

## What's on in March 2026?

Drop-in area: all welcome pop in for a chat and cuppa

Monday Thursday 10:00 - 16:00 Friday 10:00 - 14:00

### Main Hall:

Monday: Improve mood and Balance with TAI CHI 10.00- 11.00

Gentle movement with ambient music. Suitable for all levels.

Minimum donation £3.00 All welcome.

Fun Strum 11.15 -12.30 weekly. Fun strum Ukuleles and Guitars.

No Uke we will lend you one. Don't like to strum come for the singing. Beginners welcome.

Every Monday starting lunchtime between 12:00 and 14:00 we've got soup and bread to warm you up. Donations gratefully received.

Afternoon - Weekly Word/Board/Card Games 13:00-16:00. Come along and join in; all are welcome.

Evening - Sosa 18:30 -19:30 Donation £2 minimum. All welcome.

Hall booked from 19:30-21:30.

### Tuesday:

Morning - Weekly Gentle Movement 10:00 -11:00 Class full by referral only.

Afternoon - Main Hall Weekly Rothesay Bridge Club 14:00 - 17:00 members only. See website for details.

[rothesaybridgeclub.com](http://rothesaybridgeclub.com)

Sosa dance fitness class 11:30 - 12:30 Donations £2 minimum. This engaging and energetic class invites everyone, regardless of their dance experience, to join in on the fun. Whether you are a seasoned dancer or just starting out, you will benefit from the

**lively atmosphere and uplifting music. All welcome. Come and bring your friends for a great time while working out and staying fit!**

**Evening - Weekly Pilates 17:30 -18:30 Class full. 18:30 -21:00 booked out**

**Wednesday:**

**Morning - booked out.**

**Every Wednesday lunchtime between 12:00 and 14:00 we've got soup and bread to warm you up. Donations gratefully received.**

**Afternoon - 13:30 - 14:30 Sing - along weekly. All welcome.**

**Evening - The Chloe Aiken School of Dance Senior highland 16:30 - 19:00.**

**Thursday:**

**Morning - Seated Sosa 10:00 - 11:00 donations minimum £2**

**Chair yoga starts back 11:30 -12:30 cost £3.00 or donation.**

**Afternoon - Weekly writers group - have fun writing! 13.15 - 15.00**

**Evening - Weekly Rothesay Bridge Club 18:45 - 21:45 members only; see website for details: [rothesaybridgeclub.com](http://rothesaybridgeclub.com)**

**Friday**

**Morning - Drop in 10.00 - 13.00 We are Jamming.**

**Music Jam session all instruments.**

**Music and contributions for breakfast rolls are greatly appreciated.**

**10:00 -12:30 hot filled rolls (bacon & sausage) available donations gratefully received.**

