

# ‘LIVIN’ IT UP!

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**Feel Good at Molendinar**  
CLUBS FOR ADULTS

**Please see reverse for  
full list of programmes**  
**All Welcome!**



For further information  
[www.glasgowlife.org.uk](http://www.glasgowlife.org.uk)  
0141 276 1300

# Molendinar Community Centre

1210 Royston Road, Glasgow G33 1HE

0141 276 1300

**SEWING CLASSES** – *Learn the basics and put them into practice, creating a piece of work over a 10 week period to take home.*

## Beginner's Class

Monday

12.30 – 2.30

10 week block cost £10 – contact the centre for start date

## Intermediate Class

Thursday

12.30 – 2.30

10 week block cost £10—contact the centre for start date

**LIVIN' IT UP LUNCH CLUB** – *Social Club for the older adult where you can catch up over a cuppa and play a game of bingo at your leisure! Lunch provided.*

Tuesday

12.30pm – 2.30pm

Cost - £2

**LIVIN' IT UP EASY EXERCISE CLASSES** – *Low impact easy exercise class for the older adult.*

Friday

Sports Hall

10am – 11am

Cost - £1

**NEW! IT COURSE** – *Course offers basic computer skills that will help you access on-line services including Internet shopping, banking and Social Media. This course can also support parents/carers who need info on Internet safety and helping children with homework. Come along and tell us what you want to learn!*

Starts Wednesday 24<sup>th</sup> May – 8 Week block

1pm – 2.45pm

Learning Suite

Cost – Free

**NEW! ARTS AND CRAFTS SESSION** – *Create various arts and crafts on a weekly basis from card making to jewellery making and so much more. This session is free so why not come along and give it a try!*

Starts Wednesday 24<sup>th</sup> May – 8 week block

9.30am – 11am

Learning Suite

Cost - Free