



WHAT'S ON Correct as of April 2010.

ACTIVITIES AIMED AT ADULTS 16+

Please also see the "What's On All Year" information sheet for more activities.

Clydesdale Community Food Market

Fresh fruit and veg at great prices, run by the community, for the community. Open for business every **Thursday 9am – 12noon** at the **Target Centre, Kirkmuirhill** and at **Rigside Community Hall, Rigside**.

Game On

Indoor bowling for older people. Kirkmuirhill LeisureDome, 10 – 12 noon, every Monday.

C'mon Dancing

Tea dances for adults. Monthly, at Coalburn One Stop Shop. Dancing to live music. £1 (includes tea/coffee). Transport available at cost of £1 per person. Phone RDT on 01555 880551. Every 3rd Friday of the month. Next dances: 16th April, 21st May, 18 June 2010

Volunteering

Find out more about volunteering opportunities with Healthy Valleys on our Volunteering pages of the website. www.healthyvalleys.org.uk

For more info on any of the above, contact Healthy Valleys on 01555 880666.

Healthy Valleys, 31 Stuart Terrace, Rigside, Lanark, ML11 9NN