



	Time	Location	Detail
<b>Monday</b>			
Tots and Toddlers Breast Buddies Logos Cosy Spaces Archway Social Lunch Rugby Nippers Advice Hub Drop in	9.30am-11.30am 10am-noon 10am-noon 1pm-3pm 3.30pm-4.30pm 1.30pm-3.30pm	APC Primrose Pavilion Logos (High street) APC APC Health Centre	Community Toddler Group, from birth to preschool Breastfeeding Support Group Cosy Space. Come along for a cuppa Community Social lunch and activities Teaching children the first skills of rugby – Age 2-7 Advice and Support on Mental Health Wellbeing.
Logos After School Club Taekwondo Zumba Camera Club Audrey Walker Yoga Andy's Mans Club	3.45pm-5.30pm 5.15pm-7pm 6.15pm-7.15pm 7.30pm 7pm-8.30pm 7pm	Logos, High Street APC APC Aytoun Hall Aytoun Hall Gleneagles Riding Centre	After School activities for S1+ Suitable for all ages, 5+, teenagers and adults. Dance, have fun and get fit! Beginners to experts, comps, guest speakers & tutorials Fun and relaxing yoga session Andy's Man Club are talking groups for men to HELP YOU through lifes storms
<b>Tuesday</b>			
Merry Go Round Blue Door Food Bank Cosy Space KG Dance Men's Shed	9.30am-11.30am 10am-1pm 10am-1pm 1.15pm-2.15pm 2pm-4pm	Aytoun Hall APC APC APC APC	Community Play Group An independent community foodbank, Church Centre welcome all for a cuppa and warm space Term time dance classes for pre school aged children Mens space for friendship, a cuppa and making things
KG Dance Karate	5.15pm-7pm 7pm-8pm	APC Aytoun Hall	Term time dance classes for school aged children Mizukarate8@gmail.com
<b>Wednesday</b>			
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 – Christmas pamper
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
RBS Bank Van	2.30pm-3pm	Crown Car Park	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 KG Dance Futsal	10.30am-12.30 11am-Noon 2.30pm-3pm 1.30pm onwards 2pm-4pm 4pm-6pm 7pm-9pm	Logos, High Street Aytoun Hall Library Primrose Pavilion APC APC Sports Hub	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 Term time dance classes for school aged children Fife recognised indoor 5 aside football. 7-8pm 12 or under, 8-9pm 13+
<b>Bank of Scotland Mobile Van</b>	10am-3pm	APC	BOS van visits fortnightly, providing a selection of banking in person opportunities.



## Auchterarder and Aberuthven CAP "Whats on"



<b>Friday</b>			
Circle Dance	9.45am-11.30am	APC	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	11.30	Pavillion	Pilates session
Soup and a Cuppa Cosy Space	12.30-2.30pm	Aytoun Hall	Free soup and social time – games, chat and delicious soup
Bowling Club Cosy Space	6pm onwards	Bowling Club	Pop in and enjoy a free cuppa and activities
Friday night youth club	7pm till 8.30pm	APC	Youth space open to all young people 11+ games, relaxation and chat
<b>Saturday</b>			
Body Bounce Pilates	9am-10.30am	Primrose Pavilion	Ease stiff joints, improve flexibility strength and posture
Taekwondo	10am-11am	APC	Suitable for all ages, 5+, teenagers and adults.
<b>Sunday</b>			
Path Tidy	10am-Noon	Primrose Pavilion	Core Paths Tidy Session – last of 2022! All tools provided (+cake!)
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 Thursday 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**

- APC: Auchterarder Parish Church Community Centre.
- Primrose Pavilion – Public Park
- Logos Youth Project – 107 High Street Auchterarder.

- Further info and details of how to contact the groups can be accessed via our website: [www.aandaconnected.co.uk](http://www.aandaconnected.co.uk) (QR code above)