

# What's On @ Active Communities 2026

May



## Monday

Mindfulness | 10am-11am Station Seven | Free (Off 4 & 25/5)  
Singing Buddies | 11am-12pm Station Seven | Free (Off 4 & 25/5)  
Seasonal Yoga\* | 1pm-2pm Station Seven | £3 (Off 4 & 25/5)  
Man Cave | 6pm-8pm The Shed @Station Seven | Free (Off 4 & 25/5)  
Andys Man Club | 7pm-9pm Station Seven | Free (Off 4 & 25/5)

## Tuesday

Zumba® with Angela\* | 9.30am-10.30am Station Seven | Free  
Community Health Walk | 10.15am, 10.30am Station Seven | Free  
Beginners Yoga\* | 1pm-2pm Station Seven | £3 (Off 26/5)  
Improving Cancer Journey Chatty Cafe | 1pm-3pm Station Seven | Free (On 26/5)  
Hearty Lives Games & Grub P5-P7 | 3pm-4.45pm | Free  
Pilates with Rhona\* | 6pm-6.45pm Station Seven | £3  
Mens Drop In | 6pm-7pm Glencairn Court Social Space Gallowhill | Free  
Jogging Buddies - All abilities\* | 6.30pm Gleniffer High School, Foxbar | £3

## Wednesday

Community Pantry & Breakfast | 10am-1pm Station Seven | Membership Required\*\*  
Pilates with Alexis\* | 6pm-6.45pm Station Seven | £5  
Yin Yoga\* | 7.15pm-8.15pm Station Seven | £3

## Thursday

Women's Break-xercise\* | 9.30am-10.45am Station Seven | Free  
Recovery Cafe partnership with Circle | 11am-2pm The Shed @ Station 7 | Free  
Knit & Knatter | 1pm-3pm Station Seven | Free  
Create Club Youth Drop In S1+ (with Create Paisley) | 4pm-5.30pm Station Seven | Free  
Jogging Buddies - All abilities\* | 6.30pm Station Seven | £3

## Friday

Friday's In Motion | 10am-12pm Station Seven | Free

- Social Space from 10am
- Crochet from 10am
- Chair Yoga with Qigong\* 11.15am

Gallowhill Exercise Class\* | 11.15am-12pm | Gallowhill Community Centre | Free  
Soup & Social | 12.30pm-2pm Gallowhill Community Centre | Free (Gallowhill area residents)

## Saturday

Jogging Buddies - Slow 5K\* | 10am ON-X Linwood | £3

**Many of our groups are offered free of charge or at a heavily subsidised rate, thanks to funding from the National Lottery Community Fund and the Scottish Government. Donations are always welcome.**

\*These groups must be booked in advance. Bookable via our booking system at <https://bookwhen.com/activecommunities> or scan the QR code

\*\* Open to residents of Johnstone & surrounding villages

Groups are subject to change and cancellation



# Workshops & Training

## Events

## Volunteer

We are looking for volunteers for our work across Renfrewshire. If you are interested in volunteering please contact [info@activecommunities.co.uk](mailto:info@activecommunities.co.uk) scan the QR code or call 01505 801501



**\*Book online <https://bookwhen.com/activecommunities>**

For more information on food workshops contact: [roundthetable@activecommunities.co.uk](mailto:roundthetable@activecommunities.co.uk)

Workshops/Events are subject to change and cancellation

Contact us for more information: 01505 801501/[info@activecommunities.co.uk](mailto:info@activecommunities.co.uk)  
Station Seven, 7 Quarry Street, Johnstone PA5 8DY

[www.activecommunities.co.uk](http://www.activecommunities.co.uk)



Active Communities (Scotland) company number SC370513 charity number SC041275