

“What’s New Pussycat? “



Only Sir Tom Jones is coming to the Kelvingrove Bandstand on Tues. August 9th!!!! Disappointingly all the tickets sold out before they went on sale :(So... Connects2 will meet up and picnic on the “Green Green Grass of the Park nearby for a singalong. :)

Summer Outings Information - overleaf for dates

- 1.Helenburgh-** meet at Partick Train Station 9.30am- train leaves at 10.08am. £4 conc. return fare. 4.26pm back to Partick for 5pm.
- 2.Luss-** leave name at reception- 57 seater bus booked- Meet at 9.30am leaves at 10am Bring packed lunch. Aiming to be back for 5pm ish! :)
- 3.Glasgow Print Studio Exhibition Showing-** meet at Trongate 103 to view exhibition of Prints by fellow Connects2Project beneficiaries!!
- 4.Tom Jones-** If weather good meet across the road from the entrance to the Bandstand. Time tbc
- 5.Picnic in Kelvingrove Park-** meet at the fountain, bring packed lunch, picnic blanket and sunshine!!!

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
Annexe Communities- 9a Stewartville St
Partick, Glasgow, G11 5PE
Phone Jane, Angie or Michele on
0141-212-3980 Email:
connects2@annexecommunities.org.uk
https://www.facebook.com/
Connects2Project/?fref=ts
Web: www.annexecommunities.org.uk

All Hail Slow and Gentle Yoga and all our health benefits :)



“My mobility is much improved”
 “Class has helped me a lot with coping with my arthritis”
 “Feel a lot better about myself, can handle things better.”
 “I feel less depressed.”
 “I am more appreciative of all the good things in life and have a more positive approach to life in general.”
 “It has made me more calm.”
 “I think everyone should be aware about Yoga and use it as it can help you cope with a lot of aspects in your life which stress you out!”

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



Connects2Project

“Helping you to help yourself”

July-September 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	25th July	19th Sept	£3	Please put name on the waiting list 60+
	Slower Health Walk	11am-12pm	Ongoing	Ongoing	£1	Leaves Annexe sharp
	Art Galleries Organ Recital	12.30-1.30pm	25th July	19th Sept.	Free	Meet at Art Galleries
Variety Club	1. Bowling at Kelvingrove	2pm-4pm	25th July-	19th Sept.	1. Free	1. Meet at Bowling 2+3. Annexe as usual 60+
	2. Knit and Natter for Orphanage in Peru 3. Cold Enamelling- u what?		12th Sept	19th Sept.	£3	
Tuesday	Intermediate Art Class	10am-12pm	19th July	20th Sept.	£5	60+
	Circle Social Dancing	10.30-12.30pm	19th July	20th Sept.	£3	60+
	Train trip to Helensburgh	9.30am-5pm	28th June		Train fare	Meet at Partick Station
Wednesday	Slow and Gentle Yoga - especially for the over 60's	11am-12pm	20th July	21st Sept	£3	Staff available to support :) 60+
	Connects2 Singalong Choir	2pm-4pm	20th July	21st Sept	£3	60+
	Bus Trip to Luss	9.30am-5pm	13th July		Free	Bring packed lunch
Thursday	Positive Living Classes	10.30-12.30pm	21st July	22nd Sept	£2	60+
	Not So Slow Health Walk	2pm-3pm	Ongoing	Ongoing	£1	Leaves Annexe sharp
	Picnic in Kelvingrove Park	1pm-4pm	7th July	Bring Picnic	Free	Meet at the fountain
Glasgow	PrintStudio exhibition Show	6pm-8pm	4th August		Free	Meet at Trongate 103
Friday	Beginners Art Class 60+	10.30-12.30pm	22nd July	16th Sept	£3	60+
	Group Meditation	11am-12pm	22nd July	16th Sept	£2	60+
	Relaxing Therapies include Reiki, Reflexology, Crystal	1pm-4pm	22nd July	16th Sept	£5	Phone Jane to book a place. 60+
	Gentle Exercise Class	2pm-3pm	12th August	16th Sept	£3	60+
volunteers	Photos are Fun Group :)	1pm-3pm	29th July	26th Aug	16th Sept	Last Friday of Month
	Friday Night Film Club	7pm-9pm	29th July 26th August 16th 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+