



Annexe Communities
The Annexe Healthy Living Centre
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 Partick
 Glasgow, G11 5PE
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2012 Time Capsule Team
(and Jan, James and Sandra)

Come and Join Us !!!



As Partick became part of Glasgow 100 years ago in 1912 we decided to let the future know what we get up to in 2012. join us to fill up the 2012 Time Capsule to be opened in 100 years in 2112. Come visit the past, present and future with us

PROJECT TIME LEFT FROM June 2012:
TWO YEARS



Connects Project



**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 and support, inspire each other
- combat isolation and help you cope with every day life



Registered Charity: SC002491
 Company Number : SC215070

Connects is a three year project which is funded by the Big Lottery Fund . It is aimed at people over 60's and or adult carers, provides various classes and activities promoting personal and social development and offering practical support to combat feelings of isolation and increase participation in the community. Give yourself the opportunity to meet new friends, volunteer, improve your sense of self worth, have a bit of time for self and try out new activities. Come and have a cup of tea and a chat with Angie or Jane who will tell you more about the project and how you can become involved.

Thanks :)

60 +

Connects Project

Adult Carers

Day	Group	Time	Start Date	Length	Cost	Availability
Monday	“Partick Pluckers” Ukulele Group	10am-12pm	26th March	10 weeks	£2	Few spaces left
	Slower Health Walk	11am– 12pm	Ongoing weekly	1 hour	Free	All Welcome
	Lunch Club	12pm - 2pm	2nd April Easter	2 Hours	£2	All Welcome
	Time Capsule 2012 Project	2pm-4pm	12th March	6 Weeks	Free	All Welcome
	Variety Club	2pm-4pm	30th April	2 hours	free	All welcome
Tuesday	Connects Art Class	10am-12pm	17th April	10 Weeks	£2	Book Place
	Circle Dancing	10.30am-12pm	17th April	6 Weeks	£2	All Welcome
Wednesday	Next Steps Course	2pm-4pm	16th May	4 Weeks	Free	All Welcome
Thursday	Positive Lifestyles Course	10.30-12.30pm	19th April	6 Weeks	Free	All Welcome
Friday	Better Bones Class	11am-12pm	13th April	10 weeks	£1	All Welcome
	Complementary Therapies –Reiki, IHM, Back massage, reflexology	1pm-4pm	Ongoing weekly	1 hour	minimum £2 donation	Phone Angie to book a therapy
	Friday Night Film Club	7pm-9pm	20th April 18th May 15th June	2 hours	Free	All Welcome Bring a friend
Also available Monday to Friday	One-2-ones—cup of tea and a chat usually lasting for an hour. Great as a general introduction to the Connects project	Time suited to both you and staff member	Ongoing weekly	Up to 1 hour	Free	Phone Jane or Angie to book a time slot For 60+ and or Adult Carers

- **Connects Spring Social Trip potential date Monday 16th April 2012–Tour bus trip round Glasgow stopping off at Transport Museum for lunch and a visit, then you can hop on the bus again and go, off with friends, for your own wee adventure!**
- **Back by public demand Singer Joe Robb (and Son) to entertain us after Lunch Club, 2nd April, 2pm-4pm**