

What's on in September 2026?

Class Update - 27th August 2026

There will be no Tai Chi on Mondays and no Seated SOSA on Thursdays for now.

We'll share a further update on 18th September.

Thank you for your understanding and support.

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.
Don't like to strum come for the singing. Beginners welcome.

Mondays only from 6th April 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 £3 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

Sosa dance fitness class 11:30 – 12:30 Donations £3 minimum.

Evening –Weekly Pilates 17:30 –18:30 Class full. 18:30 –21:00

Wednesday: Morning – 10.00 –11.45 booked out

New class started on Wednesday 19th August 12.00 –13.00 cost £4. Standing and chair balance class. This class is a progression from chair yoga, designed to enhance strength and stability while improving body awareness. Participants will engage in exercises focused on balancing techniques, using both standing positions and chair modifications.

Afternoon –13:30 –14:30 Sing along weekly. All welcome.

Evening. The Chloe Aiken School of Dance 16:30 – 20:00.

Thursday: Morning Seated Sosa 10:00–11:00 donations minimum £3

Chair yoga 11:30 –12:30 cost £3.00 or donation.

**Evening – Rothesay Bridge Club 18:45–21:45 members only; see
website: 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**