

Partick Annexe External Group Lets January 2011

| Day | Group | Time | Start Date | Length | Type of Activity |
|------------------|---|--------------|----------------------------|---------|--------------------------|
| Monday | Voicebeat | 7.00-9.00pm | Ongoing weekly | Ongoing | Choir/Music Group |
| | Improvitational Flute | 6.00-7.00pm | January 2011 | 6 weeks | Music Class |
| | Zumba Fitness | 8.00-9.00pm | Ongoing Weekly | Ongoing | Fitness Class |
| | Sandra White MSP | 5.30-6.30pm | 2nd Monday of the month | Ongoing | Monthly Surgery |
| Tuesday | Ba Gua Zang | 2.00-4.00pm | Ongoing weekly | 10weeks | Exercise Class |
| | LSUN Mental Health Group | 2.00-4.00pm | 3rd Tuesday of the month | Ongoing | Service User Group |
| Wednesday | Jo Jingles Playgroup | 9.30-12.30pm | Ongoing weekly | Ongoing | Pre-5 Music Kindergarten |
| | Peer Health Mentoring | 12.45-2.45pm | Ongoing weekly | 8 weeks | Health Board Group |
| | Scottish Slimmers | 5.00-6.30pm | Ongoing weekly | Ongoing | Weight Management Group |
| | Karate | 7.30-8.30pm | Ongoing weekly | Ongoing | Exercise Class |
| | In The Making (Fashion workshops for ages 10-15) | 3.30--8.30pm | Ongoing weekly | Ongoing | Fashion/Design Class |
| | Eat Up - Nutrition Group | 2.00-4.00pm | Every second Wednesday | Ongoing | Nutritional Info Group |
| | Smoking Cessation Group | 5.30-7.30pm | Ongoing weekly | Ongoing | Stop Smoking Group |
| Thursday | Addaction | 1.00-3.00pm | Ongoing weekly | Ongoing | Service User Group |
| | Mindfulness Group | 2.30-4.30pm | Ongoing weekly | Ongoing | Health Board Group |
| | PURG (Partick United Residents Group) | 3.00-5.00pm | Last Thursday of the month | Ongoing | Residents Meeting Group |
| Friday | Anne McKechin | 3.00-4.30pm | 1st Friday of the month | Ongoing | Monthly Surgery |
| Saturday | Curry Night | 6.30-10.30pm | 1st Saturday of the month | Ongoing | Food Evening Group |
| Sunday | Mosaic | 2.00-6.00pm | Ongoing weekly | Ongoing | Church Group |

*****Please note: for more information on groups please contact our office on 0141-357-6747 Thanks.*****