



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

**“All the Best for 2012 from all at
 Connects Project.”**



Some of the Connects Project enjoying a festive lunch club and a sing along with local crooner, Joe Robb. Also thanks to Margaret Thomson for entertaining all on her harmonica and ukulele.

**PROJECT TIME LEFT FROM APRIL 2012:
 TWO YEARS AND THREE MONTHS**

Thanks :)



Connects Project



Classes , Positive Activities

& One to One support

For 60+ and Adult Carers

To improve physical and mental wellbeing,

help 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 | SIX PACK– Soup Workshops | 2pm-4pm | 23rd January | 6 Weeks | £2 | Drop in |
| | Annexe Slower Health Walk | 11am– 12pm | 9th January | Ongoing | Free | Drop in |
| | *13th Circle Dancing 2-4pm Lunch Club | 12pm - 2pm | 13th February (Valentines Day) 2nd April Easter | 2 Hours | £2 | Drop In |
| | Time Capsule 2012 Project | 2pm-4pm | 12th March | 6 Weeks | Free | Drop in |
| | Ukulele Group | 10am-12pm | 16th January | 10 Weeks | £2 | Drop in |
| Tuesday | Connects Art Class | 10am-12pm | 17th January | 10 Weeks | £2 | Book Place |
| | Circle Dancing * | 10.30am-12pm | 21st February | 5 Weeks | £2 | All Welcome |
| Wednesday | Next Steps Course | 2pm-4pm | 7th March | 6 Weeks | Free | Drop in |
| Thursday | Positive Lifestyles Course | 10.30-12.30pm | 2nd February | 6 Weeks | Free | Drop in |
| Friday | Better Breathing Class | 11am-12pm | 20th January | 6 weeks | Free | Best to do the block of six |
| | Complementary Therapies –Reiki, IHM, Back massage, reflexology | 1pm-4pm | Ongoing weekly | 1 hour | £2 | Phone Angie to book a therapy |
| | Connects Friday Night Film Club | 7pm-9pm | 20th January 17th February 16th March | Monthly | Free | Drop In |
| Saturday | Alternative Saturday Night | 6.30pm-10.30pm | 31st March | 1 night | free | Doors open 6.30pm |
| Also available | 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 | Up to 1 hour | Free | Phone Jane or Angie to book a time slot |

Watch this space for dates for next Tea Dances, Spring Social Trip and other classes.