

# Upcoming Events

## November 2024

### What's On Weekly...



## Monday

**Ally Bally Boogie**

**Baby**

10am - 10.45am

**Breastfeeding**

**Group**

10.30am - 11.30am

**Sit Fit**

11.15am - 12pm

**Kids Art Class**

4pm - 5pm

**Imaginative Art**

5.30pm - 7.30pm

All at No.18 Venue,  
Farmeloan Road, Rutherglen



## Tuesday

**Guided Social Ride**

BikeTown, 5 Thomson Court,  
Rutherglen, 11am - 1pm

**Chess & Chat Club**

No.18 Venue, Farmeloan  
Road, Rutherglen,  
4pm - 5pm

**Evening Walk**

Glencairn Football Club,  
Toryglen Road, Rutherglen  
3.30pm - 5.30pm



## Wednesday

**Sew and Be Social**

No.18 Venue, Farmeloan Road,  
Rutherglen, 10am - 1pm

**Ally Bally Beats**

No.18 Venue, Farmeloan Rd,  
Rutherglen  
10am - 10.45am (toddlers)  
11.15am - 12pm (babies)

**Growing Club**

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



## Wednesday cont'd

**Walk Way Us**

West & Wardlawhill Church, Western Ave,  
Rutherglen, 12.15pm - 1.45pm

**Dancercise**

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

**Kettlercise**

No.18 Venue, Farmeloan Road,  
Rutherglen, 7.15pm - 8.15pm



## Thursday

**Baby Cafe Rutherglen**

No.18 Venue, Farmeloan Road,  
Rutherglen, 9:30am - 10:45am

**Coffee Afternoons**

No. 18 Venue, Farmeloan Road,  
Rutherglen, 12.30pm - 1.30pm



## Friday

**Baby Cafe Cambuslang**

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

**Qigong**

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

**\*\*NEW\*\* Board**

**Games Club**

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



## Saturday

**Kids Cycle Lessons**

10.30am - 11.15am - 4-6 years  
11.45am - 12.30pm - 7-12 years

BikeTown, 5 Thomson Court, Rutherglen

**Fix Your Own Bike**

BikeTown, 5 Thomson Court,  
Rutherglen, 11am - 3pm

## PLUS...

**Thursday**

**7**

**CamGlen  
Book Club**

Cambuslang Parish Church, Arnott Way,  
Cambuslang, 11am - 12pm

**Sunday**

**17**

**Menopause  
Meet Up**

Meet with other women in a safe space  
No.18 Venue, Farmeloan Road, Rutherglen,  
10.30am - 12pm

**Tuesday**

**19**

**Creating Hope  
Event**

For community groups & local CamGlen  
residents - join our discussions on positive  
mental health & suicide prevention.  
No.18 Venue, Farmeloan Road, Rutherglen,  
10am - 12pm

**Wednesday**

**20**

**Maternal  
Journaling**

For Mums to express thoughts through writing  
No.18 Venue, Farmeloan Road, Rutherglen,  
7pm - 9pm

**Thursday**

**21**

**Baby  
Massage**

Join our wonderful 4 week course  
No.18 Venue, Farmeloan Road, Rutherglen,  
11am - 11.45am

**Give A Gift Of Joy**

We're running our Christmas Gift Drive again, to  
help those in need in CamGlen have a better  
Christmas. Check our website & social media  
from MID NOVEMBER, to see how you can help

**Rutherglen Exchange**

See us at Rutherglen Exchange Shopping  
Centre, Main Street, Rutherglen

Thurs 7 Nov: 2.30-4.30pm: Energy Advice  
Fri 15 Nov: 2-3pm: Christmas Treasure Hunt  
Thurs 21 Nov: 2.30-4.30pm: Energy Advice

**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](http://www.healthynhappy.org.uk/whatson)

To book cycling activities, visit BikeTown's What's On page:

[www.biketown.org.uk/whatson](http://www.biketown.org.uk/whatson)



Healthy n Happy Community Development Trust Charity No. SC032654