

# MONDAY

GROUP NAME/ ACTIVITY	WHEN	WHERE	TARGET GROUP	AIMS OF GROUP	CONTACT FOR FURTHER INFO.
OUT OF SCHOOL CARE CLUB	7:45AM - 9:00AM & 2:30PM - 6:00PM	LOW PORT HUT	CHILDREN AGED 4-14 AND WHO ATTEND LOW PORT PRIMARY SCHOOL OR LINLITHGOW ACADEMY.	TO PROVIDE OUT OF SCHOOL CHILD CARE FOR CHILDREN	EVELYN SMITH 07939 223717
LOCHSIDE PLAYGROUP	9:00AM - 12:00	LOW PORT HUT	FOR CHILDREN AGED FROM 2.5.	PRE-SCHOOL PLAYGROUP.	JUDITH THOMAS 01506 847083
LINLITHGOW CHILDMINDING GROUP	9:30AM - 11:30AM (TERM TIME)	NORTH ROOM, LOW PORT HUT	REGISTERED CHILDMINDERS, PARENTS OF MINDED CHILDREN AND FRIENDS OF CHILDMINDERS AND PARENTS.	PROVIDE INFORMATION AND TRAINING AS WELL AS THE CHANCE TO DROP IN FOR A COFFEE AND CHAT. THE GROUP ALSO ARRANGES PARTIES FOR MINDED CHILDREN. THE GROUP CAN ALSO PROVIDE UP TO DATE INFORMATION ON VACANCIES FOR CHILDCARE IN THE LINLITHGOW AREA.	MARGARET PILCHER 01506 203206
TEA DANCE	1:45PM - 3:45PM	GAMES HALL	50+	SOCIAL DANCES	MARGARET MCILVANEY 01506 825115
LINLITHGOW KAYAK RACING CLUB	6:30PM - 8:30PM	CHANGING FACILITIES	ADULTS AND CHILDREN	TO PROMOTE KAYAK RACING IN SPRINT AND MARATHON. TO ENCOURAGE THE JUNIOR PADDLER (I.E. UNDER 18 YEARS OF AGE)	PAMELA FLETCHER 01506 671105
TAI CHI CHAUN	7:30PM - 9:30PM	GAMES HALL	ADULTS	TAI CHI CLASSES	MR J BUNYAN 07710 402770
WOMEN'S GROUP	8:00PM - 9:00PM	NORTH ROOM, LOW PORT HUT	WOMEN OF ANY AGE	TAP DANCING	PHYLLIS REYNOLDS 01506 844666

# TUESDAY

GROUP NAME/ ACTIVITY	WHEN	WHERE	TARGET GROUP	AIMS OF GROUP	CONTACT FOR FURTHER INFO.
OUT OF SCHOOL CARE CLUB	7:45AM - 9:00AM & 2:30PM - 6:00PM	LOW PORT HUT	CHILDREN AGED 4-14 AND WHO ATTEND LOW PORT PRIMARY SCHOOL OR LINLITHGOW ACADEMY.	TO PROVIDE OUT OF SCHOOL CHILD CARE FOR CHILDREN	EVELYN SMITH 07939 223717
LOCHSIDE PLAYGROUP	9:00AM - 12:00	LOW PORT HUT	FOR CHILDREN AGED FROM 2.5.	PRE-SCHOOL PLAYGROUP.	EILEEN JONES 07884 014884
JUNIOR SHINTY CLUB	6:30PM - 8:00PM	GAMES HALL	UP TO PRIMARY 5	OUR OBJECTIVE IS TO INTRODUCE BOYS AND GIRLS UP TO THE AGE OF 14 TO SHINTY AND GIVE THEM THE OPPORTUNITY TO PLAY AGAINST OTHER TEAMS IN CENTRAL SCOTLAND.	DOUGLAS ADDISON 01506 848614
LOW PORT ART GROUP	7:00PM - 9:00PM	NORTH ROOM, LOW PORT HUT	ADULTS	AMATEUR ARTISTS SELF HELP GROUP WITH TUTOR PRESENT DURING PART SESSION TO DEVELOP PAINTING SKILLS.	MARGARET BRUCE 01506 845805
LINLITHGOW SPEAKERS	7:30PM - 10:00PM	LOW PORT CENTRE	ADULTS	PUBLIC SPEAKING AND LEADERSHIP CLUB	JAMES BOYD 07763 225827
LINLITHGOW PLAYERS	7:30PM - 10:00PM	LOW PORT CENTRE	ADULTS	DRAMA REHEARSALS	JOHN BARKER 07966 227361
LINLITHGOW RUNNING GROUP	7:30PM - 9:30PM	LOW PORT CENTRE	ADULTS	CHANGING FACILITIES ONLY	GRAHAM BURROWS LOW PORT CENTRE
AZAMI MASTERS JUDO CLUB	8:00PM - 9:00PM	GAMES HALL	OVER 16 YEARS OLD	TO PROMOTE JUDO	CRAIG PENROSE LOW PORT CENTRE

# WEDNESDAY

GROUP NAME/ ACTIVITY	WHEN	WHERE	TARGET GROUP	AIMS OF GROUP	CONTACT FOR FURTHER INFO.
OUT OF SCHOOL CARE CLUB	7:45AM - 9:00AM & 2:30PM - 6:00PM	LOW PORT HUT		TO PROVIDE OUT OF SCHOOL CHILD CARE FOR CHILDREN	EVELYN SMITH 07939 223717
LOCHSIDE PLAYGROUP	9:00AM - 12:00	LOW PORT HUT	FOR CHILDREN AGED FROM 2.5.	PRE-SCHOOL PLAYGROUP.	EILEEN JONES 07884 014884
WEDNESDAY CLUB	11:00AM - 12:30PM	LOW PORT HUT	MUMS WITH BABIES UNDER 1 YEAR OLD	POST NATAL SUPPORT GROUP	JUDY RANKIN 01506 841373
50+ OUTDOOR GROUP	4:30PM 1 <sup>ST</sup> WED OF MONTH	MEETING ROOM LOW PORT HUT	50 YEARS OLD AND OVER	FORTNIGHTLY OUTINGS TO PLACES OF INTEREST. WALKS TO SUIT ABILITIES.	RENE GRANT 01506 842448
LIVINGSTON FOOTBALL CLUB	6:00PM - 7:00PM	GAMES HALL			MS L ROBERTSON 01506 403341
JIVE	6:30PM - 7:30PM	NORTH ROOM, LOW PORT HUT	ANYONE AGED BETWEEN 20 & 70 YEARS	HAVE FUN WITH DANCING. RELAXED WAY TO LEARN TO JIVE.	ARD-YAN GLAS 01506 847851
LEE T'AI CHI	6:30PM - 8:00PM	GAMES HALL	ANYONE AGED BETWEEN 30 & 70 YEARS	STRESS RELIEF/BETTER BALANCE & BREATHING/RELAXATION/GENTLE ALL OVER EXERCISE	DENISE CUNNINGHAM 0131 449 3468 / 07850 097697
EMBROIDERERS GUILD LINLITHGOW & DISTRICT BRANCH	7:15PM 4 <sup>TH</sup> WED MOST MONTHS	LOW PORT HUT	ADULTS	TO ENCOURAGE AN ACTIVE INTEREST IN ALL FORMS OF EMBROIDERY WITH TALKS ON EMBROIDERY/TEXTILES/CRAFTS & MEMBERS' WORKSHOPS.	VALERIE SPENCE 01506 842454

DRAWING & PAINTING CLASS	7:30PM - 9:30PM	NORTH ROOM, LOW PORT HUT	ADULTS	DRAWING & PAINTING CLASS SUITABLE FOR BEGINNERS & IMPROVERS. WE WORK WITH A VARIETY OF MEDIA, IN A RELAXED AND FRIENDLY ATMOSPHERE.	MICHELLE MATHIESON 01506 825115
LINLITHGOW VOLLEYBALL CLUB	8:00PM - 10:00PM	GAMES HALL	AGES 16 - 65 YEARS OLD	RECREATIONAL VOLLEYBALL, ALL WELCOME, MIXED ABILITY GROUP.	MARK O'HAGAN LOW PORT CENTRE

# THURSDAY

GROUP NAME/ ACTIVITY	WHEN	WHERE	TARGET GROUP	AIMS OF GROUP	CONTACT FOR FURTHER INFO.
OUT OF SCHOOL CARE CLUB	7:45AM - 9:00AM & 2:30PM - 6:00PM	LOW PORT HUT	CHILDREN AGED 4-14 AND WHO ATTEND LOW PORT PRIMARY SCHOOL OR LINLITHGOW ACADEMY.	TO PROVIDE OUT OF SCHOOL CHILD CARE FOR CHILDREN	EVELYN SMITH 07939 223717
LOCHSIDE PLAYGROUP	9:00AM - 12:00	LOW PORT HUT	FOR CHILDREN AGED FROM 2.5.	PRE-SCHOOL PLAYGROUP.	EILEEN JONES 07884 014884
NCT TODDLER	10:30AM - 12:30AM	LOW PORT HUT	9 MONTHS - 3 YEARS	PLAYGROUP	STEPH ARBUCKLE LOW PORT CENTRE
GILLIAN DAVIDSON SCHOOL OF DANCE	4:00PM - 6:00PM	GAMES HALL	CHILDREN	CHILDREN'S DANCING CLASSES	GILLIAN DAVIDSON 07811 362225
LINLITHGOW PLAYERS	7:30PM - 10:00PM	MAIN BUILDING	ADULTS	DRAMA REHEARSALS	JOHN BARKER 07966 227361
LINLITHGOW RUNNING GROUP	7:30PM - 9:30PM	LOW PORT CENTRE	ADULTS	CHANGING FACILITIES ONLY	GRAHAM BURROWS LOW PORT CENTRE

# FRIDAY

GROUP NAME/ ACTIVITY	WHEN	WHERE	TARGET GROUP	AIMS OF GROUP	CONTACT FOR FURTHER INFO.
OUT OF SCHOOL CARE CLUB	7:45AM - 9:00AM	LOW PORT HUTS	CHILDREN AGED 4-14 AND WHO ATTEND LOW PORT PRIMARY SCHOOL OR LINLITHGOW ACADEMY.	TO PROVIDE OUT OF SCHOOL CHILD CARE FOR CHILDREN	EVELYN SMITH 07939 223717
LOCHSIDE PLAYGROUP	9:00AM - 12:00	LOW PORT HUTS	FOR CHILDREN AGED FROM 2.5.	PRE-SCHOOL PLAYGROUP.	EILEEN JONES 07884 014884
DRAWING & PAINTING CLASS	9:30AM - 11:30AM & 12:00 - 2:00PM	NORTH ROOM, LOW PORT HUT	ADULTS	DRAWING & PAINTING CLASS SUITABLE FOR BEGINNERS & IMPROVERS. WE WORK WITH A VARIETY OF MEDIA, IN A RELAXED AND FRIENDLY ATMOSPHERE.	MICHELLE MATHIESON 01506 825115
TEA DANCE	1:45PM - 3:45PM	GAMES HALL	50+	SOCIAL DANCES	MARGARET MCILVANEY 01506 825115
GLOBAL TAEKWON- DO FEDERATION	5:00PM - 6:00PM & 6:00PM - 7:00PM	GAMES HALL	CHILDREN & ADULTS	MARTIAL ARTS PROMOTING HEALTH THROUGH EXERCISE, SELF DEFENCE, ANTI BULLYING, DEVELOPMENT OF CO-ORDINATION AND FUN!	NICOLA BISHOP 07999 494419
SENIOR CITIZENS SEQUENCE DANCING	7:00PM - 10:00PM	GAMES HALL	50+	SOCIAL DANCES	MR & MRS SIMPSON 01324 626745

# SATURDAY

GROUP NAME/ ACTIVITY	WHEN	WHERE	TARGET GROUP	AIMS OF GROUP	CONTACT FOR FURTHER INFO.
CHILDREN'S ART CLUB	10:00AM - 1:00PM	NORTH ROOM, LOW PORT HUT	CHILDREN AGED PRIMARY 1 - 7	THIS MONTHLY CLASS AIMS TO GIVE CHILDREN THE CHOICE TO HAVE FUN AND GET CREATIVE WITH A WIDE RANGE OF ART AND CRAFT TECHNIQUES.	MICHELLE MATHIESON 01506 825115
MINI KICKERS	10:30AM - 11:30AM	GAMES HALL	CHILDREN AGED 3 - 5 YEARS	THE AIM OF MINI KICKERS IS TO AID EACH CHILD'S DEVELOPMENT IN 3 BASIC WAYS, PHYSICALLY, PSYCHOLOGICALLY AND SOCIALY IN A SAFE FUN ENVIRONMENT.	JIM GRANT 01506 776183