

Upcoming Events

March 2024

What's On Weekly...



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

Essential Cycling Skills

Adult cycling lessons for all abilities
(*NOT 26th March*)

BikeTown, 5 Thomson Court,
Rutherglen, 10.30am - 12.30pm

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

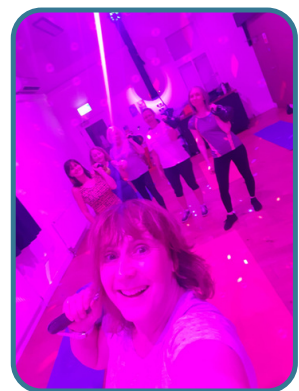
Evening Walk

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

Kettlercise

Effective kettlebell body-shaping exercise

No.18 Venue, Farmeloan Road,
Rutherglen, 7pm - 8pm



Wednesday

Ally Bally Beats

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 - 1.45pm

Thursday

Baby Cafe Rutherglen

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

****NEW** Wellness Walk**

Connect with nature & socialise
Cambuslang Park, Cairns
Road, 9.30am - 10.30am



Coffee Afternoons

Join us for a coffee & chinwag
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



Craft Club

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

Saturday

Kids Cycle Lessons

4-6 year olds - 10.30 - 11.15am

7-12 year olds - 11.45am - 12.30pm

BikeTown, 5 Thomson Court, Rutherglen
(*NOT 9th and 16th March*)

Saturday cont'd...

Fix Your Own Bike

We'll lend you the tools you need!

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

PLUS...

Wednesday

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Antenatal Classes

Prepare for your wee one arriving in a fun and friendly 5 week block.

Kikrhill Halls, Cairns Road, 7pm - 9pm

Thursday

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CamGlen Bookclub

Join a fun review of our latest book

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

Friday

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International Women's Day - Film & Food

Get together with other women and enjoy a movie over lunch!

No.18 Venue, Farmeloan Road,
Rutherglen, 12.30pm - 3pm

Wednesday

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BikeTown at Rutherglen Exchange

Come chat to BikeTown to get expert help and advice on cycling and bikes!

Rutherglen Exchange Shopping Centre,
Main Street, Rutherglen, 11am - 2pm

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



Community Development Trust

Healthy n Happy

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