

# Upcoming Events

## What's On Weekly...

June  
2025



### Monday

#### **Ally Bally Boogie Baby**

10am - 10.45am

#### **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 Ride (cycling for adults)**

The Bothy, Cuningar Loop,  
Rutherglen, 10am - 12pm

\*\*TUES 3 JUNE ONLY -  
12.45pm - 2.45pm\*\*

### Wednesday

#### **Sew and Be Social**

No.18 Venue, Farmeloan Rd,  
Rutherglen, 10am - 11.30am

#### **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 - 12.30pm

#### **Walk Way Us**

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

#### **Dancercise Rutherglen**

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

#### **Kettlercise**

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



### Thursday

#### **Baby Cafe Rutherglen**

No.18 Venue, Farmeloan Road,  
Rutherglen, 9.30am - 11am

#### **Coffee Afternoon**

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

#### **DrumTastic Fitness Class**

No.18 Venue, Farmeloan Road,  
Rutherglen, 1.15pm - 2pm



### Friday

#### **Baby Cafe Cambuslang**

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

#### **Dancercise Cambuslang**

Cambuslang Parish Church,  
Arnott Way, Cambuslang,  
11.30am - 12.15pm



## Monthly Carers Conversation Cafes

Take time out for you, with a cuppa and chat:

Mon 2 June: 6pm - 7.30pm - Teabay  
Cafe, Cambuslang

Tue 24 Jun: 12.30pm - 2pm - Eastfield  
Community Centre, Cambuslang

## Energy Advice Drop-ins

\*\*REGULARLY IN CAMBUSLANG  
& RUTHERGLEN\*\*

Call [07460 912709](tel:07460912709) to find one  
near you!



## PLUS...

**Monday  
2**

**Artastic  
Exhibition**

Come along and see some amazing art  
from our Kids Art Club!

No.18 Venue, Farmeloan Road,  
Rutherglen, 4pm - 6pm

**Wednesday  
4**

**Maternal  
Journaling**

Relaxed 4-week course for Mums to express  
thoughts through writing

No.18 Venue, Farmeloan Road, Rutherglen,  
7pm - 9pm

**Friday  
13**

**Creating Hope  
In Our  
Community  
Event**

Join us to discuss ways to improve mental  
health in CamGlen. Local people, community  
groups, charities and businesses all welcome  
No.18 Venue, Farmeloan Road, Rutherglen,  
10am - 1pm

## Activities in

### Rutherglen Exchange

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

Tues 10 June, 1pm - 4pm - Grab a seat on  
the sofa for a chat about mental wellbeing  
Tues 24 June, 10am - 1pm - Community  
Awareness Day

## Come See Us at Landemer Day

Sat 14 June, 10am - 4pm, Main Street,  
Rutherglen. Come chat to us and find out  
more about our activities and services

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](mailto:enquiries@healthynhappy.org.uk)

Book activities online via our What's On page:

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