

WHAT'S ON GUIDE April - June 2019

MONDAY

| Start | Finish | Venue | Activity | Cost |
|---------|---------|--|--------------------|-------|
| 9.30am | 10.15am | Linwood Baptist Church | Dance Fit Gold | £2.00 |
| 10.00am | 11.30am | Community Hub, 16 Quarry Street, Johnstone | Mindfulness | Free |
| 10.30am | 11.15am | Linwood Baptist Church | Clubbercise | £3.50 |
| 6.00pm | 7.30pm | Tannahill Centre, Ferguslie | Youth Club P4 - P7 | Free |

TUESDAY

| Start | Finish | Venue | Activity | Cost |
|---------|---------|--|-----------------|-------|
| 9.30am | 11.30am | Community Hub, 16 Quarry Street, Johnstone | Walking Buddies | Free |
| 12.45pm | 1.45pm | Tannahill Centre, Ferguslie | Walking Buddies | Free |
| 1.00pm | 3.00pm | Belmar Court, Linwood | Walking Buddies | Free |
| 3.15pm | 4.45pm | McMaster's Sports Centre, Johnstone | Active Families | Free |
| 6.00pm | 7.00pm | Lagoon Leisure Centre, Paisley | Jogging Buddies | £3.00 |
| 6.00pm | 7.00pm | Lagoon Leisure Centre, Paisley | Walking Buddies | Free |
| 6.00pm | 7.00pm | St. Benedict's High School, Linwood | Parkour | £3.50 |
| 6.30pm | 7.30pm | Gleniffer High School, Foxbar | Jogging Buddies | £3.00 |
| 6.30pm | 7.30pm | Gleniffer High School, Foxbar | Walking Buddies | Free |
| 7.00pm | 8.00pm | St. Benedict's High School, Linwood | Parkour | £3.50 |

WEDNESDAY

| Start | Finish | Venue | Activity | Cost |
|---------|---------|--|-------------------|-------|
| 10.00am | 12.00pm | Community Hub, 16 Quarry Street, Johnstone | Singing Buddies | Free |
| 10.30am | 11.15am | Johnstone Castle Community Centre | Active Mums | Free |
| 11.30am | 12.30pm | Johnstone Castle Community Centre | Feel Good Drop-In | Free |
| 3.15pm | 4.45pm | Gallowhill Community Centre, Paisley | Active Families | Free |
| 3.30pm | 4.15pm | Johnstone Castle Community Centre | Dancing Families | Free |
| 3.30pm | 5.30pm | Community Hub, 16 Quarry Street, Johnstone | Youth Drop In | Free |
| 6.00pm | 6.45pm | McMaster Sports Centre, Johnstone | Clubbercise | £3.50 |
| 6.45pm | 7.30pm | Linwood High School | Clubbercise | £3.50 |
| 7.00pm | 8.00pm | Ralston Sports Centre | Jogging Buddies | £3.00 |
| 7.00pm | 9.00pm | St. Ninian's Church Hall, Ferguslie | Youth Club S1+ | Free |

THURSDAY

| Start | Finish | Venue | Activity | Cost |
|---------|---------|--|------------------------|-------|
| 10.00am | 12.00pm | Community Hub, 16 Quarry Street, Johnstone | Kairos Women's Drop in | Free |
| 1.00pm | 3.00pm | Community Hub, 16 Quarry Street, Johnstone | Memories Café | Free |
| 3.15pm | 4.45pm | Johnstone Castle Community Centre | Active Families | Free |
| 5.45pm | 6.30pm | Tannahill Centre, Ferguslie | Clubbercise | £3.50 |
| 6.30pm | 7.30pm | Community Hub, 16 Quarry St., Johnstone | Jogging Buddies | £3.00 |
| 6.30pm | 7.30pm | Community Hub, 16 Quarry St., Johnstone | Walking Buddies | Free |
| 6.30pm | 7.30pm | Erskine Sports Centre | Jogging Buddies | £3.00 |

FRIDAY

| Start | Finish | Venue | Activity | Cost |
|---------|---------|---|--------------------------|-------|
| 9.30am | 10.15am | Johnstone Scout Hall, Canal Rd. | Feel Good Fitness | £3.00 |
| 10.00am | 12.00pm | Community Hub, 16 Quarry St., Johnstone | Feel Good Friday Drop-In | Free |
| 10.30am | 11.30am | Intu Braehead (Costa in the foodcourt) | Buggy Buddies | £3.00 |

SATURDAY

| Start | Finish | Venue | Activity | Cost |
|----------|---------|----------------------------------|------------------|-------|
| 10.00 am | 11.00am | ON-X, Brediland Rd, Linwood | Jogging Buddies | £3.00 |
| 10.30am | 11.30am | KLAS Care, Gilmartin Rd, Linwood | Girls on the Run | £2.50 |

SUNDAY

| Start | Finish | Venue | Activity | Cost |
|--------|--------|--|----------------|------|
| 1.00pm | 3.00pm | Community Hub, 16 Quarry Street, Johnstone | Sunday Blether | Free |

KAIROS - women supporting women

for details of What's On at Kairos?...

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