

Connects2Project Free Summer Programme

**Picnic T in the Park- bubbles provided :)
- bring your own picnic and blanket-
meet at Fountain at 1pm -Thurs 2nd July**

**Day trip to Luss- Wednesday 8th July -
meet at Annexe for 9.30am- bring a
packed lunch - aiming to be back for
5pm- chilled smoothies provided**

**Visit to Govan Stones - guided tour
booked for Tuesday 14th July meeting
outside Partick Underground Station for
12.30pm to arrive for 1pm, back 4pm**

**Bowls at Kelvingrove Bowling Green-
2pm-4pm Mondays starting 27th July
through to 31st August- meet at bowling
greens at 2pm or come join us before
hand in the Art Galleries for the Organ
recital for 12.30pm**

**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**

**Annexe Communities- Connects2Project
The Annexe Healthy Living Centre
9a Stewartville St
Partick, Glasgow, G11 5PE
Phone Jane, Angie or Michele on
0141-212-3980
Email: info@annexecommunities.org.uk
Web: www.annexecommunities.org.uk**

“Plucking Brilliant!” Partick Pluckers rock the Park



Done Margaret Proud!

**Partick Pluckers entertained the crowds at
the Active Seniors Day in Victoria Park, got
a standing ovation and Ross McFarlane -
the legendary drummer of the band Texas
-quoted that they were “Plucking brilliant
and swung like a barn door! “**

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



Connects2Project

“Helping you to help yourself”

July- September'15

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

For 60 +

Day	Group/Activity	Time	Start Date	Finish Date	Donation	Information
Monday	"Partick Pluckers" - Ukulele Group	10am-12pm	27th July	21st Sept	£2	Please put name on waiting list
	Slower Health Walk	11am-12pm	Ongoing	Ongoing	Free	Leaves Annexe
	Art Galleries Organ Recital	12.30-1.30pm	27th July	21st Sept	Free	Meet at Galleries
Variety Club	1. Bowls at Kelvingrove 2. Knit and Natter-: blankets for Nepal Flower arranging	2pm-4pm	27th July	31st August	Free	1. Meet at Bowling 2. Annexe as usual
		2pm-4pm	27th July	14th Sept	£2	
			----- 21st Sept	----- 21st Sept	£2	60+
Tuesday	Intermediate Art Class	10am-12pm	4th August	29th Sept	£5	60+
	Circle Social Dancing	10.30-12.30pm	21st July	22nd Sept	£2	60+
	Visit to Govan Stones	12.30-4.30pm	14th July		Free	12.30pm meet at Partick Station
Wednesday	Slow and Gentle Yoga - especially for the over 60's	11am-12pm	22nd July	23rd Sept	£2	Staff available to support :) 60+
	Summer Trip to Luss	9.30am-4.30pm	8th July		Free	Bring packed lunch
	Ukulele Improvers	2pm-4pm	2nd Sept	16th Sept	Free	Every two weeks
	Fun Club-Connects Choir	2pm-4pm	22nd July	23rd Sept	£2	60+
Thursday	Positive Living Classes	10.30-12.30pm	23rd July	24th Sept	Free	60+
	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	Free	Leaves Annexe
	Picnic in Kelvingrove Park	1pm-4pm	2nd July	Bring Picnic	Free	Meet at Fountain
	Dementia Cafe	1pm-3pm	2nd July	6th August	3rd Sept	1st Thurs of Month
Friday	Beginners Art Class	10.30-12.30pm	31st July	18th Sept	£2	60+
	Group Meditation	11am-12pm	24th July	18th Sept	£1	60+
	Relaxing Therapies Reiki, Reflexology, IHM	1pm-4pm	24th July	18th Sept	£3/ £5	Phone Jane to book a place.
	Gentle Exercise	2pm-3pm	24th July	18th Sept	£2	60+
	Friday Night Film Club	7pm-9pm	24th July 21st Aug 18th Sept		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 60+