

# **WEEKLY PROGRAMME**

## **MONDAY**

9:45am – 11:44am	HAPPY HOPPERS – Quality Childcare for 2-3 year olds
10:00am – 12:00 noon	COOKING FOR FUN
12:00 – 2:00pm	LITTLE LINTONS FAMILY GROUP
5:00pm – 8:00pm	STAGES DANCE SCHOOL

## **TUESDAY**

9:45am – 11:44am	HAPPY HOPPERS – Quality Childcare for 2 – 3 year olds
2:00pm – 3:00pm	CHILD HEALTH DROP IN CLINIC (1 <sup>st</sup> / 3 <sup>rd</sup> week of month)
4:15pm – 7:15pm	STAGES DANCE SCHOOL
4:30pm – 6:00pm	HEALTHY HOMEWORK HUB
7:00pm – 9:00pm	HEADWAY SUPPORT GROUP (last Tuesday in month)
7:30pm – 9:00pm	KARATE

## **WEDNESDAY**

9:45am – 11:44am	HAPPY HOPPERS – Quality Childcare for 2 – 3 year olds
11:45am – 1:00pm	LUNCH CLUB
12:00 noon – 2pm	GREY PANTHERS (Senior Citizens)
2:00pm – 10:00pm	SAM'S CAFÉ – SAMH - peer support where you need it.
3:30pm – 6:30pm	STAGES DANCE SCHOOL
7:30pm – 9:30pm	KIRKCALDY AMATEUR DRAMATIC SOCIETY

## **THURSDAY**

12:00 noon – 2:00pm

NIFTY 50s CLUB

1:00pm – 3:00pm

CHEST, HEART AND STROKE CLUB  
(fortnightly)

1:30pm – 4:00pm

ADAPT (Drop-in)

2:00pm – 4:00pm

POOSIE NANCIES (meet every four weeks)

4:15pm – 6:30pm

STAGES DANCE SCHOOL

6:30pm – 8:00pm

GIRLS YOUTH CLUB

7:30pm – 9:00pm

KARATE

## **FRIDAY**

9:30am – 13:30pm

LITTLE LINTONS FAMILY GROUP

10:00am – 12:00 noon

BREAKFAST CLUB (Hot rolls/tea/coffee)

10:00am – 12:30pm

LINTON LANE CRAFTS

2:00pm – 10:00pm

SAM'S CAFÉ – SAMH - peer support where  
you need it.

4:30pm – 6:00pm

MINI KICKERS – Indoor Junior Football

## **SATURDAY**

9:15am – 10:00am

STAGES DANCE SCHOOL

10:00am – 2:30pm

POLSKA SZKOLA w Fife (POLISH SCHOOL)

2:00pm – 10:00pm

SAM'S CAFÉ – SAMH - peer support where  
you need it.

## **SUNDAY**

12:30PM – 2:00PM

FREE COMMUNITY LUNCH (last Sunday in  
each month)

2:00pm – 10:00pm

SAM'S CAFÉ – SAMH - peer support where  
you need it.

7:30pm – 9:30pm

KIRKCALDY AMATEUR DRAMATICS  
SOCIETY

Monday – Friday 10:00am – 12:30pm

KIRKCALDY FOODBANK @ LINTON LANE