

The Connects Project is going through a transitional period at the moment– so watch this space– we will keep you posted on any developments as soon as we can, but in the meantime please see over for activities running during this period of change. Thank for your patience.



Annexe Communities
The Annexe Healthy Living Centre
9a Stewartville St
Partick, Glasgow, G11 5PE
Phone Jane or Angie on 0141-212-3987
Email: info@annexecommunities.org.uk
Web: www.annexecommunities.org.uk

Slow and Gentle Yoga on Wednesdays
for 60+



Great to watch how quickly Connects members are taking to the yoga poses and gently stretching themselves a bit more each week. Quite quickly results are starting to take shape and body confidence is increasing slowly but surely. Great for core strength, better balance, more positive body image and therefore more positive thinking too. Linda , the class tutor, has adapted most of the poses for the chair enabling all to take part. Keep up the great work, everyone :)



Connects Project

November '14-December '14
What's On ?

“The Arts of Wellbeing” —positive activities and peer support 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.



Registered Charity: SC002491
Company Number: SC215070

Connects Project 60 +

Day	Group	Time	Start Date	Finish Date	Donation	Information
Monday	"Partick Pluckers" - Ukulele Group	10am-12pm	3rd November	15th Dec	£2	Few spaces left
	Slower Health Walk	11am- 12pm	Ongoing	Ongoing	Free	Leaves Annexe
	Stained Glass Class	3.30pm-5.30pm	3rd November	15th Dec	£2	60+
	Variety Club - Festive Arts and Crafts Festive Flower arranging	2pm-4pm	3rd November 1st December	24th Nov 8th Dec	£2	60+
	Festive Lunch Club	12pm-2pm	15th December		£3	60+
	Margaret Thomson Talent Showcase	2pm-5pm	15th December		£1	Practise, practise practise !!!
Tuesday	Connects1 Art Class	10am-12pm	4th November	16th Dec	£5	Places available for 60+
	Circle Dancing	10.30am- 12.30pm	4th November	9th Dec	£2	60+
	Connects Cooking Class	2pm-4pm	4th November	16th Dec	£2	12 spaces-book
Wednesday	Slow and Gentle Yoga - especially for the over 60's	11am-12pm	5th November	10th Dec	£2	Staff available to support :)
	Fun Club-Connects Choir	2pm-4pm	5th November	10th Dec	£2	60+
	Festive end of year Party	2pm-5pm	17th December		£1	Dancing shoes on!
Thursday	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	Free	Leaves Annexe
Friday	Beginners Art Class	10.30am- 12.30pm	7th November	12th Dec	£2	Places available for 60+
	St. Andrew's Lunch Club	12pm-2pm	28th November		£3	Wear tartan
	Group Meditation	11am-12pm	7th November	19th Dec	£1	60+
	Relaxing Therapies Reiki, Reflexology, IHM	1pm-4pm	7th November	12th Dec	£2/ £5	Phone Jane to book a place.
	Gentle Exercise	2pm-3pm	7th November	12th Dec	£2	60+
	Friday Night Film Club	7pm-9pm	21st Nov 12th Dec		Free and popcorn provided!	All Welcome Bring a Friend