INCHGARTH COMMUNITY CENTRE

Programme of activities

Visit our website [www.inchgarth.org](http://www.inchgarth.org) 01224 325191

***Follow us on social media***

[www.facebook.com/inchgarthcc](http://www.facebook.com/inchgarthcc) [www.facebook.com/peggysatinchgarth](http://www.facebook.com/peggysatinchgarth)

[www.facebook.com/musicinchgarth](http://www.facebook.com/musicinchgarth) [www.twitter.com/inchgarthcc](http://www.twitter.com/inchgarthcc)

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|  | **MONDAY** |  |
| **HOW TO BOOK** | **ACTIVITY** | **TIME** |
| Contact Ms society | Ms Society arts and crafts | 12.30-3pm |
| Call us to book | Indoor carpet bowls | 10am-12 noon |
| Call MS 07985989605 | Ms society fitness class | 10.30am-11.30am |
| Call us to book | Special needs art class | 10am-12pm |
| Drop in members only | Fitness gym | 10am-5pm |
| Call us to book | Sensory room for hire | 10am- 5pm |
| Drop in | Outdoor play park | 9am-10pm |
| Call us to book | Music room for use | 10am- 9pm |
| Call us to book | Ipad /laptop/ wifi access | All day |
| Drop in | Tennis courts free to use | 10am- 5pm |
| Drop in. Must be member | Pool & snooker drop in | 10am- 5pm |
| Drop in | Peggy’s café | 10am-5pm |
| Call us to book | Garthdee pensioners club | 1pm-3pm |
| Call us to book | Beginners Tablet class | 12.15pm -2.15pm |
| Drop in  LIMITED SPACES | Indoor carpet bowls  NEW Primary aged gaming console club | 12:45-1:45  4pm-5pm |
| Call to book a place | Kids tennis coaching p1-p4 | 3:45-4:30pm |
| Call to book a place | Kids tennis coaching p5-s2 | 4:30- 5:15pm |
| Drop in members only | Fitness gym | 6pm-10pm |
| Drop in | Friskis and svettis fitness | 6pm-7pm |
| Drop in | St Mary’s boxing club | 7pm-9pm |
| Call Sally 01224781230 | Dog training (puppies) | 7pm-8pm |
|  | Dog training (not puppies) | 8pm-9pm |
| taking new members now call to discuss | Phoenix club – special needs | 7pm – 9pm |
| Drop in | Denis law legacy trust streetsports | 6pm-7pm |
| Drop in | Councillor Townson surgery | 7pm-8pm |
| Drop in | Metafit with laura | 6-6:30pm |
| Drop in  Just turn up | Abs fitness with laura  NEW YOGA CLASS | 6:30-7pm  7PM |

  

Peggy’s Café at Inchgarth. A tremendous investment in our community

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|  | **Tuesday** |  |
| **How to book** | **ACTIVITY** | **Time** |
| Drop in | Peggy’s café | 10am-9pm |
| Drop in. Must be members | Pool & snooker drop in | 10am-5pm |
| Call create 01224313323 | Create-the big bang –music | 10.30am-12noon |
| Call pathways | Pathways job seekers support | 10am-12noon |
| Drop in members - call us | Fitness gym | 10am- 5pm |
| Drop in | Outdoor play park | 9am-10pm |
| Call Ms Society 07985989605 | Ms society fitness class | 10am-11am |
| Call create 01224313323 | Sensory room by create | 10am-3pm |
| Call to book | Music room for use | 10am-9pm |
| Drop in | Tennis court free to use | 10am-5pm |
| Call Future choices | Future choices social day | 11am-2pm |
| Call us to book | Art class various medium | 1:30-3:30pm |
| Call create 01224313323 | Create media group | 1pm-3pm |
| Call us to book | Card making class | 2pm-4pm |
| Call us to book | Beginners computer class | 3:30pm-5:30pm |
| Call Claire. 07910649502 | Illusion dance non-competitive ages 4+ | 4:30pm-6:00pm |
| Call Claire. 07910649502 | Illusion Hip-Hop | 6:00pm-6.30pm |
| Call Claire. 07910649502 | Illusion Dance pairs- competitors | 6.30pm-7pm |
| Call Claire. 07910649502 | Illusion Dance competitors | 7pm-9pm |
| Call Gemma. 07985266109 | Music therapy group for additional support needs | 6pm-7pm |
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| Drop in members only | Fitness gym | 6pm-9pm |
| Drop in | Women’s boxing sessions | 7pm-9pm |
| Drop in. 2nd Tuesday of month | Garthdee community council | 7pm-9pm monthly |
| Drop in | Ipad and wifi access free | 7pm-9pm |
| Private group | Kaim-court residents meeting | 7pm-9pm monthly |
| Private group | Horticultural group | 7-9pm monthly |
| Private group | Self help art class | 7pm-9pm |

**KIDS BIRTHDAY PARTY PACKAGES AT INCHGARTH**



**For just £90 you get this excellent hall and large castle.**

Saturday 2.15-4.15pm Sunday 10.15am-12.15pm 1pm-3pm 3.45pm-5.45pm

**In order to enquire and book a party please call us on 01224 325191 to arrange an appointment**

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|  | **Wednesday** |  |
| **How to book** | **ACTIVITY** | **Time** |
| Drop in | Peggy’s café | 10am-5pm |
| Drop in | Pool and snooker drop in | 10am-5pm |
| Call create 01224313323 | Create “oot & aboot” buddies club | 10am-12pm |
| Call us to book | Digital photography experienced | 10am-12pm |
| Drop in | Outdoor play park | 9am-10pm |
| Call create 01224313323 | Sensory room by create | 10am-5pm |
| Drop in | Ipad/ laptop/ wifi access | 10am-5pm |
| Call Ms Society 07985989605 | Ms society art group | 12pm-3pm |
| Call Ms Society 07985989605 | Ms society social club | 12:30pm-3:30pm |
| Call us to book | Indoor carpet bowls | 9:30pm-11:30pm |
| Call us for induction | Fitness gym | 10am-5pm |
| Drop in | Tennis courts free to use | 10am-5pm |
| Call 0131 442 8840 | ABC language therapy down syndrome | 10am-4:30pm |
| Call us to book | A chance to dance for the disabled | 1pm-3pm |
| Drop in | Food bank by TLC | 1pm- 4pm |
| Call us to book | Art class- various medium all levels | 2pm-4pm |
| Call us to book  Facebook kickabout to enquire | Children’s art class  Pre school aged football 3-5 yrs | 4pm-5pm  3.45pm-4.45pm |
| Drop in | Friskis & svettis fitness | 6pm-7pm |
| Drop in | St Mary’s boxing club | 7pm-8 30pm |
| Call Laura on 07739181345  Drop in | Boxercise / Abs alternate weeks  Dennis law legacy trust street tennis | 6.15pm-7.15pm  7pm-8pm |
| Call 07532186155 | Brain injury Grampian social group | 7:30-10pm |
| Call Claire. 07910649502 | Illusion Dance Private lessons |  |
| Call us for induction | Fitness gym | 6pm-10pm |
| Drop in | Councillor Yuill’s surgery | 7:15-8pm monthly |
| Call Paul on 01224694631 | Silver city ring craft show dogs | 7pm-9.30pm |
| Call 07703218382 | Granite city brass band | 7:30-10pm |
| Call to book | Music room to let | 10am-9pm |
| Drop in | Ipad and wifi access free | 7-10pm |
| Drop in | Inchgarth & streetsports football project At Ski centre pitches | 8:30pm-10pm |
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| Call for details | Aberdeen reading group | 7pm-9pm monthly 2nd wed month |

Free tennis courts 7 days a week Inchgarth playpark 7 days a week

 

 

**HIRE OUR EXCELLENT MEETING SPACES AND INVEST IN OUR VITAL WORK**

**2017 EVENTS**

* Inchgarth Queens Award for Voluntary Service the MBE celebration night. Friday 29th Sept. Ticket only.
* Create Disco for additional support needs. 15th December 7pm
* Boogie Buddies xmas disco. 3rd December.
* Inchgarth big xmas party and community open day 17th December 12 noon to 3pm FREE
* Horse racing night- fundraiser for Inchgarth March 9th 2018

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|  | Thursday |  |
| How to book | ACTIVITY | Time |
| Drop in | Peggy’s café | 10am-5pm |
| Call create 01224313323 | Sensory room hire | 10am-3pm |
| Drop in and call for induction | Fitness gym | 10am-9:30pm |
| Drop in | Pool and snooker drop in | 10am-5pm |
| Call create 01224313323 | Create rock & pop experience |  |
| Drop in | Tennis courts free to use | 10am-5pm |
| Drop in | Out-door play park | 9am-10pm |
| Drop in | Bingo | 11am (be there 10:45) |
| Drop in | Parents and toddlers group free | 9:30am-11am |
| Drop in | The fish van | 10:30am-11am |
| Call us to book | Breast feeding social group | 9:30am-11:30am |
| Drop in | Ipad/ laptop/ wifi access | 10am-9pm |
| Call 01224632846 | Dog training under 6 months | 2pm-3pm |
| Call 01224632846 | Dog training over 6 months | 3pm-4pm |
| Call create 01224313323 | Create rock choir | 1pm-3pm |
|  | Alzheimer’s Scotland | 2pm-4pm |
| Private lessons | Illusion dance school |  |
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| Alison Grimmer | ZUMBA by Alison | 6pm-7pm |
|  | Dezibels samba drumming | 7:30pm-9:30pm |
| Call to book | Music room | 7pm-9pm |
|  | k-9 dog training | 7pm-8pm |
|  | Dog training | 8pm-9pm |
| Drop in | Meditation class FREE | 7pm-8pm |

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|  | Friday |  |
| How to book | ACTIVITY | **Time** |
| Drop in | Peggy’s café | 10am-5pm |
| Drop in | Metafit with Laura | 10am-10:30am |
| Drop in | Abs with Laura | 10:30am-11am |
| Call create 01224313323 | Create daycare services | 10am-12pm |
| Drop in | Pool and snooker drop in | 10am-5pm |
| Drop in members only | Fitness gym | 10am-5pm |
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|  |  |  |
| Drop in | Out door play park | 9am-10pm |
| Drop in | Tennis courts free to use | 10am-5pm |
| Drop in | Feel good Friday’s- social club | 1-3pm |
| Call us to book | Ipad/ laptop/ wifi access | 10am-6pm |
| Call us to book | Sensory room to hire | 10am-5pm |
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| Call 07532186155 | Brain injury Grampian lunch club | 12pm-3pm |
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| Call Gordon 07827445514 | Ultimate judo ages 4-7 | 3:45-4:30pm |
| Call Gordon 07827445514 | Ultimate judo ages 7-9 | 4:30pm-5:15pm |
| Call Gordon 07827445514 | Ultimate judo ages 10+ | 5:15pm- 6pm |

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|  | Saturday |  |
| How to book | Activity | Time |
| Call Claire. 07910649502 | Illusion dance ages 3 and under | 9am-9.30am |
| Call Claire. 07910649502 | Illusion dance Stretch and Acro | 9.30am-10.45am |
| Call Claire. 07910649502 | Illusion dance Slow dance competitors | 10.45am-12 |
| Call Claire. 07910649502 | Dance school. Freestyle competitors | 12.30pm-1.30pm |
| Drop in members only | Fitness gym | 9am-1:30pm |
| Call to book | Music room | 10am-2:15pm |
| Drop in | Peggy’s café (hot drinks and snacks only) | 9am- 1pm |
| Call to arrange | Children’s party | 2:15-4:15 |
| Drop in | Tennis courts | 10am – 5pm |
| Call to arrange | Hall available for events | Varied |
| Call to book | Sensory room hire | 10am-2pm |
|  | Fun factory kids club monthly | 1pm-3pm |
| Drop in | Outdoor play park | 9am-10pm |
| Drop in | Ipad and wifi access free | 9am to 1pm |

 

Call us to book an induction at our gym Hire our excellent music room- call for info

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|  | Sunday |  |
| How to book | ACTIVITY | Time |
| Call 01224733625 | Christadelphian church | 10am-1pm |
| Drop in members only | Fitness gym | 10am-10pm |
| Drop in | Tennis courts | 10am-5pm |
| Drop in | Out-door play park | 9am-10pm |
| Call to book | Music room to let | 1pm-10pm |
| Call to arrange | Children’s birthday parties | 10:15am – 12:15 |
| Call to arrange | Children’s birthday parties | 1pm – 3pm |
| Call to arrange | Children’s birthday parties | 3:45-5:45pm |
| Call to arrange | Hall for lets for training, events, meetings | 1pm-6pm |
| Drop in | Peggy’s café (hot drinks & snacks only) | 10am-9pm |
| Call 01224733625 | Christadelphian church | 4pm-5:30pm |
| Call 07703218382 | Granite city brass band community band | 6pm-7.30pm |
| Call 07703218382 | Granite city brass band | 7.30pm-10pm |
| Drop in | Ipad and wifi access free | 10am to 10pm |
| Call us for details | German Shepard dog training | 6:30pm- 8:30pm |



Inchgarth relies on the goodwill of volunteers to run the centre, programme and the many services which we offer.

We have many volunteering opportunities available that would make a lasting difference to the lives of others. Many take as little as 1 hour per week but have a huge impact on the lives of others.

Volunteering makes a huge difference to our community but also for the person kind enough to give up their time. Speak to a member of staff to learn more and see how you too could make that difference.

Peggy’s café worker, future choices social club helper, Phoenix club social club helper

Handy person, something to tidy gym and playpark, someone to sweep tennis courts,

Foodbank supporter, marketing worker, preschool organiser, befriender, music tutor, sports coaching

Painter, website designer, pensioners club helper, Ms society club befriender,

Brain injury social club helper, cleaner, maintenance helper, general organiser and so much more…..