

## Welcome to the Spring 2017 Edition of the LEAP Class Newsletter!



We hope that you're enjoying the lighter nights now that spring is finally here. We thought we'd keep in touch with some news on what's happening with the LEAP activities.

Got a suggestion for a new activity or an idea to help improve an existing class? Contact LEAP's Adult Learning Co-ordinator, Catriona, on 0141 641 5169 or [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk) or pop in for a cuppa and a chat.

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### Cambuslang/Rutherglen Classes - updated April 2017

#### Monday

Tai chi	Cambuslang Institute	10.30-11.30
New age kurling	Cambuslang Institute	13.00-15.00

#### Tuesday

Keep fit	Cambuslang Institute	10.00-11.00
Spanish	Tollpitch Pavillion	09.30-11.30
Basic Android tablet	LEAP training suite <b>starts 2nd May</b>	10.00-12.00
Walking group	Bus leaves from outside Halfway Library (fortnightly)	13.00-16.00
Basic Windows 10	LEAP training suite <b>starts 2nd May</b>	13.00-15.00
Zumba Gold	Cambuslang Institute	14.00-15.00
Art class	Tollpitch Pavillion	17.00-19.00

#### Wednesday

New age kurling	Cambuslang Institute	10.00-12.00
Art class	Whitlawburn Community Centre	10.00-12.00
Basic iPad	LEAP training suite <b>starts 3rd May</b>	10.00-12.00
Tai chi	West Parish Church, Rutherglen	11.00-12.00
Badminton	Cambuslang Institute	13.00-15.00

#### Thursday

Sporting Memories	Harry Heaney Day Centre	11.00-12.30
Table tennis	Tollpitch Pavillion	13.00-15.00
Art class	Tollpitch Pavillion	17.00-19.00

#### Friday

Card making	Tollpitch Pavillion	10.00-12.00
New age kurling	Cambuslang Institute	10.00-12.00

**Please note** - you need to register with LEAP prior to attending any classes. Call Catriona on 0141 641 5169 or email [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk).

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## Halfway walking group routes April to June 2017

The bus leaves from outside the Halfway Library at 1pm unless otherwise stated. Please note that you must be able to walk at least a mile in order to attend the walking group. Paths can be muddy and so footwear with gripping soles should be worn, as well as waterproof clothing where appropriate. All walks are subject to change but prior notice will be given of any changes. You need to register with LEAP before attending. A first come first served policy operates and so you are not always guaranteed a place on the walks. We always try to factor in time for tea after the walks as well! If you have any queries or to register, please contact Catriona at the LEAP office on 0141 641 5169 or email [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk)



**Apr 18 1pm BOWLING to OLD KILPATRICK**  
Woodland walk running parallel to the Clyde and for the more adventurous a walk across the Erskine Bridge (weather permitting).

**May 2 1pm CADDER to KIRKIE** Old favourite along the Forth and Clyde canal to Kirkintilloch, finishing at Ghilloni's cafe.

**May 16 1pm LANGLANDS MOSS to CALDERGLEN COUNTRY PARK** Cracking walk along rough paths to Calderglen (hopefully the weather is kind to sit outside as the tearoom is quite small)



**May 30 1pm PORT GLASGOW** 'nuff said....Shooie's favourite

**June 13 12noon **\*\*please note the change in time\*\*** LUSS VILLAGE** According to my records it's been 9 years since we last walked here...surely not. Anyway I'll guarantee you'll enjoy it. Two tearooms to choose from as well.

**June 27 1pm LINLITHGOW LOCH** Been badgered by many people to do this walk again...your wish has been granted. See you all again in September!

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### Tea and Tablet

You can do I.T.! Why not come along to our computer classes for older people?  
Aged over 50? Not sure about Windows 10?  
Want to learn how to email on your tablet? Shop on your iPad? Our new classes



could be for you! Learn over a cuppa in a small, friendly group.

LEAP Training Room, 197 Hamilton Road, Halfway, Cambuslang, G72 7PJ

**'Tea and Tablet' classes will start the week beginning 2nd May for 8 weeks until the week beginning 19th June.**

Tuesdays 10.00 - 12.00 Android tablet

Tuesdays 13.00 - 15.00 Windows 10 (computer and internet)

Wednesdays 10.00 - 12.00 iPad

It costs £4 per session and you need to register in advance of attending. Classes are aimed at beginners and will cover the basics of using your device. Call Catriona on 0141 641 5169 or email [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk).

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### **Laptop and iPad classes in Uddingston**

Due to popular demand, we are pleased to be continuing some of our computer classes in Uddingston Community Centre in the run up to summer. A new block of beginners' iPad class will start on Thursday 11th May 10.00-12.00 for 7 weeks. We also have beginners' computer and internet on a Monday morning, and intermediate computer and internet on a Tuesday morning.



### **Uddingston walking group - every 2nd Tuesday 12.30pm**

We are currently planning routes for the walks up until June. More info to follow!

### **Zumba Gold - Bothwell - Mondays 10.00am**

This continues to prove popular. If you'd like to get your groove on and get involved, simply give the LEAP office a call to register!

Please contact Catriona on 01698 907004 or [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk) for more info on any of the activities in Uddingston and Bothwell.

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### **COMING SOON! I.T. and Cake - in Strathaven and Stonehouse!**

We will soon be running Android tablet and smart phone classes for older people in Strathaven and Stonehouse. Classes will start the week beginning 2nd May 2017.

Not sure about texting? Fancy learning to shop online? No idea about social media? Why not come and learn over tea, coffee and cake! Find out about this and so much more!



For further details, please contact Catriona on 01698 907004 or email [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk).

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## COMING SOON! LEAP Learning and Leisure Project - Hamilton

We will soon be running activities for older people in Hamilton! Starting mid May 2017, we will be running a range of computer and tablet classes, gentle exercise and art to name but a few. Covering Fairhill, Whitehill, Hillhouse and Burnbank there is sure to be something for everyone. Watch this space for more info!



If you would like to get involved, or for further details, please contact Catriona on 01698 907004 or email [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk).

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### R:evolve Clothing's Spring Fling

Back by popular demand, R:evolve Clothing are hosting their annual Spring fundraising sale. Come along and buy brand new high street fashions for ladies, gents and children or have a rummage through our nearly new rail of select second hand pieces, including vintage and special occasion wear.



Everything must go! Everything under £5! Do not miss it! R:evolve Clothing, 71 Main Street, Rutherglen, G73 2JQ (opposite the bingo).

For further info on R:evolve, visit <http://www.revolve-recycle.co.uk/>

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**Save the date** for LEAP's Annual General Meeting 2017. This year marks **LEAP's 25th birthday** so save the date for an extra special celebration on **Monday 11th September!** The AGM will be held in Cambuslang Parish Church. Further details to follow.



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### Contact us

For any info relating to the classes, please contact: Catriona MacGregor, Adult Learning Co-ordinator, LEAP, 5 Craigallian Avenue, Cambuslang, G72 8RN

t: 0141 641 5169

e: [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk)

w: [www.leap-project.co.uk](http://www.leap-project.co.uk)

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