

Connects2Project goes Intergenerational with more summer activities planned with Hyndland After School Club.! Yeah!

The kids for HASC will be joining us on our yearly trip to Luss on 4th July

5th July we go to HASC for bake off class 2pm-4pm. Meet Annexe 1.45pm to walk up.

11th July we will join up with each other at the Purdon street Plot for gardening and crafts-2pm-4pm.

16th July we go to HASC to swap stories of days gone by for internet and mobile phone tips—10am-12pm meet Annexe walk up 9.45am

23rd July we take the train with the kids for a day out at Ardrossan Beach!!! 9.20am Train from Partick Train Station. Catch 3.10pm return

26th July 2pm-4pm Film Club at Annexe with HASC featuring the movie “Mary Poppins”.

29th July-limited spaces-(14) - for us on their coach trip to Culzean Castle, meet 9.15am outside Partick Poundlands. Please book a place on a first come first served basis.

30th July 2pm-4pm we will lead a special , fun health walk around Partick with the klds

5th August— HASC will come to join us learn to knit at Knit and Natter 2pm-4pm



Connects2Project
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“Branching out into Nature”



Branching Out into Nature is an amazing 12 weeks of opportunities to spend your Tuesday afternoons-1pm-4pm- outside in nature! Classes have 12 places + two Annexe staff and are facilitated by Craig from OperationPlayOutdoors with funding from Scottish Forestry.(Thank you!) There will be fire, shelter, seats, Kelly kettles, tea, coffee, marshmallows and nature activities including tree planting, willow weaving, light conservation work, nature trips away and fire building. You just need to turn up at Annexe for 12.30pm where we will be minibused over to West Hurler House, Glasgow Road, South Side. And brought back again to Annexe for 4.30pm. Please wear weather appropriate clothes and bring a few extra layers. If you are keen to come along please book your place with Jane.Thanks

Connects2Project

“Helping you, to help yourself”

July-mid September 2019

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 Year 5 Last block of class in current format ...

Day	Group/Activity	Time	Start Date	Finish Date	Donation	Information
Monday	"The Partick Pluckers" - Ukulele Group	10am-12pm	22nd July	9th Sept	£3	Anyone up for taking on a leadership role!?
	Slower Health Walk	11am-12pm	22nd July	9th Sept	£1	Leaves Annexe sharp
With HASC	Visit to Culzean Castle	9.15am- 4.30pm	29th July	Bring money	for lunch	See over for more info
Variety Club	Knit and Natter Group- hand knitting + crocheting , with love, for causes in need, at home and abroad	2pm-4pm	22nd July	9th Sept 5th Aug+kids	£3	We supply the wool, needles, tea+biscuits -you bring the natter!
Raymond's	Stained Glass Class	5.30pm-7.30pm	22nd July	9th Sept	£5	Under 60's welcome2
Tuesday	Circle Social Dancing	10.30-12.30pm	13th Aug	27Aug10Sep	£3	NB. every second week
	Twinkle Toes-happytoenails	11am-1pm	6th Aug	3rd Sept	£5	1st Tuesday of month
	"Twinkle Toes Express"	11am-1pm	16th July	20Aug	£10	3rd Tuesday of month
See over	Train to Ardrossan Beach	9.20am train	23rd July	3.10pm train	Train fare	Joint trip with HASC
12 weeks!!!	Branching Out into Nature	12.30pm-4.30pm	13th Aug	29th Oct	£3	See over 4 more info
	Connects2-Men's Group	2pm-4pm	23rd July	6/20Aug3Sep	£2	Every second Tuesday
	Creative Writing Group	1pm-3pm	30th July	27Aug10Sep	£3	Writing your Life!
	Wellbeing Yoga Plus	2pm-4pm	16th July	10thSept	£3/£5	NB. No class 23rd July
Date4Diary	BIG THANK YOU EVENT	10am-4pm	18thSept	Tbc... :)	free	Partick Burgh Halls
Wednesday	Slow and Gentle Yoga	11am-12pm	17th July	11thSept	£3	NB.No class 24th July
	Connects2 Singalong Choir	2pm-4pm	17th July	11th Sept	£3	
	Photos are Fun Group	2pm-4pm	31st July	28Aug11Sept	£2	Mostly every last Wed.
Thursday	Positive Living Classes	10.30-12.30pm	18th July	12th Sept	£2	I think therefore I am...
Gardening..	Visit to the Plot with HASC	2pm-4pm	11th July	...and craft...	free	Purdon St Allotment
	Not So Slow Health Walk	2pm-3pm	18th July	12th Sept	£1	Leaves Annexe sharp
Friday	Beginners Art Class	10.30-12.30pm	19th July	13th Sept	£5	Class self leading :)
	Group Meditation	11am-12pm	19th July	13th Sept	£2	"Very relaxing...."
one hour treatments	Relaxing Therapies include Reiki, IHM and Reflexology	1pm-4pm	19th July	13th Sept	£5	Working through waiting lists :)
	Gentle Exercise Class	2pm-3pm	2nd August	13th Sept	£3	NB no class 23rd Aug
With HASC	Intergenerational Film Club	2pm-4pm	26th July		free	Showing Mary Poppins
	Blanket Stitch up	2pm-4pm	19th July	13th Sept	£2	Knit +Natter support!
Back at the Annexe	Friday Night Film Club	7pm-9pm Starts sharp at 7pm	26th July 30th Aug 20th Sept	All Welcome Bring a friend	Free + popcorn provided	Thanks to funding from Partick Housing Association
Monday-Fridays	One2one- cup of tea and a listening ear	Time to suit you	Ongoing	Up to 1 hour	Free	Phone Jane or Angie to book a time slot