

Grumpy Gaspers—Invergordon, St Josephs RC Church Hall , High Street , IV18 0ET



Please do not attend if anyone in your household is unwell with Covid-19 symptoms

Invergordon - 2nd Thursday of each month 2.00 - 3.30pm (November meet is their AGM)

JUL
11th

AUG
8th

SEP
12th

OCT
10th

NOV
14th

Email info@myself-management for more info or just turn up on the day

www.myself-management.org [@MySelfManage](https://www.instagram.com/MySelfManage)