



Lunch dates for your diary

Time:- 12pm-2pm cost :- £3

- Valentines Lunch Club 11th February
- St Patrick's Lunch Club 17th March
- Easter Lunch Club 24th March

Good news corner- **Rod is back** from Tenerife! He has been away for two years and observed at the recent **Annexe Open Day** that the beneficiaries he knew previously all had **"a new brightness to them"** :) Rod has been around the world and pulled all his learnings into this new course **"Grow Stronger, Live Longer"** which takes the **better breathing idea** and adds to it, including three main elements

1. self- awakening yoga for a stronger spine
2. Seated meditation focus on better breathing
3. Changing mind-set and potentially reversing self and society's idea of the ageing process

All washed down with a cup of herbal tea! :)

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

Connects2Project
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Positive Living Class evaluating the impact of the class and support :)



Positive Living Class runs free on Thursdays 10.30pm-12.30pm where individual and group support can be found. Exchanging ideas through discussions on many positive psychology topics, sharing of inspirational quotes and words of wisdom from the four corners of the earth. We have fun learning from each other and generally looking for the silver lining in life. All washed down with a good cup of tea, good company and scrummy home baking. All welcome!

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



Connects2Project

"Helping you to help yourself"

January- March 2016

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	18th Jan	21st March	£2	Please put name on the waiting list
	Slower Health Walk	11am-12pm	Ongoing	Ongoing	Free	Leaves Annexe sharp
Variety Club	-Knit and Natter-: blankets squares/teddies for Uchira Children's Fund -Flower arranging 25th Jan	2pm-4pm	18th Jan	14th March	£2	60+ NB Flower arranging every two weeks
	Burn's Lunch Club	12pm-2pm	25th Jan		£3	Wear tartan :)
Tuesday	Intermediate Art Class	10am-12pm	19th Jan	22nd March	£5	60+
	Circle Social Dancing	10.30-12.30pm	19th Jan	22nd March	£2	60+
Rod's back!	Grow stronger, Live Longer	2pm-4pm	19th Jan	22nd March	£2	More details overleaf
Wednesday	Slow and Gentle Yoga - especially for the over 60's	11am-12pm	20th Jan	23rd March	£2	Staff available to support :) 60+
	Connects2 singalong Choir	2pm-4pm	20th Jan	23rd March	£2	60+
Thursday	Positive Living Classes	10.30-12.30pm	21st Jan	24th March	Free	60+
	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	Free	Leaves Annexe sharp
	Volunteer Inspiration Lunch	12pm-3pm	10th March			See Michele for details
	Dementia Friendly Cafe	See leaflet	7th Jan	4th Feb	3rd March	1st Thurs of Month
Friday	Beginners Art Class	10.30-12.30pm	15th Jan	18th March	£2	60+
	Group Meditation	11am-12pm	15th Jan	18th March	£1	60+
	Relaxing Therapies include Reiki, Reflexology, massage	1pm-4pm	15th Jan	18th March	£3/ £5	Phone Jane to book a place.
	Gentle Exercise Class	2pm-3pm	15th Jan	18th March	£2	60+
	Friday Night Film Club	7pm-9pm	29th Jan 26th Feb 18th March		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+