

## Event Details– Be Beautiful 2010.

**Water for All Africa** A concert to raise funds for purifying machines for poor communities in Africa. Support this worthy cause simply by enjoying yourself in the company of an amazing Gospel Choir from Glasgow, local folk musicians and more.

**Health and Fitness Afternoon** De-stress, get fit or just try something new. Come and experience our taster sessions of Indian Head Massage and Tai Chi with qualified instructor Ann Richards and fitness classes with personal trainers from Active-X Clinic on Stafford Street.

**Jam and Home Baking Sale** Come and buy homemade baked goods, jam and honey from our small dedicated team of cooks. Come early so not to be disappointed. Café products and tasters available.

**Simon Callow Book Launch** An evening with acclaimed actor Simon Callow, reading from and discussing his forth coming memoir, 'My Life in Pieces: An Alternative Autobiography'. Fashioned from a lifetime of writing about theatre and film, Callow takes the reader behind the curtain and behind the camera to introduce us to the performers and performances that have shaped him as an actor and public persona.

**Acting for All with Justin Skelton** Want more confidence? Nervous about public speaking? Or perhaps you just love acting the fool! These are the classes for you-from total beginner to experienced professional, there is something for all. Classes are led by Justin Skelton, an actor and director with over 15 years professional experience.

**SGW Tea Dance** Shall we Dance? Re-live the glamour of the 20's and 30's age of the dance. Delicate pink cakes and pots of tea will be served, rounded off with champagne cocktails. Open to all ages and abilities.

**Be Beautiful Story Telling** Come and listen to some beautiful stories, told with music, props and puppets. Adventure and wonder await, but remember: all is not what it seems..... Best suited to 4-8 year olds.

**Bakery Classes** If I knew you were coming I'd have baked a cake....! Ever wanted to learn to bake a cake and improve your skills in the kitchen? All ingredients provided, tea served and (best of all!) you can take the cake home with you.

**Whisky Tasting** Explore whisky from all four regions of Scotland. Sample them and learn to love them. This workshop, led by Reel Time Events, is ideal for budding enthusiasts over the age of 18.

**Scots Music Bash** Join members and tutors from the Scots Music Group for an informal afternoon of foot-stompingly fabulous traditional music. You'll hear fiddles, pipes and a whole lot more packed into an afternoon full of music and fun.

**Italian Cookery Classes** Experience the art of authentic Italian Cooking with Angelo, a chef formally of Bellini restaurant.

**'The Herd of Standlan'** by John Buchan This short piece of theatre and storytelling is based on themes from the Herd of Standlan by John Buchan, 1899. A delightful one-man masterpiece for all the family, 8-80.

**A Concert of Baroque Music** Sink into the delightful world of baroque music with a glass wine.