

Upcoming Events

October 2024

What's On Weekly...



Monday

Ally Bally Boogie Baby

10am - 10.45am

Breastfeeding Group

10.30am - 11.30am

Sit Fit

11.15am - 12pm

NEW Autumnal Art

(from 14 Oct)

1pm - 2.30pm

Kids Art Class

4pm - 5pm

Imaginative Art

5.30pm - 7.30pm

All at No.18 Venue,
Farmeloan Road, Rutherglen



Tuesday

Guided Ride

BikeTown, 5 Thomson
Court, Rutherglen,
11am - 1pm

Chess & Chat Club

No.18 Venue, Farmeloan Road,
Rutherglen, 4pm - 5pm

Evening Walk

Glencairn Football Club, Toryglen Road,
Rutherglen, 4pm - 6pm



Wednesday

Sew and Be Social

No.18 Venue, Farmeloan Road,
Rutherglen, 10am - 1pm

Ally Bally Beats

No.18 Venue, Farmeloan Rd,
Rutherglen
10am - 10:45am (toddlers)
11:15am - 12pm (babies)

Growing Club

Clydesmill Community
Fire Station, Cambuslang,
10am - 12pm



Wednesday cont'd

Walk Way Us

West & Wardlawhill Church,
Western Ave, Rutherglen,
12.15pm - 1.30pm



Dancercise

No.18 Venue, Farmeloan Road,
Rutherglen, 1pm - 2pm

Kettlercise

No.18 Venue, Farmeloan Road,
Rutherglen, 7.15pm - 8.15pm

Thursday

Baby Cafe Rutherglen

No.18 Venue, Farmeloan Road,
Rutherglen, 9:30am - 10:45am



Coffee Afternoons (*not on 17 Oct*)

No. 18 Venue, Farmeloan Road,
Rutherglen, 12.30pm - 1.30pm

Friday

Baby Cafe Cambuslang

Cambuslang Parish Church,
Arnott Way, Cambuslang,
10am - 11.30am



Qigong

No. 18 Venue, Farmeloan Rd,
Rutherglen, 1 - 2pm

Craft Club

No.18 Venue, Farmeloan Road,
Rutherglen, 2pm - 3.30pm

Saturday

Kids Cycle Lessons (from 12 Oct)

10.30am - 11.15am - 4-6 years
11.45am - 12.30pm - 7-12 years

BikeTown, 5 Thomson Court, Rutherglen

Fix Your Own Bike

BikeTown, 5 Thomson Court,
Rutherglen, 11am - 3pm

PLUS...

Mon-Thurs

14-17

Descendants Kids Camp

Wicked 4 day camp for ages 5-12 years
10am - 2pm

Friday

18

Cowboy Curry Night

Yee-haw! Delicious food & line dancing!
7pm - 8.30pm

Sunday

20

Menopause Meet Up

Meet with other women in a safe space
10.30am - 12pm

Friday

25

Room on the Broom

Fun storytelling for wee ones up to 5 years
1pm - 2pm

Thursday

31

Pumpkin Patch Party

Halloween fun for wee ones up to 5 years
1pm - 2pm

All at No.18 Venue,
Farmeloan Road, Rutherglen

Rutherglen Exchange

See us at Rutherglen Exchange Shopping
Centre, Main Street, Rutherglen

Thurs 10 Oct 2.30-4.30pm: Energy Advice

Wed 16 Oct 12-2pm: Kids Treasure Hunt

Thurs 24 Oct 2.30-4.30pm: Energy Advice

For all our activities, check out
our What's On page online

Find out more – call 0141 646 0123 or email enquiries@healthynhappy.org.uk

Book activities online via our What's On page:

www.healthynhappy.org.uk/whatson

