

26th - 7th JANUARY/FEBRUARY 2026

26 MON	27 TUE	28 WED	29 THU	30 FRI	31 SAT
<p>Citizens Advice Drop-in 10am-4pm, UOG Office</p> <p>Chair Aerobics 11am - 12pm Spòrsnis</p> <p>Badminton 6-8pm Spòrsnis</p>	<p>Gentle Yoga & Somatic Mobility 11am-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 10am-4pm, UOG Office</p> <p>Walk Wednesdays 10:30-11:30am Borve</p> <p>Cofaidh agus Cabadaich 11am - 12pm, UOG Office</p> <p>Gentle Movement 1-2pm, CMCC</p> <p>All in football 7-8.30pm Spòrsnis</p>	<p>LTCH Mindfulness Session 11am - 1pm Online</p> <p>Learn to Crochet 7-9pm Wobbly Dog</p> <p>Netball 7:15 - 8:15pm Spòrsnis</p>	<p>Baby Massage 1-3pm CMCC</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>Live music with Costello and Riff Raff 9pm - 12am Ness Social Club</p>
02 MON	03 TUE	04 WED	05 THU	06 FRI	07 SAT
<p>Citizens Advice Drop-in 10am-4pm, UOG Office</p> <p>Chair Aerobics 11am - 12pm Spòrsnis</p> <p>Badminton 6-8pm Spòrsnis</p>	<p>Gentle Yoga & Somatic Mobility 11am-12pm, CMCC</p> <p>Westside Fitness Class 6.30-7:30pm Barvas hall</p> <p>Alison's Circuits, 7-8pm Spòrsnis</p> <p>Spinning & Song, 7:30-9pm Taigh Dhonnchaidh</p> <p>Music Night 7:30-9:30pm Wobbly Dog</p>	<p>Citizens Advice Drop-in 10am-4pm, UOG Office</p> <p>Cofaidh agus Cabadaich 11am - 12pm, Barvas Hall</p> <p>Gentle Movement 1-2pm, CMCC</p> <p>Knit & Chatter 2:30-4:30pm Breakwater Café</p> <p>All in football 7-8.30pm Spòrsnis</p>	<p>LTCH Mindfulness Session 11am - 1pm Online</p> <p>Learn to Crochet 7-9pm Wobbly Dog</p> <p>Netball 7:15 - 8:15pm Spòrsnis</p>	<p>Baby Massage 1-3pm CMCC</p> <p>Infant CPR 2-3pm CMCC</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>LTCH Taster Session 2-3pm, UOG Office</p> <p>Social Cafè, 2-4pm Ness Social Club</p>

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

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 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 11am - 12pm Spòrsnis</p> <p>Badminton 6-8pm Spòrsnis</p>	<p>Gentle Yoga & 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 & 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 & 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 Eorpie</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.galsontrust.com or call us 01851 850411.