

Upcoming Events

January 2024

What's On Weekly...



Monday (from 8 Jan)

Ally Bally Boogie Baby

Explore stories through dance
11am - 11.45am

Sit Fit (not on 15 Jan)

Gentle movement class for seniors
1pm - 2pm

Kids Art Class

4pm - 5pm

Imaginative Art

6pm - 8pm

All at No.18 Venue,
Farmeloan Road, Rutherglen



Tuesday

Kids Drama Club (from 9 Jan)

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

Evening Walk (from 16 Jan)

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

Kettlercise (from 9 Jan)

Effective kettlebell body-shaping exercise
No.18 Venue, Farmeloan
Road, Rutherglen, 7pm - 8pm



Wednesday

Ally Bally Beats (from 10 Jan)

Music and movement for wee ones
No.18 Venue, Farmeloan Rd, Rutherglen
10am - 10:45am (toddlers)
11:15am - 12pm (babies)

Growing Clubs (from 10 Jan)

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

Walk Way Us (from 17 Jan)

West & Wardlawhill Church,
Western Ave, Rutherglen. 12:15-1.15pm

Wednesday cont'd

Dancercise (from 10 Jan)

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

Thursday (from 11 Jan)

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



Friday (from 12 Jan)

Baby Cafe Cambuslang

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

Qigong

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

Craft Club

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



Saturday

Fix Your Own Bike (from 13 Jan)

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

PLUS...

Wednesday Antenatal 10 Course

Prepare to meet your baby & learn what to expect in labour and birth - 4 week course
Kirkhill Halls, Cairns Road, Cambuslang
7 - 9pm

PLUS... (cont)

Monday CamGlen

15 Concerts - Colin Currie

Join us for dramatic, dynamic and dance-like music to fill your hearts and minds!

No.18 Venue, Farmeloan Road,
Rutherglen, 12 - 2pm

Thursday

18 Baby Massage

Learn to confidently massage your baby at home. Babies from 6 weeks to 8 months

No.18 Venue, Farmeloan Road,
Rutherglen, 11 - 11.50am

Thursday

18 CamGlen Bookclub

Join us as we discuss the latest book!

No.18 Venue, Farmeloan Road,
Rutherglen, 11am - 12pm

Wednesday

24 Photography Course

Take that perfect photo in our excellent 10 week photography course.

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

Friday

26 CamGlen Concerts - Hannah Rarity

Come along for an evening of traditional, contemporary and self-penned folk music

No.18 Venue, Farmeloan Road,
Rutherglen, 6.30 - 8pm

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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