

What's On @ Active Communities 2026

September



Monday

Mindfulness | 10am-11am Station Seven | Free (Off 28/9)

Singing Buddies | 11am-12pm Station Seven | Free (Off 28/9)

Seasonal Yoga* | 1pm-2pm Station Seven | £4 (Off 28/9)

Man Cave | 6pm-8pm The Shed @Station Seven | Free

Andys Man Club | 7pm-9pm Station Seven | Free

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 | £4

Improving Cancer Journey Chatty Cafe | 1pm-3pm Station Seven | Free (On 8,29/9)

Hearty Lives Games & Grub P5-P7 | 3pm-4.45pm Gallowhill Community Centre | Free (Full)

Zumba® with Angela* | 6pm-6.45pm Station Seven | £4

Jogging Buddies - All abilities* | 6.30pm Gleniffer High School, Foxbar | £3

Wednesday

Community Pantry & Breakfast | 10am-1pm Station Seven | Membership Required**

Hearty Lives Games & Grub P5-P7 | 3pm-4.45pm Station Seven | Free (Full) **Change of Day**

Pilates with Alexis* | 6pm-6.45pm Station Seven | £4

Yin Yoga* | 7.15pm-8.15pm Station Seven | £4

Thursday

Women's Break-xercise* | 9.30am-10.45am Station Seven | Free

Recovery Cafe partnership with Circle | 11am-2pm The Shed @ Station 7 | Free

Movement & Massage For Mum & Baby | 11.15am Station Seven | £20 for 5 week block (Starts 17/9)

Gallowhill Walking Buddies | 11am-12pm Outside Netherhill Road Shops | Free

Digital Support & Devices | 11am - 1pm Station Seven | 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 (Off 25/9)

- Social Space from 10am
- Crochet from 10am
- Chair Yoga with Qigong* 11.15am (Off 4,18,25/9)

Friday Reset | 9am-10.30am | Gallowhill Community Centre | Free (Off 25/9)

Gallowhill Exercise Class* | 11.15am-12pm | Gallowhill Community Centre | Free (Off 25/9)

Soup & Social | 12.30pm-2pm Gallowhill Community Centre | Free (Gallowhill area residents) (Off 25/9)

Saturday

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

Public Wi-Fi available Monday - Friday 10am - 1pm

Please consider making a small donation to support your group and help us keep our free and subsidised activities running for longer.

*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

September

Monday 7th

Ability Net Digital Skills Training - Using Email and Microsoft Word | 11.30am - 12.30pm Station Seven | Free
(Please bring your own device)

Spaces on the above workshop is limited please reserve a space by speaking to reception in person, by phone or by email. 01505 801501 or info@activecommunities.co.uk

Friday 18th

Blooming Together - National Flower Painting Workshop* | Station Seven 1pm - 2.30pm | Free
(Must be booked online as spaces are limited)

Events

October

Friday 30th

Family Halloween Party | Station Seven 5pm-7pm booking details to follow

December

Sunday 6th

Jingle Bell Run | Barshaw Park - Save the date booking details to follow

Volunteer

We are looking for volunteers for our work across Renfrewshire. If you are interested in volunteering please contact 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

Workshops/Events are subject to change and cancellation



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

www.activecommunities.co.uk



Active Communities (Scotland) company number SC370513 charity number SC041275