

Upcoming Events

What's On Weekly...

May
2024



Monday

Ally Bally Boogie Baby

Explore stories through dance
10am - 10.45am

Sit Fit

Gentle movement class for seniors
11.15am - 12pm

Kids Art Class

4pm - 5pm

Imaginative Art

5.30pm - 7.30pm

All at No.18 Venue,
Farmeloan Road, Rutherglen



Tuesday

Cycle Lessons

Cycle Lessons for all abilities!
BikeTown, Thompson Court,
Rutherglen, 10.30am - 12.30pm
NOT 21 MAY

Chess & Chat Club

Learn chess & meet like-minded people
No.18 Venue, Farmeloan Rd,
Rutherglen, 1pm - 2pm

Kids Drama Club

No.18 Venue, Farmeloan Rd,
Rutherglen, 3.30pm - 4.30pm

Evening Walk

Glencairn Football Club,
Toryglen Rd, Rutherglen,
4pm - 6pm



Wednesday

Ally Bally Beats

Music & movement for wee ones
No.18 Venue, Farmeloan Rd
Rutherglen
10am - 10.45am (toddlers)
11:15am - 12pm (babies)



Growing Club

Clydesmill Community Fire Station,
Cambuslang: 10am - 12pm

Walk Way Us

West & Wardlawhill Church,
Western Ave Rutherglen 12.15 - 1.15pm

Wednesday cont'd

Dancercise

No.18 Venue, Farmeloan Rd, Rutherglen,
1pm - 1.45pm

Kettlercise

Effective kettlebell body-shaping
exercise
No.18 Venue, Farmeloan Road,
Rutherglen, 7.15pm - 8.15pm

Thursday

Baby Cafe Rutherglen

For parents/carers of under 1s
No.18 Venue, Farmeloan Road,
Rutherglen, 9:30am - 10:45am

Coffee Afternoons

Join us for a coffee & chinwag
No.18 Venue, Farmeloan Road,
Rutherglen, 12.30pm - 1.30pm

Cycle Lessons

Cycle Lessons for all abilities!
BikeTown, Thompson Court,
Rutherglen, 2pm - 4pm
NOT 23 MAY



Friday

Baby Cafe Cambuslang

Cambuslang Parish Church,
Arnott Way, Cambuslang,
10am - 11.30am

Qigong

No. 18 Venue, Farmeloan Rd
Rutherglen, 1 - 2pm

Craft Club

No.18 Venue, Farmeloan Rd,
Rutherglen, 2pm - 3.30pm



Saturday

Kids Cycle Lessons

Get your kids confident riding a bike!
BikeTown, 5 Thomson Court, Rutherglen
4-6 year olds: 10.30am - 11.15am
7-12 year olds: 11.45am - 12.30pm
NOT 18 MAY

Fix Your Own Bike

We'll lend you the tools you need!
BikeTown, 5 Thomson Court,
Rutherglen, 11am - 3pm



PLUS...

Thursday

2

CamGlen Book Club

Join out fun and friendly book reviews.
No.18 Venue, Farmeloan Road,
Rutherglen, 11am - 12pm

Wednesday

15

Antenatal Classes

Prepare for your baby arriving in our 4 week
fun and practical workshop.
Kirkhill Halls, Cairns Road,
Cambuslang 7pm - 9pm

Thursday

23

Baby Massage

5-week course, for babies 6 weeks-8 months
No.18 Venue, Farmeloan Road,
Rutherglen, 11 - 11.45am

Sunday

26

Women's Wellbeing

Coffee Morning

Informal wellbeing chat over a cuppa
No.18 Venue, Farmeloan Road,
Rutherglen, 10.30am - 12pm

Rutherglen Exchange Activities

See us at Rutherglen Exchange Shopping
Centre, Main Street, Rutherglen.....
Fri 10 May 10am - 12pm: Gardening tips
Mon 13 May 10am - 12pm: Improve
wellbeing with Qigong taster session!
Thurs 23 May 11am - 1.30pm: Find out
about volunteering with CamGlen Radio!

See us at Burnside Gala Day

Arts & crafts, cycle lessons from Bike
Town & great music from CamGlen Radio!
Sat 18 May, 1 - 4pm, Stonelaw Woods,
Stonelaw Road, Burnside

For all our activities, check out
our What's On page online

Find out more – call 0141 646 0123 or email enquiries@healthynhappy.org.uk

Book activities online via our What's On page:

www.healthynhappy.org.uk/whatson



Healthy n Happy Community Development Trust Charity No. SC032654