

6-12 June 2011

active ageing week



Glasgow Life in partnership with the 'World Active Ageing Congress' in August 2012 and a large range of supporting partnerships highlighted on the front cover will be hosting an Active Ageing Week for the second year with a revised programme of activities and a wider appeal to all ages from 45 years upwards. All research and current information tells us that we are all living longer and hopefully enjoying the benefits of these additional years.

Keeping mentally and physically healthy is really important, but are you doing anything about it this year, or for this special week?

Plan to attend

Plan to bring a friend

Plan for regular activity in your daily life by getting great information no matter what your age.

How to use this programme

The event programme has been divided into area of interest to make it more user friendly

Growing Bolder: Arts	pages 4 - 6
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This programme can be made available on request in large print, Braille and community languages. To request please call 0141 287 0185

How to book

Methods of booking vary according to the venue or host organisation. Please refer to each individual listing for booking information.

Attendance at some events are limited and in most cases booking is essential.

welcome

“This is a wonderful opportunity to engage with like-minded individuals in a wealth of activities tailored towards older people in Glasgow. Whether you’ve now got more time on your hands and want to learn something new, or if you already have a passion for art, books or keeping fit, this week offers a breadth of fun events sure to motivate you to become more active this summer. Be it the social aspect of meeting new people or for the health benefits it brings I’d encourage everyone to join in.”

Cllr George Redmond



The World Congress on Active Ageing, which runs every four years around the World, is being hosted by Glasgow Caledonian University and the British Heart Foundation National Centre for Physical Activity and Health. The event follows the Olympics and will run from the 13th-17th August 2012 at the SECC. The Congress will celebrate the diversity of active ageing and, in particular, will focus upon the needs of the oldest and frailest population, often excluded from both research and practice.

This prestigious event also aims to showcase active ageing opportunities and possibilities. There will be discounted ‘seniors passes’ available which will allow older people and their carers to attend public lectures on the benefits of exercise and also join in a wide variety of different ‘activity experiences’ (from seated exercise to creative dance and fencing!) and be able to talk to experts about any interests or concerns. Anyone wishing to offer ‘activity experiences’ to the full range of fitness abilities should contact the Congress organisers.

growing bolder



"All the Worlds a Stage..."

The Bridge, 1000
Westerhouse Road
Monday 6 June

10am - 3pm Free

Join Andy Cannon, storyteller and performer to create a play in a day!

"To be or not to be?"

All day workshop – including an interval – is for anyone who would like a chance to strut the boards or alternatively just sit and watch.

"Is this a dagger I see before me?"

Explore what makes a story dramatic and captivating and why people all over the world return to the same stories again and again...

"O Romeo, Romeo, wherefore art thou Romeo?"

Booking: Glasgow Arts 0141 287 5810

"All the Worlds a Stage..." on the road

31 May – 4 June

Look out for Andy in Libraries in the east of Glasgow in the run up to Growing Bolder, where he will be leading an interactive talk about the world of plays, theatre and acting and inviting you to take part in 'Play in a Day' on 6 June. This is your chance to come along and meet Andy and find out more about the world of theatre.

platform

Supported by
The National Lottery
through Creative Scotland



Comfy Cushions

Project Ability,
Trongate 103
Tuesday 7 June
and Wednesday 8 June
10am - 12 noon

Free

A workshop themed on animals, from exotic birds to household cats. The workshop will involve drawing and painting, batik and collage, fabric pastels, paint, pens and batik effects using a wax pot into a finished artist's cushion.

Booking: Project Ability
0141 552 2822



Intergenerational Arts
CCA, 350 Sauchiehall St
Tuesday 7 June
2 - 4pm

Free

This is a talk event exploring different creative approaches to working across generations. This is for practitioners, artists and anyone with an interest in arts and intergenerational work. There will be a number of speakers including Metaphrog who will give an insight into their graphic novel project and Donna Rutherford who will give a presentation about KIN including extracts from the KIN Performance and KIN Listening Posts. In their 5-star review the Herald described KIN as "a powerful meditation on the shifting dynamics that seep into the relationship between middle-aged children and elderly parents."

Booking: Glasgow Arts
0141 287 5810



Storytelling Walk

Victoria Park
Tuesday 7 June
2.30pm

Meet at entrance to Swards Place. Join us for a gentle stroll through Victoria Park led by our resident storyteller Joanna Borgs. We'll stop at regular intervals to hear and share stories. This event is weather dependent, if in any doubt please call us on 0141 882 3025 to confirm.

Booking: The Village Storytelling Centre, 0141 882 3025



Arty Party: Music Concert

City Halls, Recital Room,
Candleriggs
Wednesday 8 June
10.30 - 11.30am

Free

Join Music in Hospitals for a relaxed morning of music and refreshments! Music in Hospitals regularly performs in day centres and residential homes in Glasgow and their musicians are all true professionals. This is a special concert for Growing Bolder and we hope you can come along and socialise in the lovely surroundings of City Halls in the Merchant City. There will be music familiar to you and you are welcome to sing along and join in! Places are intended for day centres and residential homes. Limited places: first-come first-served.

Booking: Glasgow Arts
0141 287 5810



T103 Welcome Tour

Meet in the foyer at
Tron Gate 103

Wednesday 8 June

2pm - 3.30pm

Free

This is your chance to get an insight into Tron Gate 103, Glasgow's centre for the arts and creativity. The tour will take you to the different galleries and studio spaces and will conclude with a short talk about Glasgow International Festival of visual arts and some light refreshments. The tour will last 30-40 minutes with seating along the way.
Booking: Glasgow Arts
0141 287 5810

Exhibition Launch

Thursday 9 June

12pm - 2pm

Drumchapel Hospital

Free. No booking necessary
This exhibition brings together three exhibitions, Drawing Inspiration, Art in Hospital at the Burrell and Art is the Flower. These showcase a sample of artwork produced by participants in the Art in Hospital programme following a series of visits to Glasgow's Museums and Galleries as part of the Hospital and Community Project. This exhibition was previously exhibited at Glasgow University Memorial Chapel throughout February and March 2011.



Film Afternoon

CCA, Club Room

350 Sauchiehall Street

Thursday 9 June, 2pm

Free

This is a relaxed afternoon of films selected from Document Film Festival and Plantation Productions. Two films will be screened followed by questions and answers session with a panel of the film-makers



The Govan Banners is a film about the Spanish Civil War made by Govan Seniors Film Club based at Plantation Productions, inspired by banners from 1938 which were found in an attic in 1979 by one of the group members. The banners link Govan with the Spanish Civil War through the Scottish democracy movement. The film shows the group's quest to find out more about this.



You Always Think There's Nothing There is a film by the Damned Rebel Bitches, an independent social history group of mature women based at Tollcross Community Centre in Edinburgh. The film explores what poverty means today for older people across Scotland's capital and looks behind the glamorous façades of tourism and culture. A story about self respect.



Glasgow: Cinema City

Did you know back in the city's cinema-going heyday, Glaswegians went to the cinema more often than people anywhere else in the world? GFT (Glasgow Film Theatre) are running a new project, Cinema City which celebrates the city's long-standing relationship with the movies. As part of this project we'd like to hear your memories of going to the cinema in Glasgow - the good, the bad and the ugly! Which cinemas did you go to as a child? Which films changed your life and where did you first watch them? We're looking for stories of first dates, long-forgotten cinemas as well as recent tales of cinema-going in the city.

You can send these to us via the GFT website www.glasgowfilm.org/cinema_city/cinema_memories, fill in a postcard available at GFT or send a letter to Jen Davies, GFT, 12 Rose Street, Glasgow G3 6RB.



Arty Party:

Summer Selection

Partick Burgh Halls

Friday 10 June

1.30pm - 3pm Free

Join us for a social event of music and theatre created by mature artists plus the opportunity to find out about forthcoming programme first-hand from arts organisations. Light refreshments will be served.

Booking: Glasgow Arts
0141 287 5810



Arty Party:

Bunting Project

Prior to Growing Bolder there will be an opportunity for arts groups to work with professional visual artist, Janie Nicoll at your centre or usual venue to create bunting and decorations for the Arty Party at Partick Burgh Halls. Please get in touch if you would like to find out more. Limited spaces: first-come first-served.

Sessions to take place any time between 6-9 June.

Booking: Glasgow Arts
0141 287 5810

Still Dancing Performance

Pearce Institute, Govan Rd

Friday 10 June 6.30pm

Dance House and Glasgow Life, supported by Creative Scotland, have invited Glasgow's mature citizens to create a vibrant new dance performance. Choreographed by Norman Douglas and in collaboration with Govan Gaelic Choir, this piece is in preparation for a large scale dance showcase to be performed at the World Congress on Active Ageing in 2012.

Bookings: Dance House
0141 552 2442

Tickets: £2.50 + £1

booking fee for card payments



A Conversation with Carmel Performance

A Conversation with Carmel is inspired by the forthright chat between Barrowland Ballet's Artistic Director, Natasha Gilmore and her grandmother, a conversation which spanned life, death, family and love. This heartfelt and celebratory new show explores the dynamics and interactions of the modern extended family, with its laughter, bickering and very embarrassing photos. Fusing contemporary dance, theatre and film, this visionary piece explores the secrets and stories of Carmel on her 80th birthday. Performed by professional dancers plus an ensemble community cast the performance will take place at various locations including **Tron Theatre on Wednesday 22 June, 7.45pm Tickets: £10/£8**

Booking & information:
0141 552 4267 www.tron.co.uk

A Conversation with Carmel Dance Workshop

Partick Burgh Hall

Saturday 11 June

2.30 - 3.30pm Free

As part of Growing Bolder you can meet some of the artistic talent involved in creating A Conversation with Carmel and take part in a tailored workshop. If you prefer a workshop in your own centre or venue please let us know. There is an opportunity to have your own workshop on Friday 10 June. Booking: Glasgow Arts
0141 287 5810

Printmaking and Archive Project

Glasgow Print Studio, Trongate

103, Glasgow

Keep Creative in north Glasgow will be working with Glasgow Print Studio at Trongate 103 throughout June. They will be looking at the Print Studio's fantastic archive, finding out more about fine art print-making and creating their own unique prints. As part of this exciting project Keep Creative will help to create an online archive exhibition by selecting work from the Print Studio Archive. The project will coincide with a major exhibition by Elizabeth Blackadder and John Houston in the main gallery. Look out for the results later in July:

www.gpsart.co.uk



New Visual Arts Group for Street Level

Contact the Elderly and Street Level have an exciting new group starting for people interested in art, photography and other visual arts. This is an opportunity to see exhibitions, meet professional artists, participate in hands-on activities and share a common interest at Street Level's Gallery in Glasgow. Older isolated people will have the chance to make new friends in an informal and relaxed small group, enjoy a flexible programme of talks, events and workshops, and have tea & biscuits amongst the works of art.

For more information please contact Margaret Oliver, West of Scotland Development Officer. Phone: 01389 605915

Email: Margaret.oliver@contact-the-elderly.org.uk

KIN by Donna Rutherford Listening Posts

6 - 12 June

Listening posts at various

venues: Trongate 103

Foyer, Mattie Carwood

Centre, GoMA Library

Gathering the experience of middle-aged children and their ageing parents, KIN looks at how we negotiate this changing relationship in later life. Exploring the fear, sorrow, anger, guilt and frustration but also the love, trust and laughter the KIN Listening Posts allow us to tune into local mothers and sons, daughters and fathers discussing their own experiences. The Listening Posts recently toured waiting rooms in health centres and hospitals around Glasgow and are now available as part of Growing Bolder.

KIN Live Performance tour

Glasgow artist Donna Rutherford has been working in the realm of art performance as a writer, performer, director & video maker

since 1990, working on solo and collaborative projects in the UK and abroad with a wide range of artists, musicians and community-based participants. In October you will have a chance to see the 5-star reviewed performance of KIN as part of Scottish Mental Health Arts & Film Festival Glasgow Arts Community tour. KIN was created with support from Creative Scotland's Partners fund in collaboration with CCA & NHSGGC.

My mum certainly feels much, much younger in her head. I mean everybody probably feels about 28/30 don't they, in their head, then they're body sort of starts to go...



music



Kelvingrove Organ Recitals

Kelvingrove Art Gallery & Museum
Argyle Street, Glasgow, G3 8AG
Mon - Sat 1pm Free
Free lunchtime organ recitals every day by different organists.
To find out more about the Kelvingrove Organ please visit:
www.glasgowmuseums.com

The Shiverin' Sheiks

Blackfriars
36 Bell Street, Glasgow G1 1LG
Tuesday 7 June 9pm
Free
Dynamite rock n' roll, country-gospel from ex Bottleneckers, Hidden Masters members.
www.blackfriarsglasgow.com
Tel: 0141 552 5924.

Roddy Hart & the Lonesome Fire

Paisley Arts Centre
Wednesday 8 June 8pm
Tickets £10 (£8)
Glasgow singer-songwriter Roddy Hart has shared studio time with Ryan Adams and has an album featuring performances by Kris Kristofferson and Eddi Reader. Here he appears with The Lonesome Fire. Booking: 0141 887 1010
www.renfrewshire.gov.uk

Ladysmith Black Mambazo

Glasgow Royal Concert Hall, Main Auditorium
Wednesday 8 June 7.30pm
Tickets £27.50, £26, £24
For over forty years, the voices of Ladysmith Black Mambazo have married the intricate rhythms and harmonies of their native South African musical traditions.
Book online at: www.glasgowconcerthalls.com
Booking: 0141 353 8000

The Fallen Angels Club presents David Francey

Friday 10 June 8pm
CCA - 350 Sauchiehall Street, Glasgow, G2 3JD
Adult: £10
Scottish-born folk singer David Francey is a storyteller who establishes a personal rapport with his audience in minutes. His wry humour and astute observations combined with his openhearted singing style have earned him a loyal following across Canada and now into the US. Call the CCA Box Office on 0141 352 4900
www.cca-glasgow.com/home

Cosmopolitan Big Band

Café Source,
1 St Andrew's Square, Glasgow, G1 5PP
Friday 10 June Free
Jazz standards, funk and soul from this 18-piece big band featuring vocals from Rachel Lightbody
Box office: 0141 548 6020
www.cafesource.co.uk

Elton John

SECC
£32.50 - £65.00
Glasgow will see the return of the 'Rocketman' and his band
Phone: 0844 395 4000
www.ticketsoup.com

Praise Gathering

Glasgow Royal Concert Hall
Fri 10 - Sun 12 June 2011
Tickets £18, £15, £12, £9
Praise Gathering returns to the concert hall for their annual weekend of concerts. Over 400 singers from approximately 125 churches, a 7-piece band and special guest soloists.
Book online at: www.glasgowconcerthalls.com
Booking: 0141 353 8000

Enrique Iglesias and Lemar

SECC
Saturday 11 June 6.30pm
Tickets £35 - £65
The smoothie Latin dreamboat serenades his predominantly female fanbase. With support from efficient Brit soul star Lemar.
Phone No: 0844 395 4000
www.ticketsoup.com

Merchant Sinfonia Summer Concert

City Halls: Grand Hall
Saturday 11 June 2011
7.30pm £2
Join the Merchant Sinfonia, the much-loved community orchestra based at City Halls, for a summer evening concert. Conducted by Louise Martin and including friends from the BBC Scottish Symphony Orchestra, the Sinfonia will perform a selection of music that includes works by Elgar and Walton.
Book online at:
www.glasgowconcerthalls.com
Booking: 0141 353 8000

Ceilidhs at Lauries

Laurie's Acoustic Music Bar
Saturday 11 June 2011
8pm Free
Expend some of that joyous weekend energy with a free ceilidh session at Laurie's bar, hosted by Mary from the Riverside.
www.lauriesacousticmusicbar.co.uk
Booking: 0141 552 7123

Words Per Minute

The Arches
253 Argyle Street, G2 8DL
Sunday 12 June 2011
4pm £5
Monthly spoken word, music, film and performance night run by Glasgow-based writer-performers Kirsty Logan, Helen Sedgwick and Kirstin Innes.
Book online: www.thearches.co.uk
Box office: 0141 565 1000

physical activity

Recent research is asking us to consider levels of fitness for participation rather than your age (Physically Elite, Physically Fit, Physically Able, and Physically Frail). These pages have a mixed range of participation to appeal to all of these categories and help determine which level you are at now and what levels you should aim towards if possible. The number attached to your age means nothing, so get out and take part this week as a starting point to a new you.

Active Health Fair

Tuesday 7 June 2011

Glasgow Royal Concert Hall

Free

The health fair is an opportunity for Glasgow's older adults to see what is available to keep and maintain an active body and mind in the best years of your life. There is a wide variety of information stalls on how adults can stay active and healthy no matter what your age or interests are.

2 - 4pm

Staying Active in Retirement plus a Tea Dance

Come along and see what opportunities there are to stay active, safe and independent in your community and then join in our Tea Dance with our fabulous LIVE band "That Swing Sensation".

Tea dance places are limited therefore places must be booked- please phone 0141 287 3836. Places allocated on a first come first served basis.

4.30 - 6.30pm

Keeping Fit, Active and Healthy after the big 50

Lifelong Learning, Glasgow Club, Outdoor Activities - including adventure activities, target sports, holistic and alternative therapies, volunteering, health checks and advice and lots more.

Masters Badminton Invitation

Glasgow Club Scotstoun, Badminton Academy

Saturday 11 June 2011

11am - 4pm Free event to view

A showcase of Master's level Badminton at its best with this special invitation event. See some of the Scotland's finest players, including Dan Travers, one of Scotland most capped international players in history, amassing a total of 117 international caps in a career which saw him win Bronze at the 1984 European Championships and, famously, Gold at the 1986 Commonwealth Games in Edinburgh.

A feature of this event will be an opportunity for members of the public to try their skills against these players (the last 10 mins of every hour)

Why not come along and see 'physically elite players' irrespective of their age, dispelling the myth that competitive sport is only for the young
Contact Libby Hamilton 0141 287 5508.

Active Seniors Day in the Park

Victoria Park, Whiteinch, Glasgow

Tuesday 14 June 10am - 3pm

Information day under canvas in Victoria Park. Between 500-900 older people attend to access the various information stalls, activities and tasters. A lunch is provided and an opportunity to meet and learn a new activity or find out about local services.



Vitality Festival Event

Sunday 12 June 2011

Gorbals Leisure Centre

11am - 1.30pm

Free

This annual event offers the opportunity for all of the participants of the Vitality classes and Cardiac Rehabilitation Phase IV classes across Greater Glasgow and Clyde to meet up and celebrate all of their personal improvement to their health and quality of life since participating in their classes, the festival will include taking part in a enormous Vitality class.

All attendees to the event will receive a free t-shirt and refreshments are available after the activity session.

This event is free but you must book a place - please contact your Vitality Instructor for an application form or call 0141 287 9882 for more information.



**Alzheimer Scotland
21st Birthday Celebration
People's Palace
Saturday 11 June
10.30am – 3pm
Free***



Alzheimer Scotland is Scotland's leading dementia charity and we believe that no-one should have to go through dementia on their own. This year, we are celebrating 21 years of working in Glasgow with a fantastic family day at Glasgow Green on Saturday 11 June.

This day will include Singing for the Brain, guided tours of the People's Palace, Artist in Residence workshops, practical gardening tips, health walks, children's marquee and the Gladiator programme as well as an outdoor music from live bands and great choirs.

There will be something for everyone, from young to the young at heart, in one of the best Museums and Parks in Glasgow. We are working in conjunction with Glasgow Life, Land & Environmental Services and many of our volunteers, other agencies and supporters to make this our special Birthday event.

* This event is free but ticketed, so please contact Alzheimer Scotland on 0141 418 3930 or visit our website to register.

WEEKLY EVENTS

Aqua Aerobics

Glasgow Club Pollok
Monday 12.15 - 1.15pm

Indoor Bowling

Cardonald Library
Tuesday
10.30am - 12 noon

Chair based Aerobics

Pollok Library
Tuesday 2pm - 3.30pm

Cardonald Library
Friday 10.30am - 12 noon

Yoga

Glasgow Club Pollok
Wednesday
11am - 12 noon

Cardonald Library
Wednesday 2 - 3.30pm

Vitality

Glasgow Club Pollok
Wednesday
10.30am - 12 noon

Shape up

Pollok Library
Thursday 6.30 - 8pm

Easy Exercise

Glasgow Club Pollok
11.45am - 12.30pm



GLASGOW HEALTH WALKS

All walks are free

Short, gentle and friendly weekly walks in your local area led by trained volunteers.

There is no need to book but it is advisable to call the contact person before your first walk to check walk details are correct. Please wear comfortable shoes & dress for the weather. Children under 16 must be accompanied by an adult. Enjoy your walk!



NORTH GLASGOW

Northern Sole Mates

Northern Sole Mates is a brand of the North Glasgow Healthy Living Community. NSM is funded by NGHLC, NHSCHP, Paths for All and Keepwell and supported by Walk Glasgow, Glasgow Life, GCC Land & Environmental Services and The Waterways Trust Scotland.



Barmulloch

Wed 7.30pm

Meet: Barmulloch Community Centre, 46 Wallacewell Quadrant, G21 3PX
Tel: Lorraine 0141 770 1800

Hamiltonhill

Tues 9am & Wed 1pm

Meet: Hamiltonhill Family Centre, 115 Ellesmere Road, G22 5QT
Tel: Lyndsay 0141 332 2797

Lambhill

Fri 11am

Meet: Lambhill Bridge, Balmore Road, G22
Tel: Anna 0141 201 9711

Maryhill

Thurs 6.15pm

Meet: Front entrance to Maryhill Shopping Centre, Maryhill Road, G20 9SH. Tel: John 07914 949 358

Maryhill & Canal Strollers

Wed 1pm

Meet: Glasgow Club Maryhill, Maryhill Road, G20 9SH
Tel: Steve 07795 315434

Milton

Tues 3.30pm

Meet: Resource Centre, Ashgill Road, G22 7HJ
Tel: Lorraine 0141 772 7423

Possilpark

Thurs 11am

Meet: Millennium Centre, Ardoch Street, G22 5QG
Tel: Ashley 0141 336 7000

Royston

Wed 10am – 12 noon

Meet: Rosemount Flexicentre, 102 Royston Road, G21 2NU
Tel: Cath 0141 553 0808

Stobhill Hospital

Wed 12.30pm

Meet: Patient Information Service, New Stobhill Hospital, 133 Balomock Road, G21 3UW
Tel: Anna 0141 201 9711

Wallacewell

Tues & Thurs 10am

Meet: Barmulloch Community Centre, 46 Wallacewell Quadrant, G21 3PX
Tel: Community Centre 0141 276 0875

EAST GLASGOW

East Easy Walkers

East Easy Walkers is also supported by Glasgow Life, the Forestry Commission, the Arran Centre, The Hub, GGC Land & Environment Services, GAMH & NHSCHP.



Easterhouse

Tues 10am

Meet: The hub, Wellhouse Cres, G33 4LA
Tel: Eddie 0141 781 2132

Provanhall

Thurs 10am

Meet: The Connie Centre, Connisburgh Rd.
Tel: Eddie 0141 781 2132

SOUTH EAST GLASGOW

South East Walking Network is also supported by the Gorbals Healthy Living Network, GGC Land & Environment Services & Glasgow Life.

Castlemilk

Tues & Thurs 12 noon

Meet: Castlemilk Community Centre, Castlemilk Dr, G45 9UG
Tel: Elaine 0141 429 0360

Pollokshaws

Wed 10.15am

Meet: Pollokshaws Library, Shawbridge Street
Tel: Heather 0141 287 0963

Pollokshields

Thurs 10.30am

Meet: Pollokshields Health Shop, 423 Shields Road, G41 1NP
Tel: Health Shop 0141 420 3415

SOUTH WEST GLASGOW

South West Strollers

South West Strollers is also supported by Glasgow Life, NHSCHP, GGC Land & Environment Services.



Darnley

Wed 10am & Thurs 6pm

Meet: Dams to Darnley Country Park, Ashoka Car Park, Corselet Rd
Tel: Richard Bolton 07812 747 891

Nethercraigs

Mon 10.30am

Meet: Nethercraigs Sports Centre, Cokerhill Road, G52 1RR
Tel: Steven 0141 276 8419

Pollak

Mon 11.15am

Meet: Pollak Community Centre, Langton Road, G53 5DP
Tel: Heather 0141 287 0963

WEST GLASGOW

Netherton

Wed 11am

Meet: 3 Eyes Project, 52 Knightscliffe Avenue, G13 2TE
Tel: Jane 07531 978718

Partick

Mon 11am & Thurs 2pm

Meet: Annexe Healthy Living Centre, 9a Stewartville Street, G11 5PE
Tel: Jane 0141 357 6747

Townhead

Tues 11am

Meet: Credit Union Shop, 15 Kennedy Path, G4 0PP
Tel: Jane 07531 978718

West End

Tues & Sun 2pm

Meet: Hughenden Clubhouse, 32 Hughenden Road, G12 9XP
Tel: Ann 0141 334 6354

West End

Thurs 1pm

Meet: Kibble Palace, Glasgow Botanic Gardens, off Gt Western Rd
Tel: Ann 0141 334 6354

WALKING GROUPS

Call us for bookings, information or for a copy of our brochure on 0141 287 3836 / 3611. Courses must be booked in advance and bookings are on a first come, first served basis Email enquiries: walking@glasgowlife.org.uk

WALKS AT THE WEEKEND

Cost: £22

Glasgow Club Pay As You Go Membership £19.80

Glasgow Club Concession Card: £15.40

Easy Walk, 6.5 miles

Strathblane Millionaire's Row

Sunday 5 June, 9am

Departs Glasgow Club Gorbals

A popular walk along the base of the Campsie Hills passing by the distillery and back along the pipe track.

Easy Walk, 6/7 miles

Sandyhills to Kippford

Saturday 11 June, 8.30am

Departs Kelvin Hall

Described as the best coastal walk in the UK, finishing at a Victorian seaside village – expect a long drive.

Easy+ Walk, 7 miles

Kilcreggan

Saturday 4 June, 8.30am

Departs Kelvin Hall

A stroll on the Rosneath Peninsula to views south at Gallow Hill travelling as foot passengers on the Kilcreggan ferry. Ferry fare extra.

Easy+ Walk, 9 miles

RRW section 3, Callander to Strathyre

Sunday 12 June, 9am

Departs Gorbals

Passing the Falls of Leny and walking on good paths on the west side of Loch Lubnaig.

Mod Walk, 9.5 miles

Birkscaim Hill

Saturday 4 June, 8.30am

Departs Kelvin Hall

Reach this top after a long, gentle climb through Glensax, South of Peebles, a cracking walk!

Hill Walk, 7 miles

Beinn Chabhair

Sunday 12 June, 8.30am

Departs Gorbals

A craggy top above the Drover's Inn, a good workout for your thigh muscles!! Up and down same way.

GARDEN WALK

Tynninghame Walled Garden, Dunbar

Tuesday 14 June

A restored garden dating from 1760 with four acres of interesting and colourful plants and flowers. Drink in the fragrance of the peonies which should be in flower followed by the one mile beech avenue walk to the sea. £4 admission fee.

MIDWEEK WALKS

Half day walks (return 2pm). Call us for advice before turning up.

Walking boots mandatory!

Cost: £22

Glasgow Club Pay As You Go

Membership £19.80

Glasgow Club Concession Card:

£15.40

Mondays 9.30am

Meet at Glasgow Club

Bellahouston

Mondays 9.30am

Meet at Glasgow Club Whitehill, Dennistoun

Tuesdays 9.30am

Meet at Pollok Civic Realm

Wednesdays 9.30am

Meet at Glasgow Club Maryhill

Thursdays 10am

Meet at Glasgow Club Scotstoun

Fridays 9.30am

Meet at Glasgow Club Tollcross



land and environmental services

Allotments - Open Days

Kennyhill Allotments,

Duchray Street, Riddrie, G33 2DD

Tuesday 7 &

Wednesday 8 June

1.30 - 3.30pm

Mansewood Allotments

Burnfield Road/Barmill Road,
Mansewood, G43 1BY -

Wednesday 8 &

Thursday 9 June

2 - 6pm

Trinley Brae Allotments

Knightswood Road, enter by the
gate opposite Ivanhoe Road

Thursday 9 June

1pm - 3pm

Come along to Trinley Brae Allotments for a tour of the site, a seed demonstration and some home-made refreshments. It's free, but please email Sarah at tbasecretary@hotmail.co.uk to book so we can gauge numbers for tea and cake.

Merrylee Allotments

Ardle Road, G43 2PG

Saturday 11 June

10am - 1pm

Sunday 12 June

10am - 4pm

Julian Avenue Allotments

Julian Ave/Mirlees Dr, G12 0RW

Saturday 11 June

12 noon - 4pm

Kirklee Allotments

Wyndam St/Kirklee Rd, G12 0SS

Saturday 11 June

12 noon - 4pm

Heritage Walks

Join the Council's Land & Environmental Services Community Action Team on guided walks around two of Glasgow's beautiful parks. Explore these fascinating parks and learn about their rich history and significance to the city of Glasgow. Numbers limited so please book in advance. Call Roslyn McLaughlin on 0141 287 3863

Kelvingrove Park

Wed 8 June, 10.30am

Meet: Entrance to Kelvingrove Park, Kelvin Way (opposite entrance road to Kelvingrove Museum)

Glasgow Green

Friday 10 June, 10.30am

Meet: Front Entrance to People's Palace by the Doulton Fountain

Queens Glasshouse

Queen's Park, Glasgow, G42 9TY

Saturday 11 June 2011

Two sessions

1 - 2pm & 2 - 3pm

Calling all green fingered, creative gardeners and hobbyists who would like to learn two important skills 'how to construct a hanging basket' and 'posy making' with the expert help of our Floristry team and Nursery Gardeners.

There are limited 'free' spaces for these sessions so please book a place now on 0141 287 5108.

Botanic Gardens Tours

Meet at front of the Kibble Palace.
Tour last approx 90 mins. Free

Herb Garden tour with Louise Bustard

(glasshouse tour if wet)

Monday 6 June

10.30am

Flint Mill tour with Ewen Donaldson

Tuesday 7 June, 10.30am

The Call of the Kelvin Walk with a Ranger

Wednesday 8 June

10.30am

Regular Health Walk led by the Rangers

Thursday 9 June, 1pm

Arboretum Tour with Paul Matthews

Friday

10 June

10.30am



CLL has been offering classes to adults for almost 30 years. A large part of our work centres on offering learning opportunities aimed at the 50+ age group. The Centre's Learning in Later Life Programme attracts over 4000 enrolments a year and is the only university-run programme in Scotland dedicated to this age group. We have a vast array of classes including: languages; art; history; film; music; IT; genealogy and creative writing. You can use your ILA200 to fund many classes and some classes are available at a reduced rate to those on certain benefits. Our Summer Programme 2011 is out now and offers the chance to try something new from our impressive range of short seminars and classes, during the summer months. Most are suitable for beginners. For more information about any of the above, call 0141 548 4147 or visit www.strath.ac.uk/lll.

The following events are FREE. To book a place, please call 0141 548 4147 and quote reference number

What's Your Family's StoryLine? REF N973

Monday 6 June

1 - 3pm Room 7.48

Level 7, Graham Hills Building, 40 George Street, G1 1QE

How do you start to research your family's history?

What information do you need to start with?

Where do you go to get more information?

How much will it cost?

These are all questions that will be answered in this short meeting – enough to get you started and to get you hooked. You will also learn how to record all the valuable information you have managed to unearth.

Come along to this event and learn how to uncover your family's story.

Don't know your Twitter from your Facebook?

REF N974

Wednesday 8 June

1 - 3pm

Room 7.50, Level 7

Graham Hills Building, 40 George Street, G1 1QE

Want to understand why your children or grandchildren spend so much time on their computers?

Want to keep in touch with far-flung family and friends? Or maybe you have seen the film, 'The Social Network' and wonder what the fuss is all about? Is it really just kids' stuff?

This workshop will provide you with an easy-to-follow introduction to the social networking sites Facebook and Twitter - how they work, how you join and how you and young people can use them and stay safe.

My Glasgow in Collage REF N975

Thursday 9 June

1 - 3pm

Art Studio, Level 7

Graham Hills Building, 40 George Street, G1 1QE

What's Collage? – It's a way of creating a picture by sticking bits of coloured paper, ribbons, photographs, magazine clippings etc onto a piece of paper. You can also draw and paint on the paper – just like Picasso!

Whatever you do, you will enjoy this fun art workshop and receive full support to create a unique and very personal piece of artwork to take home.

No experience necessary; all materials are provided.



The Centre runs the ENCOURAGE project in conjunction with Glasgow Life. The aim of ENCOURAGE is to involve older people in Glasgow in the arts: theatre, dance, music, ballet, opera and art. We are delighted to offer you the chance to experience the two ENCOURAGE events shown below.

Heritage and Art at Burns Country and Culzean Castle REF N969

Tuesday 7 June 2011

9.30am - 5.30pm

Cost £8

Bus leaves from the University of Strathclyde, Graham Hills Building, 40 George Street, Glasgow at 9.30am, returning by 5.30pm. Cost includes admission charges.

Robert Burns Birthplace Museum

A truly unique encounter with Scotland's favourite son

The new museum comprises the famous Burns Cottage where the poet was born, the historic landmarks where he set his greatest work, the elegant monument and gardens created in his honour and a modern museum housing the world's most important collection of his life and works.

Burns Cottage

The Birthplace of Scotland's National Poet, Burns Cottage was built in 1757 by the hands of Robert Burns' father, William Burnes and has been fully restored to its original condition. On January 25, 1759, it became the scene of Scotland's most famous birthday when Robert Burns was born.

Culzean Castle and Country Park

18th century Culzean Castle, Robert Adam's final masterpiece, is one of the National Trust for Scotland's finest properties

Culzean is a romantic 18th century castle perched on a rocky promontory with superb panoramic views over the Firth of Clyde, situated in approximately 600 acres of woodland, formal gardens and boasting three miles of varied coastline. Don't forget to bring your camera!

There are guides in most rooms of the castle who are always happy to answer questions. Information sheets are provided in each room, which give details of the architecture, furniture, objects and paintings. You will also have the chance to explore the gardens and woodlands; eat in one of the 2 restaurants or shop for plants, books, gifts, food etc at one of several shops.

Fair Friday REF N976

Friday 10 June at 7.30pm

Citizens Theatre

119 Gorbals St, Glasgow, G5 9DS

Cost £5

Tickets are limited so book early.

A witty and nostalgic look at the Glasgow Fair holiday. An evening of true stories, traditional songs and community spirit.

In this age of austerity, Glaswegians have tightened their belts, held onto their purse strings, cut their cloth and looked after the pennies. Now after a long dark winter, summer's coming! But due to necessary cut backs...

Magaluf's oot! Blackpool's oot!

Portobello's totally oot!

So before they shut the river we'll be heading doon the watter one last time for a jig and a cone.



libraries and museums

GoMA Bites - taster workshops for adults

Gallery of Modern Art
Friday 3 & Sunday 5 June
1 - 3pm
Free*

GoMA's exciting and popular art programme continues! Come and explore our fantastic new exhibitions, find out more about modern and contemporary art and experiment with exciting creative techniques. No previous experience is necessary and all materials will be provided - sessions are relaxed, informal and lots of fun!

*Free but please book
0141 287 3050 / GoMABookings@glasgowlife.org.uk

BRITISH ART SHOW 7

Tramway, GoMA, CCA
Explore the newly opened British Art Show 7 and experiment with miniature sculptural form. Delivered as part of Active Ageing Week 2011
www.britishartshow.co.uk

Doon at the Steamie - Active Ageing Week

Peoples Palace and Winter Gardens
31 May and 2 June,
2pm prompt
Free*

Come along to the Peoples Palace and find out (or reminisce) about going "Doon the Steamie" then turn your hand to trying some washing in our mock steamie!
*Free, please drop in, will start at 2pm prompt
palacebookings@glasgowlife.org.uk
0141 276 0782 / 0141 276 0780

FREE Events at Hillhead Library and Learning Centre

348 Byres Road, Glasgow G12 8AP Tel: 0141 276 1617

Full details of these events can be found at www.glasgowlife.org.uk/libraries

Friends of Glasgow and Glasgow Libraries presents
North Woodside with Ian R Mitchell

Monday 6 June 7pm - 9pm

Glasgow Libraries and The Ragged University presents
Ragged Picnic - The Great Human Rights Swindle
Tuesday 7 June 6pm - 7pm

Friends of Glasgow West and Glasgow Libraries presents
Village Vibes

Tuesday 7 June 7pm - 9pm

Glasgow Libraries presents
Derek Rogers - Learn a Language in an Hour!
Wednesday 8 June
1pm - 2pm

Friends of Glasgow West and Glasgow Libraries presents
Colin McKay and The Glasgow Undergrounds
Wednesday 8 June
7pm - 9pm

Glasgow Libraries presents
David Betteridge
Thursday 9 Jun 1pm - 3pm

Friends of Glasgow West and Glasgow Libraries presents
Historian Gordon Urquhart

Thursday 9 June 7pm - 9pm

Glasgow Libraries and West End Festival presents
Janey Louise Jones/ Cloudberry Castle - Ballet Storytelling event
Saturday 11 June
11.15am - 12.15pm

Friends of Glasgow West and Glasgow Libraries presents
Gartnavel Hospital and Chapel with Fergus Sutherland
Saturday 11 June
2pm - 4pm

Glasgow Libraries presents
Family Fun Time!
Saturday 11th June
2pm - 4pm

Enjoy FREE fun activities for all the family. Spend time browsing our range of books, CDs & DVDs. Take part in circus skills, games, big art and lots more!



Partick Library and Learning Centre

Dumbarton Road, Glasgow G11 6AP Tel: 0141 276 1560

Federation of Writers (Scotland) presents **Open Mic**

Tuesday 7th June
5.45pm - 7.45pm

The Federation of Writers (Scotland) presents an open mic event for all writers out there, poets and prose writers alike. Come and read your work to an appreciative audience. Book your slot by emailing admin@writersfederation.org.uk early booking advisable - our events are popular! All welcome.



SILVER DEAL ACTIVE

**FREE Easy Exercise &
Active Arts classes**

For further information:
www.glasgowlife.org.uk/silverdealactive
0141 287 4685