



Active Seniors Tea Dances

Friday 27th July 1- 4 pm at Knightswood
Congregational Church, 12 Dunterlie Ave G13

Friday 17 August 1- 4pm at Yoker Parish Church,
Hawick St, G13

Friday 20th September 1-4pm at St Peter's
Church, Chancellor St, G11

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 :)

Annexe Communities
The Annexe Healthy Living Centre
9a Stewartville St
Partick
Glasgow, G11 5PE
Phone Jane or Angie on 0141-357-6747
Email: info@annexecommunities.org.uk
Web: www.annexecommunities.org.uk

**“Partick Pluckers “
Entertain the crowds at
Active Seniors Day**



“Partick Pluckers”
Performing at their first ever outdoor gig
at Active Seniors Day
in Victoria Park in June.
Next year Carnegie Hall !

PROJECT TIME LEFT FROM SEPT 2012:
ONE YEAR 9MONTHS



Connects Project

July – September 2012
What's On ?

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

60 +**Connects Project****Adult Carers**

Day	Group	Time	Start Date	Length	Cost	Availability
Monday	"Partick Pluckers" Ukulele Group	10am-12pm	20th Aug	Ongoing	£2	Few spaces left
	Slower Health Walk	11am- 12pm	Ongoing weekly	1 hour	Free	All Welcome
	Lunch Club	12pm - 2pm	27th Aug	2 Hours	£2	All Welcome
	Simple Meals workshop	2pm-4pm	3rd Sept	6 Weeks	£2	Book Place
	Lord Provost Flag Making	2pm-4.30pm	2nd +9th July	2 Days	Free	All Welcome
Tuesday	Connects Art Class	10am-12pm	21st Aug	10 Weeks	£2	Book Place
	Circle Dancing	10.30am-12pm	21st Aug	10 Weeks	£2	All Welcome
Wednesday	Connects Film— And action.....	2pm-4pm	1st Aug	7 Weeks	Free	All welcome
	Time Capsule	2pm-4pm	26th Sept	6 Weeks	Free	All welcome
	Positive Lifestyle Course	10.30-12.30 pm	23rd August	6 Weeks		
Thursday	Next Steps Course	10.30-12.30pm	4th October	4 weeks	Free	All Welcome
Friday	Better Brains Class	11am-12pm	3rd Aug	10 weeks	£1	All Welcome
	Gentle Exercise	2pm-3pm	3rd Aug	10 weeks	£2	All welcome
	Annexe Open Day	11am-4pm	17th Aug	5 Hours	Free	All welcome
	Complementary Thera- pies 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 July 31st Aug 28th Sept	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 For 60+ and or Adult Carers

Come celebrate 200 years of Steam Navigation with the Connects Autumn Waverley Trip-Book Now

Monday 20th August 2012—A wee trip "Doon the Water"

meeting at Glasgow Science Centre, heading to Largs for fish and chips and a pokey hat at Nardini's, then have your own wee bus pass adventure and make your way own home with your friends.

*****Also-Don't forget the Lord Provost's Parade on 21st July (see above for flag making workshops!) *****