



| | Time | Location | Detail |
|-------------------------|-----------------------|---------------------------|---|
| Monday 13th | | | |
| 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 |
| 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 |
| Tuesday 31st | | | |
| 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 |
| Probus | 10am onwards | Golf Club | Retired businessman's social club |
| 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 |
| KG Dance | 5.15pm-7pm | APC | Term time dance classes for school aged children |
| Karate | 7pm-8pm | Aytoun Hall | Mizukarate8@gmail.com |
| Scottish Country Dance | 7pm-9pm | APC | Auchterarder Adult Education Association Class |
| Wednesday 1st | | | |
| 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 | Aberuthven Village | Youth Club for P5-P7 |
| Aberuthven Youth Club | 6.40-7.45pm | Hall | Youth Club for S1 |
| Community Choir | 8-9.30pm | APC | Auchterarder Adult Education Class - AAEA |
| RBS Bank Van | 2.30pm-3pm | Crown Car Park | Mobile Van Banking facilities |



Auchterarder and Aberuthven CAP "Whats on"



| Thursday 2nd | | | |
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| 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 |
| Bank of Scotland Van Logos Work Futures Chair Yoga Book Bugs Bridge Club SWI Men's shed KG Dance Shift n Lift Pilates Futsal | 10am-1pm 10.30am-12.30 11am-Noon 2.30pm-3pm 1.30pm onwards 2pm 2pm-4pm 4pm-6pm 6pm 7pm 7pm-9pm | APC Car Park Logos, High Street Aytoun Hall Library Primrose Pavilion Aytoun Hall APC APC Glenruthven Mill Glenruthven Mill Sports Hub | Mobile Banking van facility – fortnightly visit Work support for young adults Gentle chair based yoga exercises Songs and Rhymes for little ones – call to book a space Bridge games Social and talks Mens space for friendship, a cuppa and making things too 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+ AAEA Class AAEA Class AAEA Class |
| Creative Writing Hiking the Outdoors Tai Chi | 7-9pm 7-9pm 7-8.30pm | APC APC APC | |
| Friday 3rd | | | |
| 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 Bowling Club Cosy Space Friday night youth club | 11.30 12.30-2.30pm 6pm onwards 7pm till 8.30pm | Pavillion Aytoun Hall Bowling Club APC | Pilates session Free soup and social time – games, chat and delicious soup Pop in and enjoy a free cuppa and activities Youth space open to all young people 11+ games, relaxation and chat |
| Auchterarder Local History Association Talk | 7.25pm | Aytoun Hall | From Cromwell to the Young Pretender |
| Saturday | | | |
| Body Bounce Pilates Body Blitz Ballet and Tap Ballet and Tap Taekwondo 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 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 Cherry Little Studio 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. 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+ |
| Sunday | | | |
| Church and Sunday School Youth Club | 10.30-11.30 6pm-9pm | APC APC | Service held in community church centre. Youth space open to all young people 11+ games, relaxation, and chat |



Auchterarder and Aberuthven CAP "Whats on"



- 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 (QR code above)**