

Upcoming Events

November 2023

What's On Weekly...



Monday

Ally Bally Boogie Baby

Explore stories through dance
11am - 11.45am

Sit Fit

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

Essential Cycling Skills

Cycling lessons for all abilities

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

Kids Drama Club

No.18 Venue, Farmeloan Rd,
Rutherglen, 3.30 - 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 (from 8 Nov)

Music and movement for wee ones
No.18 Venue, Farmeloan Rd, Rutherglen
10am - 10.45am (toddlers)
11.15am - 12pm (babies)

Growing Clubs

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

Wednesday cont'd

Walk Way Us

Child and buggy friendly!
West & Wardlawhill Church,
Western Ave, Rutherglen. 12:15 - 1.15pm

Dancercise

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

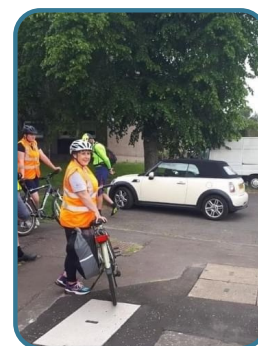
Thursday

Baby Cafe Rutherglen

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

Essential Cycling Skills

Cycling lessons for all abilities
BikeTown, 5 Thomson Court,
Rutherglen,
10.30am - 12.30pm



Coffee Afternoons

Join us for a coffee & chinwag,
No.18 Venue, Farmeloan Road,
Rutherglen, 12.30pm - 1.30pm

Body Boost Bingo

Bingo with a twist...or two!
No.18 Venue, Farmeloan Rd,
Rutherglen 2pm - 2.45pm

Friday

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 Road
Rutherglen, 2pm - 3.30pm

Saturday

Fix Your Own Bike

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



PLUS...

Thursday

2 CamGlen Book Club

Join us as we review our latest book!
No.18 Venue, Farmeloan Road,
Rutherglen, 11am - 12pm

Thursday

2 Baby Massage

Learn to confidently massage your baby at home. Suitable for babies from 6 weeks to around 8 months
No.18 Venue, Farmeloan Road,
Rutherglen, 11 - 11.50am

Wednesday

8 Stress Relief Workshop

Explore different ways to manage the stress in your life. 2 week workshop
No.18 Venue, Farmeloan Road,
Rutherglen, 3 - 5pm

Date TBC

Scottish Mental Health First Aid

Learn skills to support someone in crisis with their mental health
Call us on 0141 646 0123 or email transforminglives@healthynhappy.org.uk if you're interested

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



Healthy n Happy Community Development Trust Charity No. SC032654