

# 12th - 24th JANUARY 2026

## SUNND PROGRAMME

12 MON

Citizens Advice  
Drop-in  
10am-4pm  
UOG Office

Chair Aerobics  
11am - 12pm  
Spòrsnis

Badminton  
6-8pm  
Spòrsnis

13 TUE

Westside Fitness  
class  
6.30-7:30pm  
Barvas hall

Alison's Circuits  
7-8pm  
Spòrsnis

Music Night  
7:30-9:30pm  
Wobbly Dog

14 WED

Citizens Advice Drop-in  
10am-4pm, UOG Office

Cofaidh agus Cabadaich  
11-12pm  
CEN

Gentle Movement  
1-2pm, CMCC

All in football  
7-8.30pm, Spòrsnis

15 THU

Netball  
7:30 - 8:30pm  
Spòrsnis

Creative Connections:  
Starling Spirit (60+)  
2-3pm  
Online via An Lanntair

Learn to Crochet  
7-9pm  
Wobbly Dog

16 FRI

Baby Massage  
1-3pm  
CMCC

Adult Hoop Class  
7-8pm  
Spòrsnis

Over 40's football  
8-9pm  
Spòrsnis

17 SAT

Ness Runners  
9am  
Spòrsnis

Over 45's Fitness  
for women  
9-10am, Spòrsnis

Beginners Sewing  
Workshop  
10am - 4pm  
Adabrock Weaving  
pop-up in Port of Ness

19 MON

Citizens Advice Drop-in  
10-4pm, UOG

Chair Aerobics  
11-am - 12pm  
Spòrsnis

Badminton  
6-8pm  
Spòrsnis

20 TUE

Gentle Yoga &  
Somatic Mobility  
11-12pm  
CMCC

Westside Fitness Class  
6.30-7:30pm  
Barvas hall

Alison's Circuits  
7-8pm  
Spòrsnis

Music Night  
7:30-9:30pm  
Wobbly Dog

21 WED

Citizens Advice Drop-in  
10-4pm, UOG

Cofaidh agus Cabadaich  
11-12pm  
Borve House

Gentle Movement  
1-2pm, CMCC

Knit & Chatter  
2:30-4:30pm  
Breakwater Cafè

All in football  
7-8.30pm, Spòrsnis

22 THU

LTCH Mindfulness  
Session  
11am - 1pm  
Online

Creative Connections:  
Starling Spirit (60+)  
2-3pm  
Online via An Lanntair

Learn to Crochet  
7-9pm  
Wobbly Dog

Netball  
7:30 - 8:30pm  
Spòrsnis

23 FRI

Baby Massage  
1-3pm  
Clan Mac

Adult Hoop Class  
7-8pm  
Spòrsnis

Over 40s football  
8-9pm  
Spòrsnis

24 SAT

Ness Runners  
9am  
Spòrsnis

Over 45's Fitness for  
women  
9-10am, Spòrsnis

Social Cafè  
2-4pm  
Ness Social Club

# 26<sup>th</sup> - 7th JANUARY/FEBRUARY 2026

26 MON

Citizens Advice Drop-in  
10am-4pm, UOG Office

Chair Aerobics  
11am - 12pm  
Spòrsnis

Badminton  
6-8pm  
Spòrsnis

27 TUE

Gentle Yoga &  
Somatic Mobility  
11am-12pm  
CMCC

Westside Fitness Class  
6.30-7:30pm  
Barvas hall

Alison's Circuits  
7-8pm  
Spòrsnis

Music Night  
7:30-9:30pm  
Wobbly Dog

28 WED

Citizens Advice Drop-in  
10am-4pm, UOG Office

Walk Wednesdays  
10:30-11:30am  
Borve

Cofaidh agus Cabadaich  
11am - 12pm, UOG Office

Gentle Movement  
1-2pm, CMCC

All in football  
7-8.30pm  
Spòrsnis

29 THU

LTCH Mindfulness  
Session  
11am - 1pm  
Online

Creative Connections:  
Starling Spirit (60+)  
2-3pm  
Online via An Lanntair

Learn to Crochet  
7-9pm  
Wobbly Dog

Netball  
7:15 - 8:15pm  
Spòrsnis

30 FRI

Baby Massage  
1-3pm  
CMCC

Adult Hoop Class  
7-8pm  
Spòrsnis

Over 40s football  
8-9pm  
Spòrsnis

31 SAT

Ness Runners  
9am  
Spòrsnis

Over 45's Fitness for  
women  
9-10am  
Spòrsnis

Live music with  
Costello and Riff Raff  
9pm - 12am  
Ness Social Club

02 MON

Citizens Advice Drop-in  
10am-4pm, UOG Office

Chair Aerobics  
11am - 12pm  
Spòrsnis

Badminton  
6-8pm  
Spòrsnis

03 TUE

Gentle Yoga &  
Somatic Mobility  
11am-12pm, CMCC

Westside Fitness Class  
6.30-7:30pm  
Barvas hall

Alison's Circuits, 7-8pm  
Spòrsnis

Spinning & Song,  
7:30-9pm  
Taigh Dhonnchaidh

Music Night  
7:30-9:30pm  
Wobbly Dog

04 WED

Citizens Advice Drop-in  
10am-4pm, UOG Office

Cofaidh agus Cabadaich  
11am - 12pm, Barvas Hall

Gentle Movement  
1-2pm, CMCC

Knit & Chatter  
2:30-4:30pm  
Breakwater Café

All in football  
7-8.30pm  
Spòrsnis

05 THU

LTCH Mindfulness  
Session  
11am - 1pm  
Online

Learn to Crochet  
7-9pm  
Wobbly Dog

Netball  
7:15 - 8:15pm  
Spòrsnis

Creative Connections:  
Starling Spirit (60+)  
2-3pm  
Online via An Lanntair

06 FRI

Baby Massage  
1-3pm  
CMCC

Infant CPR  
2-3pm  
CMCC

Adult Hoop Class  
7-8pm  
Spòrsnis

Over 40s football  
8-9pm  
Spòrsnis

07 SAT

Ness Runners  
9am, Spòrsnis

Over 45's Fitness for  
women  
9-10am, Spòrsnis

LTCH Taster Session  
2-3pm, UOG Office

Social Cafè, 2-4pm  
Ness Social Club

# 9TH - 21ST FEBRUARY 2026

09 MON

Citizens Advice Drop-in  
10am-4pm, UOG Office

Chair Aerobics  
11am - 12pm  
Spòrsnis

Badminton  
6-8pm  
Spòrsnis

10 TUE

Westside Fitness Class  
6.30-7:30pm  
Barvas hall

Alison's Circuits  
7-8pm  
Spòrsnis

Music Night  
7:30-9:30pm  
Wobbly Dog

11 WED

Citizens Advice Drop-in  
10am-4pm, UOG Office

Walk Wednesdays  
10:30-11:30am  
Shadar

Cofaidh agus Cabadaich  
11am - 12pm, Breakwater

Gentle Movement  
1-2pm, CMCC

All in football  
7-8.30pm  
Spòrsnis

12 THU

Netball  
7:15 - 8:15pm  
Spòrsnis

Creative Connections:  
Starling Spirit (60+)  
2-3pm  
Online via An Lanntair

13 FRI

Baby Massage  
1-3pm  
CMCC

Adult Hoop Class  
7-8pm  
Spòrsnis

Over 40s football  
8-9pm  
Spòrsnis

14 SAT

Ness Runners  
9am  
Spòrsnis

Ceilidh Dancing  
8:30pm  
Borve House

16 MON

Citizens Advice Drop-in  
10am-4pm, UOG Office

Chair Aerobics  
11am - 12pm  
Spòrsnis

Badminton  
6-8pm  
Spòrsnis

17 TUE

Gentle Yoga &  
Somatic Mobility  
11am-12pm, CMCC

Westside Fitness Class  
6.30-7:30pm  
Barvas hall

Alison's Circuits, 7-8pm  
Spòrsnis

Music Night  
7:30-9:30pm  
Wobbly Dog

18 WED

Citizens Advice Drop-in  
10am-4pm, UOG Office

Cofaidh agus Cabadaich  
11am - 12pm, Borve House

Gentle Movement  
1-2pm, CMCC

Knit & Chatter  
2:30-4:30pm  
Breakwater Café

All in football  
7-8.30pm  
Spòrsnis

19 THU

Netball  
7:15 - 8:15pm  
Spòrsnis

20 FRI

Over 40s football  
8-9pm  
Spòrsnis

21 SAT

Ness Runners  
9am, Spòrsnis

Social Café, 2-4pm  
Ness Social Club

RagRug Workshop,  
10-4pm  
Janets Workshop,  
Port

All adult fitness classes throughout Sunnd are £2 for residents, all other events are subsidised by 50% by UOG.

For more information and booking details please visit [www.galsontrust.com](http://www.galsontrust.com) or call us 01851 850411.

# 18th - 31ST JANUARY 2026

## SUNND PROGRAMME

19 MON	20 TUE	21 WED	22 THU	23 FRI	24 SAT
<p>Citizens Advice Drop-in 10-4pm, UOG</p> <p>Chair Aerobics 11-am - 12pm Spòrsnis</p> <p>Badminton 6-8pm Spòrsnis</p>	<p>Gentle Yoga &amp; Somatic Mobility 11-12pm CMCC</p> <p>Westside Fitness Class 6.30-7:30pm Barvas hall</p> <p>Alison's Circuits 7-8pm Spòrsnis</p> <p>Music Night 7:30-9:30pm Wobbly Dog</p>	<p>Citizens Advice Drop-in 10-4pm, UOG</p> <p>Cofaidh agus Cabadaich 11-12pm Borve House</p> <p>All in football 7-8.30pm, Spòrsnis</p> <p>Knit &amp; Chatter 2:30-4:30pm Breakwater</p> <p>Gentle Movement 1-2pm, CMCC</p>	<p>LTCH Mindfulness Session 11am - 11pm Online</p> <p>Netball 7:30 - 8:30pm Spòrsnis</p> <p>Learn to Crochet 7-9pm Wobbly Dog</p>	<p>Baby Massage 1-3pm Clan Mac</p> <p>Adult Hoop Class 7-8pm Spòrsnis</p> <p>Over 40s football 8-9pm Spòrsnis</p>	<p>Ness Runners 9am Spòrsnis</p> <p>Ness Social Café 2-4pm Ness Social Club</p> <p>Over 45's Fitness for women 9-10am, Spòrsnis</p>
26 MON	27 TUE	28 WED	29 THU	30 FRI	31 SAT
<p>Chair Aerobics 11am - 12pm Spòrsnis</p> <p>Badminton 6-8pm Spòrsnis</p> <p>Citizens Advice Drop-in 10-4pm, UOG</p>	<p>Gentle Yoga &amp; Somatic Mobility 11-12pm CMCC</p> <p>Westside Fitness Class 6.30-7:30pm Barvas hall</p> <p>Alison's Circuits 7-8pm Spòrsnis</p> <p>Music Night 7:30-9:30pm Wobbly Dog</p>	<p>Citizens Advice Drop-in 10-4pm, UOG</p> <p>Walk Wednesdays 10:30-11:30am Eoropie</p> <p>Cofaidh agus Cabadaich 11am - 12pm, CEN</p> <p>All in football 7-8.30pm Spòrsnis</p> <p>Gentle Movement 1-2pm, CMCC</p>	<p>LTCH Mindfulness Session 11am - 1pm Online</p> <p>Netball 7:30 - 8:30pm Spòrsnis</p> <p>Learn to Crochet 7-9pm Wobbly Dog</p>	<p>Baby Massage 1-3pm Clan Mac</p> <p>Adult Hoop Class 7-8pm Spòrsnis</p> <p>Over 40s football 8-9pm Spòrsnis</p>	<p>Ness Runners 9am Spòrsnis</p> <p>Over 45's Fitness for women 9-10am Spòrsnis</p> <p>Costello and Riff Raff 9pm - 12am Ness Social Club</p>

All adult fitness classes throughout Sunnd are £2 for residents, all other events are subsidised by 50% by UOG.  
For more information and booking details please visit [www.galsonttrust.com](http://www.galsonttrust.com) or call us 01851 850411.