



Auchterarder and Aberuthven CAP “Whats on”



	Time	Location	Detail
Monday 17th			
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
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.pm-6pm	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 18th			
Merry Go Round	9.30am-11.30am	Aytoun Hall	Community Play Group
Blue Door Food Bank	10am-1pm	APC	An independent community foodbank,
Baby Massage	10am-11am	APC	Church Centre welcome all for a cuppa and warm space
Auchterarder Probus	10am onwards	Golf Club	Baby massage class
KG Dance	1.15pm-2.15pm	APC	Retired businessman's social club
Men's Shed	2pm-4pm	APC	Term time dance classes for pre school aged children
Ballet and Tap	4.15-5pm	Cherry Little Studio	Mens space for friendship, a cuppa and making things
Adult Bungee	5.15-6.15pm	Cherry Little Studio	See website for more detail
Adult Tap Class	6.30-7.30pm	Cherry Little Studio	Website for more details
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	
ACSR Green Spaces	7.30-9pm	Pavilion	Meeting to progress our community green spaces
Wednesday 19th			
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
Sporting Memories	10.30-Noon	Bowling Club	Sociable chat about sporting days gone by
Neurocentral	6.30pm-8.30pm	St Margaret's Outpatients	Supporting People with Neurological Conditions – Pottery Session
Circuits	7pm	Glenruthven Mill	
Angels Netball Club	7pm-8.30pm	Sports Hub	GS Fitness Class Ladies' netball group – new members always welcome
Aberuthven Youth Club	5.30-6.30pm	Aberuthven Village Hall	Youth Club for P5-P7
Aberuthven Youth Club	6.40-7.45pm	APC	Youth Club for S1
Guild Spring Tea	7.30pm	APC	Spring Tea
RBS Bank Van	2.30pm-3pm	Crown Car Park	Mobile Van Banking facilities
Thursday 20th			
Merry Go Round	9.30am-11.30am	Aytoun Hall	Community Play Group
Audrey Walker Yoga	10am-11.30am	APC	Yoga to increase flexibility and aid relaxation



Auchterarder and Aberuthven CAP "Whats on"



Pilates Bank of Scotland Van Logos Work Futures Chair Yoga Book Bugs Bridge Club SWI Men's shed KG Dance Shift n Lift Joanna Ritchie Yoga Pilates Futsal Tai Chi	11am 10am-1pm 10.30am-12.30 11am-Noon 2.30pm-3pm 1.30pm onwards 7.30pm 2pm-4pm 4pm-6pm 6pm 6pm 7pm 7pm-9pm 7-8.30pm	Pavillion APC Car Park Logos, High Street Aytoun Hall Library Primrose Pavilion Aytoun Hall APC APC Glenruthven Mill Aytoun Hall Glenruthven Mill Sports Hub APC	Instructed pilates class with Emilia 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 – Floristry Mens space for friendship, a cuppa and making things too Term time dance classes for school aged children GS Fitness Class Birsay Yoga Class GS Fitness Class FIFA recognised indoor 5 aside football. 7-8pm 12 or under, 8-9pm 13+ AAEA Programme class
Friday 21st			
Step n Shred Joanna Ritchie Yoga Circle Dance Blue Door Food Bank Maz Pilates Soup and a Cuppa Cosy Space Friday night youth club Heritage Talk Muiredge Pop up event	9.15 9.30am 10am-11.30 12.00-1pm 10am-1pm 6pm onwards 12.30-2.30pm 7pm till 8.30pm 7pm 4pm onwards	Glenruthven Mill PAvillion APC APC Pavillion Aytoun Hall APC Aytoun Hall Muiredge	GS Fitness Class Birsay Yoga A Session of circle dancing suitable for all. (2 sessions) Independent Community Foodbank, ready to help those in need Pilates session Free soup and social time – games, chat and delicious soup Youth space open to all young people 11+ games, relaxation and chat Coronation Memories Visit for Delivino Stone baked pizzas and Doitoutdoors fun
Saturday 22nd			
Body Bounce Pilates Body Blitz Ballet and Tap Ballet and Tap Taekwondo Mini Flyers Mini Flyers Acro Dance Performance Dance Class Teen Flyers MacMillan Coffee Morning	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 10am-noon	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 Aytoun Hall	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. Class for age 7-9 years Class for age 10-12 years Class for age 9+ Class for age 9+ Class for age 13+ Coffee Morning Fundraiser
Sunday 23rd			
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

Would you like to receive this weekly? Email aanda.cap@gmail.com to be added to distribution list

- 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 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**



Auchterarder and Aberuthven CAP “Whats on”



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
-
- **Further info and detail of how to contact the groups can be accessed via our website: www.aandaconnected.co.uk (QR code above)**