

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 Murton Farm Health Walk 10:15 @ Murton Farm Tearoom
3 BeActive Forfar Health Walk 14:00 @ Forfar Community Campus	4 BeActive Kirriemuir Health Walk 10:00 @ Webster's Sports Centre	5 Forfar Buggy Walk 10:15 @ Forfar Library (front door)	6	7 Forfar Walk and Talk 10:00 @ Cricket Club, Forfar Young at Heart Club 14:00 @ Forfar Library	8	9
10 BeActive Forfar Health Walk 14:00 @ Forfar Community Campus	11 BeActive Kirriemuir Health Walk 10:00 @ Webster's Sports Centre	12 Tayside Cancer Support Group 12:00 @ Forfar Library (Macmillan Hub) Reminiscence Group 15:00 @ Kirriemuir Library Love of Books (general book discussion) 18:30 @ Kirriemuir Library	13 Kirriemuir Buggy Walk 10:15 @ Kirrie Den entrance (Tannage Brae) Reading Group 13:30 @ Forfar Library	14 Forfar Walk and Talk 10:00 @ Cricket Club, Forfar	15	16

17	18	19	20	21	22	23
BeActive Forfar Health Walk 14:00 @ Forfar Community Campus	BeActive Kirriemuir Health Walk 10:00 @ Webster's Sports Centre	Forfar Buggy Walk 10:15 @ Forfar Library (front door) Murton Farm Health Walk 10:15 @ Murton Farm Tearoom		Forfar Walk and Talk 10:00 @ Cricket Club, Forfar Young at Heart Club 14:00 @ Forfar Library		
24	25	26	27	28	29	30
BeActive Forfar Health Walk 14:00 @ Forfar Community Campus	BeActive Kirriemuir Health Walk 10:00 @ Webster's Sports Centre	Tayside Cancer Support Group 12:00 @ Forfar Library (Macmillan Hub) Local History / Ancestry 18:30 @ Kirriemuir Library	Kirriemuir Buggy Walk 10:15 @ Kirrie Den entrance (Tannage Brae)	Forfar Walk and Talk 10:00 @ Cricket Club, Forfar		

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) (full until 2026)
- Book Group 2 – Wednesdays, 14:15 – 15:15 (every 4 weeks) (full until 2026)
- '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)