

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			Health Walk 10:00 @Letham Church Sporting Memories 10:00 @ Strathmore Cricket Club Sporting Memories 13:30 @ Kirriemuir Library	Walking Rugby 9:30 @ Comm Campus Forfar Walk and Talk 10:00 @ Cricket Club, Forfar Young at Heart Club 14:00 @ Forfar Library	Park Run 09:30 @ Strathmore Rugby Club Murton Farm Health Walk 10:15 @ Murton Farm Tearoom	
5	6	7	8	9	10	11
Sporting Memories 10:30 @ Strathmore Cricket Club BeActive Forfar Health Walk 14:00 @ Forfar Community Campus Walking Football (Men) 18:00 @ Websters Sports Centre Walking Football (Women) 18:00 @ Station Park Walking Rugby 18:30 @ Comm Campus	BeActive Kirriemuir Health Walk 10:00 @ Webster's Sports Centre	Forfar Buggy Walk 10:15 @ Forfar Library (front door) Tayside Cancer Support Group 12:00 @ Forfar Library (Macmillan Hub) Reminiscence Group 15:00 @ Kirriemuir Library Walking Football (Men) 19:00 @ Station Park	Health Walk 10:00 @Letham Church Sporting Memories 10:00 @ Deirdre Knight Centre Kirriemuir Buggy Walk 10:15 @ Kirrie Den entrance (Tannage Brae) Reading Group 13:30 @ Forfar Library	Walking Rugby 9:30 @ Comm Campus Forfar Walk and Talk 10:00 @ Cricket Club, Forfar	Park Run 09:30 @ Strathmore Rugby Club	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>12</p> <p>Sporting Memories 10:30 @ Strathmore Cricket Club</p> <p>BeActive Forfar Health Walk 14:00 @ Forfar Community Campus</p> <p>Walking Football (Men) 18:00 @ Websters Sports Centre</p> <p>Walking Football (Women) 18:00 @ Station Park</p> <p>Walking Rugby 18:30 @ Comm Campus</p>	<p>13</p> <p>BeActive Kirriemuir Health Walk 10:00 @ Webster's Sports Centre</p>	<p>14</p> <p>Book Group 2 14:15 @ Kirriemuir Library</p> <p>Love of Books (general book discussion) 18:30 @ Kirriemuir Library</p> <p>Walking Football (Men) 19:00 @ Station Park</p>	<p>15</p> <p>Health Walk 10:00 @Letham Church</p> <p>Sporting Memories 13:00 @ Kirrie Connections</p>	<p>16</p> <p>Walking Rugby 9:30 @ Comm Campus</p> <p>Forfar Walk and Talk 10:00 @ Cricket Club, Forfar</p> <p>Young at Heart Club 14:00 @ Forfar Library</p> <p>Friday Fling - dancing 14:00 @ Strathmore Cricket Club</p>	<p>17</p> <p>Park Run 09:30 @ Strathmore Rugby Club</p>	<p>18</p>
<p>19</p> <p>Sporting Memories 10:30 @ Strathmore Cricket Club</p> <p>BeActive Forfar Health Walk 14:00 @ Forfar Community Campus</p> <p>Walking Football (Men) 18:00 @ Websters Sports Centre</p> <p>Walking Football (Women) 18:00 @ Station Park</p> <p>Walking Rugby 18:30 @ Comm Campus</p>	<p>20</p> <p>BeActive Kirriemuir Health Walk 10:00 @ Webster's Sports Centre</p>	<p>21</p> <p>Murton Farm Health Walk 10:15 @ Murton Farm Tearoom</p> <p>Forfar Buggy Walk 10:15 @ Forfar Library (front door)</p> <p>Tayside Cancer Support Group 12:00 @ Forfar Library (Macmillan Hub)</p> <p>Book Group 1 14:15 @ Kirriemuir Library</p> <p>Walking Football (Men) 19:00 @ Station Park</p>	<p>22</p> <p>Health Walk 10:00 @Letham Church</p>	<p>23</p> <p>Walking Rugby 9:30 @ Comm Campus</p> <p>Forfar Walk and Talk 10:00 @ Cricket Club, Forfar</p>	<p>24</p> <p>Park Run 09:30 @ Strathmore Rugby Club</p>	<p>25</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	
Sporting Memories 10:30 @ Strathmore Cricket Club BeActive Forfar Health Walk 14:00 @ Forfar Community Campus Walking Football (Men) 18:00 @ Websters Sports Centre Walking Football (Women) 18:00 @ Station Park Walking Rugby 18:30 @ Comm Campus	BeActive Kirriemuir Health Walk 10:00 @ Webster's Sports Centre	Sporting Memories 10:00 @ Strathmore Cricket Club Local History / Ancestry 18:30 @ Kirriemuir Library Walking Football (Men) 19:00 @ Station Park	Health Walk 10:00 @Letham Church	Walking Rugby 9:30 @ Comm Campus Forfar Walk and Talk 10:00 @ Cricket Club, Forfar Young at Heart Club 14:00 @ Forfar Library	Park Run 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
- 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 (2nd & 4th Thursday of each month)

Sporting Memories (<https://www.strathmoretrust.co.uk/project/sporting-memories>) – contact 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 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