

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 <b>Walking Rugby</b> 9:30 @ Strathmore Rugby Club <b>Forfar Walk and Talk</b> 10:00 @ Cricket Club, Forfar	2 <b>parkrun</b> 09:30 @ Strathmore Rugby Club	3 <b>Murton Farm Health Walk</b> 10:15 @ Murton Farm Tearoom
4 <b>Sporting Memories</b> 10:30 @ Strathmore Cricket Club <b>BeActive Forfar Health Walk</b> 14:00 @ Forfar Community Campus <b>Walking Football (Men)</b> 18:00 @ Websters Sports Centre <b>Walking Football (Women)</b> 18:00 @ Station Park <b>Walking Rugby</b> 18:30 @ Strathmore R/Club	5 <b>BeActive Kirriemuir Health Walk</b> 10:00 @ Webster's Sports Centre	6 <b>Letham Hub Walk</b> 10:00 @ Letham Hub <b>Forfar Buggy Walk</b> 10:15 @ Forfar Library (front door) <b>Book Group 2</b> 14:15 @ Kirriemuir Library <b>Walking Football (Men)</b> 19:00 @ Station Park	7 <b>Happy Wanderers Walk</b> 10:00 @ Letham Church <b>Sporting Memories</b> 10:00 @ Strathmore Cricket Club <b>Sporting Memories</b> 13:30 @ Kirriemuir Library	8 <b>Walking Rugby</b> 9:30 @ Strathmore Rugby Club <b>Forfar Walk and Talk</b> 10:00 @ Cricket Club, Forfar <b>Young at Heart Club</b> 14:00 @ Forfar Library	9 <b>parkrun</b> 09:30 @ Strathmore Rugby Club	10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<p><b>Sporting Memories</b> 10:30 @ Strathmore Cricket Club</p> <p><b>BeActive Forfar Health Walk</b> 14:00 @ Forfar Community Campus</p> <p><b>Walking Football (Men)</b> 18:00 @ Websters Sports Centre</p> <p><b>Walking Football (Women)</b> 18:00 @ Station Park</p> <p><b>Walking Rugby</b> 18:30 @ Strathmore R/Club</p>	<p><b>BeActive Kirriemuir Health Walk</b> 10:00 @ Webster's Sports Centre</p>	<p><b>Letham Hub Walk</b> 10:00 @ Letham Hub</p> <p><b>Tayside Cancer Support Group</b> 12:00 @ Forfar Library (Macmillan Hub)</p> <p><b>Book Group 1</b> 14:15 @ Kirriemuir Library</p> <p><b>Love of Books (general book discussion)</b> 18:30 @ Kirriemuir Library</p> <p><b>Walking Football (Men)</b> 19:00 @ Station Park</p>	<p><b>Happy Wanderers Walk</b> 10:00 @ Letham Church</p> <p><b>Sporting Memories</b> 10:00 @ Deirdre Knight Centre</p> <p><b>Kirriemuir Buggy Walk</b> 10:15 @ Kirrie Den entrance (Tannage Brae)</p>	<p><b>Walking Rugby</b> 9:30 @ Strathmore Rugby Club</p> <p><b>Forfar Walk and Talk</b> 10:00 @ Cricket Club, Forfar</p> <p><b>Friday Fling - dancing</b> 14:00 @ Strathmore Cricket Club</p>	<p><b>parkrun</b> 09:30 @ Strathmore Rugby Club</p>	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p><b>Sporting Memories</b> 10:30 @ Strathmore Cricket Club</p> <p><b>BeActive Forfar Health Walk</b> 14:00 @ Forfar Community Campus</p> <p><b>Walking Football (Men)</b> 18:00 @ Websters Sports Centre</p> <p><b>Walking Football (Women)</b> 18:00 @ Station Park</p> <p><b>Walking Rugby</b> 18:30 @ Strathmore R/Club</p>	<p><b>BeActive Kirriemuir Health Walk</b> 10:00 @ Webster's Sports Centre</p>	<p><b>Letham Hub Walk</b> 10:00 @ Letham Hub</p> <p><b>Murton Farm Health Walk</b> 10:15 @ Murton Farm Tearoom</p> <p><b>Forfar Buggy Walk</b> 10:15 @ Forfar Library (front door)</p> <p><b>Walking Football (Men)</b> 19:00 @ Station Park</p>	<p><b>Happy Wanderers Walk</b> 10:00 @ Letham Church</p> <p><b>Sporting Memories</b> 13:00 @ Kirrie Connections</p>	<p><b>Walking Rugby</b> 9:30 @ Strathmore Rugby Club</p> <p><b>Forfar Walk and Talk</b> 10:00 @ Cricket Club, Forfar</p> <p><b>Young at Heart Club</b> 14:00 @ Forfar Library</p>	<p><b>parkrun</b> 09:30 @ Strathmore Rugby Club</p>	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Sporting Memories</b> 10:30 @ Strathmore Cricket Club  <b>BeActive Forfar Health Walk</b> 14:00 @ Forfar Community Campus  <b>Walking Football (Men)</b> 18:00 @ Websters Sports Centre  <b>Walking Football (Women)</b> 18:00 @ Station Park  <b>Walking Rugby</b> 18:30 @ Strathmore R/Club	<b>BeActive Kirriemuir Health Walk</b> 10:00 @ Webster's Sports Centre	<b>Letham Hub Walk</b> 10:00 @ Letham Hub  <b>Sporting Memories</b> 10:00 @ Strathmore Cricket Club  <b>Tayside Cancer Support Group</b> 12:00 @ Forfar Library (Macmillan Hub)  <b>Reminiscence Group</b> 15:00 @ Kirriemuir Library  <b>Local History / Ancestry</b> 18:30 @ Kirriemuir Library  <b>Walking Football (Men)</b> 19:00 @ Station Park	<b>Happy Wanderers Walk</b> 10:00 @ Letham Church  <b>Kirriemuir Buggy Walk</b> 10:15 @ Kirrie Den entrance (Tannage Brae)  <b>Reading Group</b> 13:30 @ Forfar Library	<b>Walking Rugby</b> 9:30 @ Strathmore Rugby Club  <b>Forfar Walk and Talk</b> 10:00 @ Cricket Club, Forfar	<b>parkrun</b> 09:30 @ Strathmore Rugby Club	

**Forfar Library Groups** (<https://angusalive.scot/libraries/activities>) – call 01307 492121 for more information

- Reading Group – Thursdays, 13:30 – 14:30 (every 4 weeks)
- Young at Heart Club – Fridays 14:00-15:30 (every 2 weeks)
- Tayside Cancer Support Group – Wednesdays, 12:00 – 13:00 (every 2 weeks)

**Kirriemuir Library Groups** (<https://angusalive.scot/libraries/activities>) – call 01575 526111 for more information

- Book Group 1 – Wednesdays, 14:15 – 15:15 (every 4 weeks)
- Book Group 2 – Wednesdays, 14:15 – 15:15 (every 4 weeks)
- 'For the Love of Books' Book Chat Group – Wednesdays 18:30-19:30 (2nd Wednesday of every month)
- Reminiscence Group – Wednesdays, 14:15 – 15:15 (every 4 weeks)
- Local History / Ancestry – Wednesdays, 18:30 – 19:30 (last Wednesday of the month)
- Sporting Memories – Thursdays 13:30-15:30 (1st Thursday of every month)

**Forfar Lend & Mend – call 01307 492121 for more information**

*Our Lend + Mend Hub is a dedicated facility, based in Forfar Library, which allows free access to equipment to repair, reuse and upcycle everyday items.*

**Be Active...Live Well – Physical Activity Referral Programme** (<https://angusalive.scot/sport-leisure/be-active-live-well>)

*Be Active...Live Well supports inactive adults and those who are living with, or at risk of, a long term health condition to become more active and use physical activity to improve their health and wellbeing. A range of classes available including seated exercise, tai chi qigong, circuits and supported gym sessions.*

### **Health Walks (<https://angusalive.scot/countryside-adventures/healthy-steps-angus>)**

- BeActive Forfar – Forfar Community Campus, Mondays at 14:00
- BeActive Kirriemuir – Webster's Sports Centre, Tuesdays at 10:00
- Letham – Wednesdays, Letham Hub at 10:30 (<https://lethamhub.org/walking-group>)
- Letham Happy Wanderers – Thursdays, Church Hall at 10:00
- Forfar Walk and Talk – Cricket Club, Fridays at 10:00
- Murton Farm – 1st Sunday of each month at 10:15 and 3rd Wednesday of each month at 10:15
- Forfar Buggy Walk – Forfar Library, Wednesdays, 10:15 (1st & 3rd Wednesday of each month)
- Kirriemuir Buggy Walk – Kirrie Den entrance (Tannage Brae), Thursdays, 10:15 (2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month)

### **Sporting Memories (<https://www.strathmoretrust.co.uk/project/sporting-memories>) – contact [info@strathmoretrust.co.uk](mailto:info@strathmoretrust.co.uk) for more information**

- Every Monday at Strathmore Cricket Club, 10.30am-12pm
- First Thursday of every month with Lochside Connections at Strathmore Cricket Club, 10am-12pm
- Second Thursday of every month at The Deirdre Knight Centre, 10am-12pm
- Last Wednesday of every month with Lochside Connections at Strathmore Cricket Club, 10am-12pm
- First Thursday of every month at Kirriemuir Library, 1.30-3.30pm
- Third Thursday of every month at Kirrie Connections, 1-3pm

### **The Friday Fling (<https://www.strathmoretrust.co.uk/the-friday-fling>) – contact [info@strathmoretrust.co.uk](mailto:info@strathmoretrust.co.uk) for more information**

- Third Friday of every month at Strathmore Cricket Club, 2pm

### **Forfar parkrun (<https://www.parkrun.org.uk/forfarloch>)**

- Every Saturday at 9.30am, Forfar Loch

### **Walking Football**

- Kirriemuir – every Monday at 6pm (<https://www.walkingsports.com/walking-football/united-kingdom/angus-council/kirriemuir/men-only-sessions/kirriemuir-walking-football-group>)
- Forfar – Women, every Monday at 6pm (<https://www.walkingsports.com/walking-football/united-kingdom/angus-council/forfar/walking-football-clubs/fcft-walking-football>)
- Forfar – Men, every Wednesday at 7pm (<https://www.walkingsports.com/walking-football/united-kingdom/angus-council/forfar/walking-football-clubs/fcft-walking-football>)

### **Walking Rugby (<https://www.strathmoretrust.co.uk/project/walking-rugby>)**

- Monday evenings at 6.30pm
- Friday mornings at 9.30am
- The sessions take place at Strathmore Rugby Club from April – October and then move indoors to Forfar Community Campus from November – March