

Upcoming Events

August 2024

What's On Weekly...



Monday

Ally Bally Boogie Baby (from 19 Aug)

Explore stories through dance
10am - 10.45am

Breastfeeding Group

A safe space to meet other mums & get support to feed your baby
11.15am - 12pm

Sit Fit (from 19 Aug)

Gentle movement class for seniors
11.15am - 12pm

Kids Art Class (from 19 Aug)

4pm - 5pm

Imaginative Art

5.30pm - 7.30pm

All at No.18 Venue, Farmeloan Road, Rutherglen



Tuesday

Chess & Chat Club

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

Kids Drama Club (from 20 Aug)

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

Evening Walk

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



Wednesday

Ally Bally Beats (from 21 Aug)

Music & movement for wee ones

No.18 Venue, Farmeloan Rd Rutherglen

10am - 10.45am (toddlers)
11:15am - 12pm (babies)



Wednesday cont'd

Growing Club

Clydesmill Community Fire Station, Cambuslang
10am - 12pm



Walk Way Us

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

Dancercise

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

Kettlercise

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

Thursday

Colourful Beginnings (from 8 Aug)

Fun art for families with kids aged up to 3
No.18 Venue, Farmeloan Road Rutherglen, 1-2.30pm

Baby Cafe Rutherglen (from 22 Aug)

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



Coffee Afternoons

Join us for a coffee & chinwag
12.30pm - 1.30pm
VENUE TBC. Call 0141 646 0123

Friday

Baby Cafe Cambuslang (from 23 Aug)

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

Fix Your Own Bike

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

PLUS...

Thursday

8 CamGlen Book Club

Join our fun and friendly book review.
St Columbkilles Church Hall, Kirkwood Street, Rutherglen, 11am - 12pm

Saturday + Sunday

10 +11 BikeTown's 10th Anniversary Festival

Face painting, glitter tattooist and much more family fun! Giveaways including Wonka goodie bags with a chance to win a bike!

Cambuslang Park, Cairns Road, 1-5pm
Cunningar Loop, Downiebrae Road, Rutherglen, 11am-3pm

Saturday

17 Ladies Day

Have a coffee, try some gentle exercises, sound healing & get award winning make up tutorials!

No.18 Venue, Farmeloan Road, Rutherglen, 1-4.30pm

See us at Fernhill Gala Day

Find out more about our services, kids cycle lessons and great music from CamGlen Radio! SATURDAY 3 AUGUST, 12pm - 4pm.

Fernhill Community Centre, Fernhill Road, Rutherglen

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



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