

Bit more information on the Monday  
2pm-4pm Variety Club dates and activities.

- January 13th sees artist Rachel back for the grand unveiling of our Connects evaluation flags. Can't wait to see them as the work put into them by all has been magic!
- January 27th—For the folk going to the Pantomime, organized by Lee McLean, there is a pre-panto visit where a slide show presentation on the history of the Kings Theatre will take place. Open to all and may also be of interest for the Heritage group!?
- February 3rd see the beginning of 6 weeks of Commonwealth Inspired Crafts funded by Glasgow City Council—with the classes ran by our favourite creative duo, Jen and Lynsay or Jynsay as we sometimes call them.
- March 17th—few weeks of Spring and Easter arts and craft creativity.
- April 28th—end of Connects 1 party of thanks, appreciation and reflection. Can't believe that's 3 years already!!! Time flies...

Good news corner, Annexe has got through the first stage of the Lottery application process to hopefully secure a further 5 years funding for the Connects2 project.  
Watch this space :)

Annexe Communities  
The Annexe Healthy Living Centre  
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Partick  
Glasgow, G11 5PE  
Phone Jane or Angie on 0141-357-6747  
Email: [info@annexecommunities.org.uk](mailto:info@annexecommunities.org.uk)  
Web: [www.annexecommunities.org.uk](http://www.annexecommunities.org.uk)

### Better Breathing Connects Back

Thank you, Roderick :)



“Better Breathing” Rod, back from his travels and training in Costa Rica and Peru. He shared his stories with a riveted Connects class then put them through their paces with new, up to the minute, better breathing and Yoga techniques. Very inspirational and hugs of appreciation all round for Rod.

CONNECTS PROJECT TIME LEFT FROM :-  
End of April 2014 end of Connects 1 :(

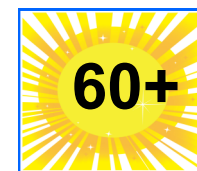


## Connects Project

January-April 2014  
What's On ?

Classes , Positive Activities,  
Training, volunteering opportunities,  
and One to One support  
**For 60+ and Adult Carers**

- to improve physical and mental wellbeing,
- make new friends, support and inspire each other
- combat isolation and help you cope better with every day life



Registered Charity: SC002491  
Company Number: SC215070

**60 +****Connects Project****Adult Carers**

Day	Group	Time	Start Date	Finish Date	Cost	Information
<b>Monday</b>	“Partick Pluckers” - Ukulele Group	10am-12pm	13th January	28th April	£2	Few spaces left
	Slower Health Walk	11am– 12pm	Ongoing	Ongoing	Free	Leaves Annexe
	Variety Club 1. Bringing in the Flags 2. Kings Theatre Talk 3. Commonwealth Crafts 4. Spring/Easter Crafts 5. ConnectsThank-u-Party	2pm-4pm	13th January 13th January 27th January 3rd February 17th March 28th April	28th April  10th March 21st April	£2	All Welcome
<b>Tuesday</b>	Circle Dancing	10.30am- 12.30pm	14th January	22nd April	£2	All Welcome
	Cooking/ Baking Classes	2pm-4pm	14th January	22nd April	£2	12 spaces
	Connects Art Class	10am-12pm	14th January	22nd April	£2	12 spaces
<b>Wednesday</b>	Fun Club-Connects Choir	2pm-4pm	15th January	23rd April	£2	All Welcome
<b>Thursday</b>	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	Free	Leaves Annexe
	Positive Lifestyles / Next Steps Course	10.30am- 12.30pm	16th January	20th March	Free	Please phone for a one2one first
<b>Friday</b>	Relaxing Therapies Reiki, Reflexology, IHM	1pm-4pm	17th January	25th April	£2/ £5	Phone Jane to book a place.
	Group Meditation	11am-12pm	17th January	25th April	£1	All Welcome
	Burns Lunch Club	12pm-2pm	24th January		£2	Wear Tartan
	Valentine’s Lunch Club	12pm-2pm	14th February		£2	Wear Red
	Gentle Exercise	2pm-3pm	17th January	25th April	£2	All Welcome
	Friday Night Film Club	7pm-9pm	31st January 28th February 28th March 25th April		Free	All Welcome Bring a Friend
<b>Available Monday to Friday</b>	One-2-ones—cup of tea and a chat for up to an hour as a general introduction to Connects Project or for ongoing support	Time to suit both you and the member of Connects Staff.	Ongoing	Up to 1 hour for a one2one and up to 6 one2ones a year, depending on your needs	Free	Phone Jane or Angie to book a one2one for 60+ and or for Adult Carers