



# Network Groups

22/01/2025

These groups are available to West Lothian 50+ Network members. To join a group, please note your interest through the Members' Hub. Not yet a member?

Find out how to join us at [www.westlothian50plusnetwork.co.uk/membership-join](http://www.westlothian50plusnetwork.co.uk/membership-join) email [hub@westlothian50plusnetwork.co.uk](mailto:hub@westlothian50plusnetwork.co.uk) or call 01506 635 510

## MONDAY

TWO LEFT FEET - Walking Group, Weekly  
DAWDLERS - Walking Group, Weekly  
SLOWCOACHES - Walking Group, Fortnightly  
HAPPY WANDERERS - Walking Group, Weekly  
MEN'S DARTS AND DOMINOES - Hub, Weekly 10:00 - 12:00  
COFFEE CLUB, LIVINGSTON - Chain Runner, Weekly, 10:00 - 12:00  
VETERANS GROUP - Hub, Fortnightly 12:00 - 14:00  
MONDAY STITCHERS - Rosemount Gardens, Weekly 10:00 - 12:00  
RUMMIKUB - Rosemount Gardens, Weekly 13:00 - 15:00  
NETWORK SINGERS - Answer Centre , Whitburn, Weekly 15:45 - 17.15  
ART GROUP 1 - Bathgate Partnership Centre, Weekly 14:00 - 16:00  
BOOK & BLETHER - Bathgate Partnership Centre, Fortnightly 14:00- 16:00  
PINS & NEEDLES - Hub, Weekly 13:30-15:30

## TUESDAY

MEN'S GROUP - Hub, Weekly 10:00 - 12:00  
BADMINTON - Xcite Craigswood, Weekly 10:00 -11:00  
COFFEE CLUB, LIVINGSTON - Chain Runner, Weekly 10:00 - 12:00  
COFFEE CLUB, ARMADALE- Rowan Tree, Weekly 11.00 - 13.00  
MILES AND SMILES - Walking Group, Weekly  
NUYU - Bathgate Partnership Centre, Weekly 11:00 - 12:30  
ZUMBA - Xcite Bathgate, Weekly 12:30 - 13:30  
CRAFT GROUP - Bathgate Partnership Centre, Fortnightly 13:15 - 15:15  
ART GROUP 2 - Hub, Fortnightly 14:00 - 16:00  
UKULELE FOR FUN - Rosemount Gardens, Fortnightly , 14:00 - 15:30  
IMPROVE N MOVE - Hub, Weekly at 12:15 - 13:00 and 13:15 -14:00  
WRITERS CHAT GROUP - Hub, Monthly, 14:00 - 16:00  
SQUAWKERS SINGING GROUP - Hub , 1st Tuesday of every month - 18:30 - 19:30  
CANASTA - Hub, Fortnightly- 18.00

*Make the rest of your life, the best of your life*

## **WEDNESDAY**

CHES FOR FUN - Hub, Weekly, 10:00 - 12:00  
INDOOR BOWLING - Howden, Livingston, Weekly 10:00-12:00  
COFFEE CLUB, BATHGATE - Rosemount, Weekly 10:45 - 12:00  
SCRABBLERS, BATHGATE - Rosemount, Weekly 13:00 - 15:00  
LINE DANCING FOR FUN - Bathgate Partnership Centre, Fortnightly 12:00 - 13:30  
COFFEE AND GAMES GROUP - Chainrunner, Weekly, 10:00 - 12:00  
FRENCH FOR BEGINNERS - Hub, Weekly 13.00 - 14.00  
FRENCH - Hub, Weekly -14:00 - 16:00  
TABLE TENNIS - Craigswood Sports Centre, Livingston - 14:00 - 15:00  
SPANISH - Boghall Community Centre , Weekly in 6 week blocks, 13:00 - 14:00  
GENEALOGY - Hub, 3rd Weds of Month, 16:30 - 18:00

## **THURSDAY**

COFFEE CLUB LIVINGSTON - Chain Runner, Livingston , Weekly - 10:00 - 12:00  
INDOOR BOWLING - Howden, Livingston, Weekly 09:00 - 10:00  
YOUNG AT HEART COFFEE CLUB - Hub, Bathgate, Weekly - 10:00 - 12:00  
LUNCH CLUB - Various locations, Last Thursday each Month 12:00  
PHOTOGRAPHY - Hub, First Thursday of the month, 12:00 - 14:00  
CYCLING - Weekly, Various  
STROLL ALONG - Walking Group, Weekly  
TWALKERS - Walking Group, Weekly  
BALLOON DRUMMING - Royal Scot Court, Bathgate, Weekly 14.00 - 15.30  
PATCHWORK - Bathgate Partnership Centre, Weekly 14:00 - 16:00  
MAH JONG & GAMES - Hub, Weekly, 14:00 - 16:45  
GARDENING - Hub, Monthly (1st Thursday of month), 18:30 - 21:00  
SUPPER CLUB - Various locations, 3rd Thursday of Month  
BOOK CLUB 1 - Bathgate Library, Last Thursday of the Month 18:00 - 19:00  
BOOK CLUB 2nd EDITION - Bathgate Library, 2nd of the Month 18:00-19:00  
CLASSIC SILVER SCREEN - Hub, 2nd Thursday of the month, 17:00 onwards

## **FRIDAY**

REMINISCENCE - Bennie Museum, Weekly, 10:30  
CRAFT FOR ENJOYMENT - Hub, Weekly 10:00 - 12:00  
WHITBURN COFFEE CLUB - Hilcroft Hotel, Whitburn, Weekly, 10:45  
JEWELLERY GROUP - Hub, Weekly 12:15 - 14:00  
SCRABBLE - Hub, Weekly 14:00 - 16:30  
CANASTA - Hub, Weekly 14:00 -16:30  
NATTERING NEEDLES - Rosemount Gardens, Weekly 13:30 - 15:30  
YOGA - Whitburn Partnership Centre, Weekly 11:00 - 12:00

## **WEEKENDS AND OTHER**

MEMBERS' MONTHLY MEETING - St Mary's Hall, 3rd Saturday of the month, 10:30  
THEATRE GROUP - Various locations & times  
CULTURE CLUB - Various, Monthly  
SATURDAY NIGHT AT THE MOVIES - 2nd Saturday of the month, 3.30pm Winter/ 6pm Summer  
SATURDAY CYCLING for Beginners - Bathgate, Weekly 10:30