

Day	Group/Activity	Time	Start Date	Finish Date	Donation	Information
<b>Monday</b>						
McC Hall	Partick Pluckers - Volunteer Led	10am-12pm	TBC	TBC	£3	Enquire with group
Café	Social Café & Table Games - SPRING	11am-1pm	9.8.21	6.12.21	Free	Enquire with Mags
Outdoors	Walking Group	10:15 - 11:15am	9.8.21	9.12.21	Free	6 Places available FCFS
McC Hall	Knit and Natter Group - Volunteer Led	2pm-4pm	9.8.21	13.12.21	£3	Enquire with group
Pollock Room	Beginners Stained Glass Class Tasters x 2	5.30pm to 7.30pm	6.9.21	13.9.21	£4	Max 6 places booked
<b>Tuesday</b>						
DC Room	Step Forward - Toe Nail Service	10am - 1pm	10th Aug	bi-monthly	£5	Call to request appointment 0141 212 3984
	Lunch Club	11.45-12.45pm	ongoing	ongoing	£4	Max 12 seats - book in advance
	Lunch Club	1pm - 2pm	ongoing	ongoing	£4	Max 12 seats - book in advance
Pollock Room	Line Dancing	2pm to 3pm	3.8.21	14.12.21	£4	10 Places available FCFS - call office 357 6747
Pollock Room	Line Dancing	3pm to 4pm	3.8.21	14.12.21	£4	10 Places available FCFS - call office 357 6747
<b>Wed</b>						
McC Hall	Yoga Class	11am-11.50pm	4.8.21	15.12.21	£4	10 Places available FCFS - call office 357 6747
McC Hall	Yoga Class	12pm-12.50pm	4.8.21	15.12.21	£4	10 Places available FCFS - call office 357 6747
Café	Lunch Club	11.45-12.45pm	ongoing	ongoing	£4	Max 12 seats - book in advance
Café	Lunch Club	1pm - 2pm	ongoing	ongoing	£4	Max 12 seats - book in advance
McC Hall	Choir	2pm - 4pm	TBC	TBC	£3	10 Places available FCFS ask call office 357 6747
Pollock Room	Healthy Cooking on a Budget	1.30pm-3.30pm	4.8.21	22.9.21	£2	8 Places available FCFS ask call office 357 6747
<b>Thursday</b>						
McC Hall	Parent & Toddlers - Volunteer Led	10am - 12pm	19.8.21	9.12.21	£1.50	Starts back August
Café	Lunch Club	11.45-12.45pm	ongoing	ongoing	£4	Max 12 seats - book in advance
Café	Lunch Club	1pm - 2pm	ongoing	ongoing	£4	Max 12 seats - book in advance
McC Hall	Jazzercise Class	1.30-2.20pm	5.8.21	16.12.21	£4	10 Places available FCFS - call office 357 6747
McC Hall	Jazzercise Class	2.30-3.20pm	5.8.21	16.12.21	£4	10 Places available FCFS - call office 357 6747
Outdoors	Walking Group	2pm - 3pm	5.8.21	9.12.21	Free	6 Places available FCFS
McC Hall	Tai Chi Tasters for Beginners (Qigong)	5.30pm-6.30pm	5.8.21	7.10.21	£4	10 Places available FCFS - call office 357 6747
<b>Friday</b>						
Pollock Room	Annexe Art Group - Volunteer Led	10.30-12.30pm	6.8.21	10.12.21	£5	8 places - enquire with group
McC Hall	Group Meditation Class	11 - 12pm	6.8.21	10.12.21	£2	10 Places available FCFS
Café	Lunch Club	11.45-12.45pm	ongoing	ongoing	£4	Max 12 seats - book in advance
Café	Lunch Club	1pm - 2pm	ongoing	ongoing	£4	Max 12 seats - book in advance
Pollock Room	Community Art - Tasters for Beginners	2pm - 4pm	6.8.21	27.8.21	£4	8 Places available FCFS ask call office 357 6747
DC Room	Complementary Therapies	1pm - 4pm	TBC	TBC	£5	SPRING referrals - by Appointment
<b>Volunteer-led Classes - enquire with group. Subsidised classes - enquire with at reception, some are first come first served and others are waiting list only.</b>						

What	Where	When	Cost	Lunch Clubs - Book in advance - call 0141 357 6747
Outdoor Gym	Mansfield Park - Sat 10-11am	ongoing	free	
HIIC Intros	Annexe		free	