



Auchterarder and Aberuthven CAP "Whats on"



	Time	Location	Detail
Monday			
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
Bike with Confidence	2pm-3.30pm	Pavilion	Talk about biking skills plus optional led ride - Free
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			
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
Langtoun Probus Club	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
CAP Green Spaces meeting	7.30-9pm	Pavilion	Green Spaces group meet to take forward plans for pocket gardens, parks and planting in our community
Wednesday			
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
Sporting Memories	10.30-noon	Bowling Club	Free social session to discuss sporting memories
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)



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Aberuthven Youth Club Aberuthven Youth Club Community Choir RBS Bank Van CAP Town Centre meeting	5.30-6.30pm 6.40-7.45pm 8-9.30pm 2.30pm-3pm 7pm	Aberuthven Village Hall APC Crown Car Park Aytoun Hall	Youth Club for P5-P7 Youth Club for S1 Auchterarder Adult Education Class - AAEA Mobile Van Banking facilities Meeting for high street business owners to discuss recent survey
Thursday			
Merry Go Round Audrey Walker Yoga Cosy Space Logos Work Futures Chair Yoga Book Bugs Bridge Club Men's shed 50+ Group KG Dance Shift n Lift Community Council Pilates Footsal Creative Writing Hiking the Outdoors Tai Chi	9.30am-11.30am 10am-11.30am 10am-1pm 10.30am-12.30 11am-Noon 2.30pm-3pm 1.30pm onwards 2pm-4pm 2pm-4pm 4pm-6pm 6pm 7pm 7pm-9pm 7-9pm 7-9pm 7-8.30pm	Aytoun Hall APC APC Logos, High Street Aytoun Hall Library Primrose Pavilion APC Aytoun Hall APC Glenruthven Mill Aytoun Hall Glenruthven Mill Sports Hub APC APC APC	Community Play Group Yoga to increase flexibility and aid relaxation Community Church Centre welcome all for a cuppa and warm space 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 Social Group with monthly speakers Term time dance classes for school aged children GS Fitness Class Opportunity to discuss community matters GS Fitness Class FIFA recognised indoor 5 aside football. 7-8pm 12 or under, 8-9pm 13+ AAEA Class AAEA Class AAEA Class
Friday			
Step n Shred Circle Dance Blue Door Food Bank Maz Pilates Soup and a Cuppa Cosy Space Bowling Club Cosy Space Friday night youth club	9-1pm 9.15 9.45am-11.30am 10am-1pm 11.30 12.30-2.30pm 6pm onwards 7pm till 8.30pm	APC Glenruthven Mill APC APC Pavillion Aytoun Hall Bowling Club APC	Opportunity to celebrate our young musicians GS Fitness Class A Session of circle dancing suitable for all – call Evelyn on 664 064 Independent Community Foodbank, ready to help those in need 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
Saturday			
Body Bounce Pilates Body Blitz Ballet and Tap Ballet and Tap Taekwondo Neurocentral APC Coffee Morning Mini Flyers Mini Flyers Acro Dance Performance Dance Teen Flyers	9am-10.30am 9am 10.30-11.15am 10.30-12.15pm 10am-11am 11am-1pm 10-noon 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 St Marg Day Centre APC 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. Supporting People with Neurological Conditions. Meetings not on in Jan / July/August Coffee, cakes and conversation, all welcome! 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



- 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)**