

BRING & BUY



Wed. 11th April -
Annexe- 1pm-4pm
can drop donations
off from 12pm same
day...many thanks



Men's group
Wednesday 18th
April- 12.30pm
Kelvinhall
opening of their
Exhibition
All invited!!!



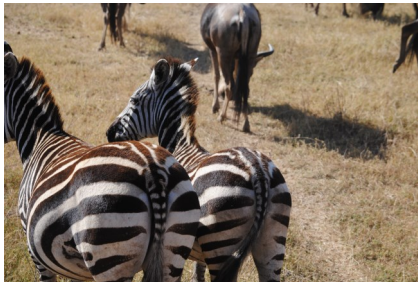
Annexe Communities men's group have taken a trip through the Glasgow Museums' store at Kelvin Hall to the Bronze Age. Take a look at the fascinating archaeological artefacts they've discovered.

June trip to visit
"The Kelpies"

Wed. 27th June
(by request, and
donation of £115
towards the costs,
from a generous and
kind anonymous
benefactor :) x)



"Tales of Africa" -
Thurs. 28th June
Annexe-2pm-4pm
Jane's slideshow of
her fundraising Trip
up Mt Kilimanjaro and
Safari in Tanzania



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

Connects2Project
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Email: connects@annexecommunities.org.uk
<https://www.facebook.com/Connects2Project/?fref=ts>
Web: www.annexecommunities.org.uk

Connects2Project connects2 Creativity!



As well as both Art Classes and Knit and Natter creative world domination spread of love mission, and Friday Blanket Stitch Ups colourful creations...We also house a Stained Glass Class- At the Annexe on Monday nights between 5.30pm -7.30pm where a wee hive of, concentrated and concentrating, creative activity takes place Every week someone has challenged themselves and ends up very chuffed with the finished unique pieces of their Art. Lovely to watch people's latent talents be discovered, grow and take shape in so many different styles and, final result, masterpieces. Unfortunately, sorry, no, we don't run a class in Pennsylvania- (FB request!), but ur Partick does and if you are local and have always loved the idea of doing some stained glass work ...well?...come join us and give it a go! :)

Connects2Project

"Helping you, to help yourself"

April- end of June 2018

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 | "The Partick Pluckers" - Ukulele Group | 10am-12pm | 9th April | 25th June | £3 | NB May Holidays no class 7th and 28th May |
|  | Slower Health Walk | 11am-12pm | Ongoing | Ongoing | £1 | Leaves Annexe sharp |
| Variety Club | Knit and Natter Group- hand knitting + crocheting , with love, for causes in need, at home and abroad | 2pm-4pm | 9th April | 25th June | £3  | We supply the wool, needles, tea and biscuits, you bring the natter! For 60+ |
| Raymond's | Stained Glass Class | 5.30pm-7.30pm | 9th April | 25th June | £3 | Create masterpieces! |
| Tuesday | Intermediate Art Class | 10am-12pm | 17th April | 19th June | £5 | 60+ |
|  | Circle Social Dancing | 10.30-12.30pm | 17th April | 19th June | £3 | 60+ |
| | Twinkle Toes-happytoenails | 11am-1pm | 3 + 17 April | 1 + 15 May | £2 | 1st + 3rd Tuesdays |
| | Connects2-Men's Group | 2pm-4pm | 3 + 17 April | 1+15+29May | £2 | Every second Tuesday |
| | Wellbeing Yoga Plus | 2pm-4pm | 17th April | 19th June | £3 | Under 60's welcome 2 |
| Wednesday | Slow and Gentle Yoga | 11am-12pm | 18th April | 20th June | £3 | 60+ |
| Invite to... | Opening of Display...by our Connects2 Singalong Choir | Men's Group 2pm-4pm | 18th April 18th April | Tea + Cake! 20th June | Free £3 | At Kelvinhall 12.30pm 60+ |
| By request! | Trip to see The Kelpies :) | Date for ur Diary | 27th June | Falkirk, here | we come! | More details to follow |
| Thursday | Positive Living Classes | 10.30-12.30pm | 19th April | 21st June | £2 | 60+ |
| | Not So Slow Health Walk | 2pm-3pm | Ongoing | Ongoing | £1 | Leaves Annexe sharp |
| Jane's Trip | "Tales of Africa"- slideshow | 2pm-4pm | 28th June | Elephants! | £3 | Fundraiser for Uchira |
| Friday | Beginners Art Class | 10.30-12.30pm | 20th April | 22nd June | £3 | 60+ |
| | Group Meditation | 11am-12pm | 20th April | 22nd June | £2 | 60+ |
| one hour treatments | Relaxing Therapies include Reiki, Reflexology, Crystal | 1pm-4pm | 20th April | 22nd June | £5 | Phone Jane to book a therapy for 60+ |
|  | Gentle Exercise Class | 2pm-3pm | 27th April | 22nd June | £3 | 60+ |
| | Blanket Stitch up | 2pm-4pm | 20th April | 22nd June | £2 | Knit +Natter support! |
| | Photos are Fun Group :) | 12.30pm-2pm | 27th April | NB18th May | 29th June | Last Friday of Month |
| | Friday Night Film Club | 7pm-9pm Start sharp at 7pm :) | 27th April 18th May 22nd June |  | Free 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+ |