

Lunch Clubs are back in town- well back at the Annexe Café. Julie secured funding from The Stafford Trust for monthly Lunch clubs for a whole year! Thank you Stafford Trust! :)

So dates for you diary for the next ones are at 12pm-2pm:-

- **Thursday 29th October for Halloween Lunch Club- come along dressed up for £2 or £3 just as you are- that's scary enough!**
- **Monday 30th for St. Andrew's Day Celebration Lunch Club £3- show off our dance steps learned at Scottish Country dancing classes- paddy bah!**
- **Wednesday 16th December for Festive Lunch Club-£3-12pm-2pm just before the Margaret Thomson Talent Showcase- £1 - 2pm-5pm**

The eagle eyed amongst you will have noticed the "No such thing as a free lunch" evaluation lunches/buffets. Please support with your thoughts and ideas. We need your feedback and gives you a chance to let the funders know how you are doing.

**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**

**Bowling on the Kelvingrove Greens with a cup of tea on Glasgow Life!**



Connects2Project booked up 6 weeks of "bowling and a blether" at 2pm-4pm on Mondays run by Glasgow Life . Margaret managed along with Lyndsay and Effie from the "Out and About" project too. Much practise was needed but plenty of supportive, fun and team camaraderie was bowled out on the greens.

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



# Connects2Project

"Helping you to help yourself"

**October-December 2015**

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
<b>Monday</b>	"Partick Pluckers" - Ukulele Group	10am-12pm	5th Oct	7th Dec	£2	Please put name on the waiting list
	Slower Health Walk	11am-12pm	Ongoing	Ongoing	Free	Leaves Annexe
<b>Variety Club</b>	1. Knit and Natter-: blankets for Nepal and squares/teddies for Africa 2.Scottish Country Dancing 3. Tracy's Festive Stars	2pm-4pm	5th Oct	7th Dec	£2	60+
			2nd Nov 7th Dec	23rd Nov	£2 £2	
<b>Tuesday</b>	Intermediate Art Class	10am-12pm	6th Oct	8th Dec	£5	60+
	Circle Social Dancing	10.30-12.30pm	6th Oct	8th Dec	£2	60+
	Evaluation Lunch Clubs x 2	12pm-2pm	1. 20th Oct	2. 10th Nov	Free	bring ur thinking caps
<b>Wednesday</b>	Slow and Gentle Yoga - especially for the over 60's	11am-12pm	7th Oct	9th Dec	£2	Staff available to support :) 60+
	<b>Ukulele Improvers</b>	2pm-4pm	9th Sept	23rd Sept	Free	<b>Every two weeks</b>
	Connects2 singalong Choir	2pm-4pm	7th Oct	9th Dec	£2	60+
	Marg Thomson Talent Show	2pm-5pm	16th Dec		£1	practise , practise...
<b>Thursday</b>	<b>Positive Living Classes</b>	10.30-12.30pm	8th Oct	10th Dec	Free	60+
	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	Free	Leaves Annexe
	<b>Dementia Cafe</b>	<b>See leaflet</b>	<b>1st Oct</b>	<b>5th Nov</b>	<b>3rd Dec</b>	<b>1st Thurs of Month</b>
<b>Friday</b>	Beginners Art Class	10.30-12.30pm	9th Oct	11th Dec	£2	60+
	Bring and Buy Sale	1pm-4pm	2nd Oct		£2	Declutter -Fundraising
	Group Meditation	11am-12pm	9th Oct	11th Dec	£1	60+
	Relaxing Therapies Reiki, Reflexology, IHM	1pm-4pm	9th Oct	11th Dec	£3/ £5	Phone Jane to book a place.
	Gentle Exercise	2pm-3pm	16th Oct	11th Dec	£2	60+
	Friday Night Film Club	7pm-9pm	23rd Oct 20th Nov 11th Dec		Free and popcorn provided!	All Welcome Bring a Friend
<b>Available Monday to Friday</b>	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	<b>Ongoing</b>	Up to 1 hour	Free	Phone Jane or Angie to book a time slot for 60+