

# star project

## STAR Drop-in

When: Every Tuesday from 12-3

What: Tea, coffee, company, activities!

## WEvolution Visit

When: Tuesday 6<sup>th</sup> March from 12-3

What: Find out about how to become a self-reliant group!

## Family Laughter Yoga

When: Tuesday 6<sup>th</sup> March from 1-1.30pm

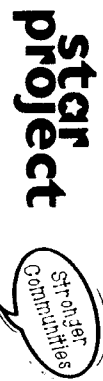
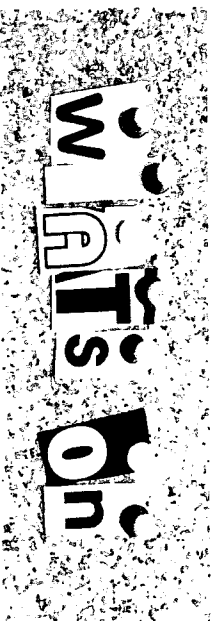
What: Family time with fun and chuckles!

## Puppet Making

When: Tuesday 10<sup>th</sup> April from 12.30-3pm

What: Learn how to make puppets using everyday materials!

Glenbairns



## Volunteer Training

When: Wed 14<sup>th</sup> March 3.30 – 6pm

What: If you are thinking of volunteering with STAR project or Stronger Communities this fun and certified course lets you know what volunteering is all about and what to expect!

**All STAR & Stronger Communities activities will be in the Glenbairns Community Centre and all the activities are free!**

**Facebook: The STAR Project**

**Tel: 0141 8895850**

**Facebook: Stronger Communities**

**Glenbairns**

**Tel: 07471215859**



## GlenBairns

When: Every Monday from 12.30 – 2.30P

What: Parent and Toddler group for 0-5 years. Different fun activities every week

## GlenBairns Gruffalo Hunt

When: **Monday 12<sup>th</sup> Feb** for the whole family. *Wrap up warm!*



## Family Active Club

When: Every Wednesday from 6-7pm

What: POUND fitness class delivered by 4 Communities. Get fit with drumsticks!

\*Futsal (indoor football) delivered by ac schools starts back wed 7<sup>th</sup> March from

## Community Cook Class

When: Every Wednesday, morning and afternoon classes – CONTACT TO BOOK

What: Learn to cook healthy meals on a budget and have fun too!

## Holiday Breakfast Club

When: Easter Holidays, details to follow

What: Come together with other familie and enjoy a healthy breakfast and some