



	Time	Location	Detail
<b>Monday</b>			
Tots and Toddlers	9.30am-11.30am	APC	Community Toddler Group, from birth to preschool
Pilates	9.30am	Glenruthven Mill	Group Pilates class delivered by Gail at GS fitness
Breast Buddies	10am-noon	Primrose Pavilion	Breastfeeding Support Group
Logos Cosy Spaces	10am-noon	Logos (High street)	Cosy Space. Come along for a cuppa + find out about CAP
Disney Tots	10-10.40am	Cherry Little Studio	Dance class for ages 2-3 years.
Adult Bungee	11am-noon	Cherry Little Studio	Bungee exercise class
Adult Bungee	12.30-1.30pm	Cherry Little Studio	Bungee exercise class
Adult Aerial	1.45-2.45pm	Cherry Little Studio	Adult Aerial Class
Archway Social Lunch	1pm-3pm	APC	Community Social lunch and activities
Rugby Nippers	3.30pm-4.30pm	APC	Teaching children the first skills of rugby – Age 2-7
Advice Hub Drop in	1.30pm-3.30pm	Health Centre	Advice and Support on Mental Health Wellbeing.
Logos After School Club	3.45pm-5.30pm	Logos, High Street	After School activities for S1+
Taekwondo	5.15pm-7pm	APC	Suitable for all ages, 5+, teenagers and adults.
Zumba	6.15pm-7.15pm	APC	Dance, have fun and get fit!
BodyPump	7pm	Glenruthven Mill	BodyPump Class with GS Fitness
Camera Club	7.30pm	Aytoun Hall	Beginners to experts, comps, guest speakers & tutorials
Audrey Walker Yoga	7pm-8.30pm	Aytoun Hall	Fun and relaxing yoga session
Andy's Mans Club	7pm	Gleneagles Riding Centre	Andy's Man Club are talking groups for men to HELP YOU through lifes storms
<b>Tuesday</b>			
Merry Go Round	9.30am-11.30am	Aytoun Hall	Community Play Group
Blue Door Food Bank	10am-1pm	APC	An independent community foodbank,
Cosy Space	10am-1pm	APC	Church Centre welcome all for a cuppa and warm space
Baby Massage	10am-11am	APC	Baby massage class
Aberuthven Cosy Space	Noon-3pm	Aberuthven Hall	Cosy space for soup and a chat
KG Dance	1.15pm-2.15pm	APC	Term time dance classes for pre school aged children
Men's Shed	2pm-4pm	APC	Mens space for friendship, a cuppa and making things
Ballet and Tap	4.15-5pm	Cherry Little Studio	See website for more detail
Adult Bungee	5.15-6.15pm	Cherry Little Studio	Website for more details
Adult Tap Class	6.30-7.30pm	Cherry Little Studio	Website for more detail
Bounce Body Pilates	6pm	Pavillion	Ease stiff joints, improve flexibility strength and posture
Kettlebells Class	6pm	Glenruthven Mill	GS Fitness Kettlebells Class
Pilates	7pm	Glenruthven Mill	GS Fitness Pilates Class
Green Spaces Group	7.30pm	Pavillion	CAP Meeting to discuss and action Green Space projects
KG Dance	5.15pm-7pm	APC	Term time dance classes for school aged children
Karate	7pm-8pm	Aytoun Hall	<a href="mailto:Mizukarate8@gmail.com">Mizukarate8@gmail.com</a>
Scottish Country Dance	7pm-9pm	APC	Auchterarder Adult Education Association Class
<b>Wednesday</b>			
BodyPump	9.30	Glenruthven Mill	GS Fitness Class
Sheila Wilson Exercise	10am-11am	APC	Young at heart class for on your feet or in a chair!
Tai Chi	11.30-12.30	APC	Auchterarder adult education class
LA Exercise Class	10-10.45 & 11.15-noon	Aytoun Hall	Social Circuits Exercise Class with Live Active
Soup & Cuppa Cosy Space	12.30-2.30pm	Aytoun Hall	Free soup & social time – games, chat and delicious soup
Bowling Club Cosy Space	2pm-4pm	Bowling Club	Pop in and enjoy a free cuppa and indoor bowls activities
Neurocentral	6.30pm-8.30pm	St Margaret's Outpatients	Supporting People with Neurological Conditions –
Circuits	7pm	Glenruthven Mill	GS Fitness Class
Angels Netball Club	7pm-8.30pm	Sports Hub	Ladies' netball group – new members always welcome
AAEA Fly Tying	7pm-9pm	APC	Part of the Auchterarder Adult Education Association Programme (AAEA)
Aberuthven Youth Club	5.30-6.30pm		Youth Club for P5-P7



## Auchterarder and Aberuthven CAP "Whats on"



Aberuthven Youth Club Community Choir RBS Bank Van	6.40-7.45pm 8-9.30pm 2.30pm-3pm	Aberuthven Village Hall APC Crown Car Park	Youth Club for S1 Auchterarder Adult Education Class - AAEA Mobile Van Banking facilities
<b>Thursday</b>			
Merry Go Round Audrey Walker Yoga Cosy Space	9.30am-11.30am 10am-11.30am 10am-1pm	Aytoun Hall APC APC	Community Play Group Yoga to increase flexibility and aid relaxation Community Church Centre welcome all for a cuppa and warm space
Logos Work Futures Chair Yoga Book Bugs Bridge Club Men's shed <b>50+ Group</b>	10.30am-12.30 11am-Noon 2.30pm-3pm 1.30pm onwards 2pm-4pm <b>2pm-4pm</b>	Logos, High Street Aytoun Hall Library Primrose Pavilion APC <b>Aytoun Hall</b>	Work support for young adults Gentle chair based yoga exercises Songs and Rhymes for little ones – call to book a space Bridge games Mens space for friendship, a cuppa and making things too <b>Social Group with monthly speakers</b>
KG Dance Shift n Lift Pilates Futsal	4pm-6pm 6pm 7pm 7pm-9pm	APC Glenruthven Mill Glenruthven Mill Sports Hub	Term time dance classes for school aged children GS Fitness Class GS Fitness Class FIFA recognised indoor 5 aside football. 7-8pm 12 or under, 8-9pm 13+
Creative Writing Hiking the Outdoors Tai Chi	7-9pm 7-9pm 7-8.30pm	APC APC APC	AAEA Class AAEA Class AAEA Class
<b>Friday</b>			
<b>Rotary Young Musician</b> Step n Shred Circle Dance	9-1pm 9.15 9.45am-11.30am	APC Glenruthven Mill APC	Opportunity to celebrate our young musicians GS Fitness Class A Session of circle dancing suitable for all – call Evelyn on 664 064
Blue Door Food Bank	10am-1pm	APC	Independent Community Foodbank, ready to help those in need
Maz Pilates Soup and a Cuppa Cosy Space	11.30 12.30-2.30pm	Pavillion Aytoun Hall	Pilates session Free soup and social time – games, chat and delicious soup
Bowling Club Cosy Space Friday night youth club	6pm onwards 7pm till 8.30pm	Bowling Club APC	Pop in and enjoy a free cuppa and activities Youth space open to all young people 11+ games, relaxation and chat
<b>Burns Night</b>	<b>7pm-late</b>	<b>Bowling Club</b>	<b>Evening of entertainment and a 3 course meal</b>
<b>Saturday</b>			
Body Bounce Pilates Body Blitz Ballet and Tap Ballet and Tap Taekwondo <b>APC Coffee Morning</b> APC Walking Group Mini Flyers Mini Flyers Acro Dance Performance Dance Class Teen Flyers	9am-10.30am 9am 10.30-11.15am 10.30-12.15pm 10am-11am 10-noon 11am onwards 1pm-2pm 2-3pm 3.15-4.15pm 4.30-5.15pm 5.30-6.30pm	Primrose Pavilion Glenruthven Mill Cherry Little Studio Cherry Little Studio APC APC Comrie Cherry Little Studio Cherry Little Studio Cherry Little Studio Cherry Little Studio Cherry Little Studio	Ease stiff joints, improve flexibility strength and posture GS Fitness Class Class for age 3-5 years Class for age 6-8 years Suitable for all ages, 5+, teenagers and adults. Sociable coffee morning welcome to all Deils Cauldron Comrie (pre book) Class for age 7-9 years Class for age 10-12 years Class for age 9+ Class for age 9+ Class for age 13+
<b>Family Burns Night Party</b>	<b>7pm-Late</b>	<b>APC</b>	Fun and Dancing family fundraiser with the Bald Eagles



## Auchterarder and Aberuthven CAP "Whats on"



Sunday			
Church and Sunday School	10.30-11.30	APC	Service held in community church centre.
Youth Club	6pm-9pm	APC	Youth space open to all young people 11+ games, relaxation, and chat

- Community Sports Hub are open in School Campus Monday to Friday 6-9pm plus Sat Mornings 9am-noon. Indoor and outdoor sporting opportunities + gym
- Library is open Tuesday to Saturday too – Offering a cuppa as part of the Cosy Space programme in addition to the usual books, computers, jigsaws and tablets to access magazines and news
- **Items highlighted are those in addition to the usual weekly group meetings**
- **Be involved with our Community Action Plan – all welcome – share your ideas and your time**

### Locations:

- APC: Auchterarder Parish Church Community Centre.
  - Primrose Pavilion – Public Park
  - Logos Youth Project – 107 High Street Auchterarder.
  - Glenruthven Mill – PH31DP
  - Cherry Little Dance Studio – 7 Feus, PH31EP
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- **Further info and detail of how to contact the groups can be accessed via our website: [www.aandaconnected.co.uk](http://www.aandaconnected.co.uk) (QR code above)**