stained Glass Class	5.30pm-7.30pm	16th Oct	4th Dec	£3	Make ur own presents!
Tuesday	Intermediate Art Class	10am-12pm	3rd Oct	12th Dec	£5	No class on 31st Oct
	Circle Social Dancing	10.30-12.30pm	3rd Oct	5th Dec	£3	60+
£1 a foot!!!	Twinkle Toes	11am-1pm	3rd Oct	7th Nov	5th Dec	1st Tuesday of month
	Wellbeing Yoga Plus	2pm-4pm	3rd Oct	5th Dec	£3	Under 60's welcome 2
Wednesday	Slow and Gentle Yoga	11am-12pm	4th Oct	6th Dec	£3	60+
	Connects2 Singalong Choir	2pm-4pm	4th Oct	6th Dec	£3	60+
	MThomsonTalentShowcase	2pm-5pm	13th Dec	13th Dec	£1	Practise makes perfect
Thursday	Positive Living Classes	10.30-12.30pm	5th Oct	7th Dec	£2	60+
Lightbulbs!	Volunteer Lunch	1pm-3pm	19th Oct		Free 	"Input and Output!" :)
	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	£1	Leaves Annexe sharp
Friday	Beginners Art Class 60+	10.30-12.30pm	6th Oct	8th Dec	£3	60+
	Group Meditation	11am-12pm	6th Oct	8th Dec	£2	60+
one hour treatments	Relaxing Therapies include Reiki, Reflexology, Crystal	1pm-4pm	6th Oct	8th Dec	£5	Phone Jane to book a therapy for 60+
	Gentle Exercise Class	2pm-3pm	6th Oct	8th Dec	£3	60+
	Blanket Stitch up	2pm-4pm	6th Oct	8th Dec	£2	Knit +Natter support!
	Photos are Fun Group :)	12.30pm-2pm	27th Oct	24th Nov	Not on Dec	Last Friday of Month
	Friday Night Film Club	7pm-9pm Start sharp at 7pm :)	27th Oct 17th Nov 8th Dec		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+