



# PROGRAMME

Inchgarth community centre is Aberdeen's largest, busiest, most successful, and best equipped centre that delivers 170 sessions of activity for all ages. A Queen's award recipient, which is an MBE for Inchgarth, and the highest award any organisation can receive in the UK.



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**WWW.INCHGARTH.ORG**

Inchgarth Community Centre  
Aboyne Place Garthdee. 01224 479061  
Email [inchgarthcc1@btinternet.com](mailto:inchgarthcc1@btinternet.com) [www.inchgarth.org](http://www.inchgarth.org)

**MONDAY**

ACTIVITY	TIME	HOW TO BOOK
<b>FREE COFFEE MORNING</b>	10.30am-12	FREE...JUST TURN UP
Games room & pool & snooker	10am-5pm	Email <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a> to join
Fitness Gym	9.30am-9.30pm	Call 01224 479061 or email <a href="mailto:inchgarthcc3@yahoo.com">inchgarthcc3@yahoo.com</a>
Free singing lessons	3-5.15pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a> or 01224 479061
Music room for hire	10am-9.30pm	Call 01224 479061 <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Outdoor Play Park	All Day	Drop In
<b>NEW FREE SING-ALONG CLUB &amp; entertainment</b>	11.30am-12.30pm	01224 479061 <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Indoor carpet bowls	9.30am - 11:30am	Call 01224 479061 to book
Peggy's Cafe Visit <a href="http://www.inchgarth.org">www.inchgarth.org</a> for the menu	10.30am – 2.45pm	Full menu, indoor seating & take-away
	2.45pm- 9pm	Hot drinks, tray bakes, sweets, soft drinks
Garthdee Pensioners Club	1pm - 3pm	Call 01224 479061 <a href="mailto:inchgarthcc4@gmail.com">inchgarthcc4@gmail.com</a>
<b>PEEP Early years 0-12 months</b>	1.30pm-2.30pm	<a href="mailto:peep@aberdeencity.gov.uk">peep@aberdeencity.gov.uk</a>
Abilities united	1pm-3pm	7473468865 <a href="mailto:info@abilitiesunited.co.uk">info@abilitiesunited.co.uk</a>
English language class	6-7pm	01224 479061 <a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
Gaming club for children	5pm-6pm	Call 01224 479061 <a href="mailto:inchgarthcc5@gmail.com">inchgarthcc5@gmail.com</a>
Kids knitting group	5pm-6pm	Call 01224 479061 to book
Friskis and Svettis	6pm - 7pm	<a href="mailto:aberdeen@friskisvettis.co.uk">aberdeen@friskisvettis.co.uk</a>
Stitch 'n' Bitch sewing, knitting, crochet+ group	6pm - 8pm	Call 01224 479061 to enquire <a href="mailto:inchgarthcc2@btinternet.com">inchgarthcc2@btinternet.com</a>
ALPHA COURSE JAN 2026 At Inchgarth with Mannofield church	7-9PM	Give note of interest to <a href="mailto:inchgarthcc3@yahoo.com">inchgarthcc3@yahoo.com</a>
Kenshinkan Shotokan Karate-do Scotland	6.30-8pm	<a href="mailto:kenshinkan83@gmail.com">kenshinkan83@gmail.com</a> 07456955617
Phoenix Club for adults with additional support needs.	7pm - 9pm	Call 01224 479061 to book <a href="mailto:inchgarthcc5@gmail.com">inchgarthcc5@gmail.com</a>
Zumba with Create for ASN	6.30-7.30pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Kickboxing for adults	7.45-8.45pm	<a href="mailto:kian201213@googlemail.com">kian201213@googlemail.com</a>
Saxophone lessons	7PM-8.30PM	call us on 01224 479061 <a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>

**TUESDAY**

ACTIVITY	TIME	HOW TO BOOK
Fitness Gym	9.30am-9.30pm	Call 01224 479061 or email <a href="mailto:inchgarthcc3@yahoo.com">inchgarthcc3@yahoo.com</a>
Games room & pool & snooker	10am-5pm	Email <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a> to join
<b>MooMusic for 0-4 yrs</b>	10am-11am	Email <a href="mailto:inchgarthcc4@gmail.com">inchgarthcc4@gmail.com</a> to join or call 01224 479061
<b>MooMusic 2 for 0-4 yrs</b>	11AM-12 noon	Email <a href="mailto:inchgarthcc4@gmail.com">inchgarthcc4@gmail.com</a> to join or call 01224 479061
Zumba Gold by Alison	9.30-10.30am	07786561934
Music room for hire	10-1.30pm & 7-9pm	Call us on 01224 479061 <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Bucket Drumming Create ASN	10am-12pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Kaimcourt Garden group	10am-12 noon	
Outdoor Play Park	All Day	Drop In
<b>Munelle Performing Arts School. (Singing, dancing and acting classes)</b>	Ages 3-6 4-5.30pm	<a href="mailto:support@munelle.com">support@munelle.com</a> 02089453113
<b>Munelle performing Arts School. (Singing, dancing and acting classes)</b>	Ages 7-16 5.30-7pm	<a href="mailto:support@munelle.com">support@munelle.com</a> 02089453113
Future Choices	11am-1.30pm	0800 5668728
Chair based exercise 55+	2.15pm-3pm	<a href="mailto:Inchgarthcc4@gmail.com">Inchgarthcc4@gmail.com</a> 01224 479061
Peggy's Cafe Visit <a href="http://www.inchgarth.org">www.inchgarth.org</a> for the menu	10.30am – 2.45pm	Full menu, indoor seating & take-away
	2.45pm - 9pm	Hot drinks, tray bakes, sweets, soft drinks
Love and Light healing therapies	1pm-3pm	Call Sandie on 07877048968
Sensory Drama Create Aberdeen	1-3pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Violin lessons with Yendy	1.30pm onwards	<a href="mailto:yendydeabreu@gmail.com">yendydeabreu@gmail.com</a>
	4pm-5pm	<a href="mailto:Volunteerinchgarth@gmail.com">Volunteerinchgarth@gmail.com</a>
Free beginners computer class	5pm-6pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a> 01224 479061
Garthdee community council meetings. Open to public	7-9pm 2nd Tues of month	<a href="mailto:garthdeecc@gmail.com">garthdeecc@gmail.com</a>
Aberdeen FlyDressers Club	7-9pm	<a href="mailto:buchan.chesney@btinternet.com">buchan.chesney@btinternet.com</a>
Aberdeen Aikido Club for adults and youths 12+	6.30-8.30pm	<a href="mailto:admin@aberdeenaikido.co.uk">admin@aberdeenaikido.co.uk</a>
NEW Men's social group	6.30pm-8.30pm	<a href="mailto:Inchgarthcc5@gmail.com">Inchgarthcc5@gmail.com</a>
Free Coothie crafts	7-9pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
Cllr Ian Yuill Surgery 2nd Tuesday	6.45pm	Drop In
Piano lessons with Jess	3.30pm-8pm	<a href="mailto:jesshaypiano@gmail.com">jesshaypiano@gmail.com</a>

**WEDNESDAY**

ACTIVITY	TIME	HOW TO BOOK
Fitness Gym	9.30am-9.30pm	Call 01224 479061 <a href="mailto:inchgarthcc3@yahoo.com">inchgarthcc3@yahoo.com</a>
Music room for hire	10-1.30pm & 8-9pm	01224 479061 <a href="mailto:inchgarthcc2@btinternet.com">inchgarthcc2@btinternet.com</a>
Outdoor Play Park	All Day	Drop In
Sew n Sews	9.30-12.30pm	
Pathways employment support	10am onwards	<a href="mailto:davidcook@pathways-online.org">davidcook@pathways-online.org</a>
Makaton sing and Sign with Create Aberdeen	10am-12pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Indoor carpet bowls	9.30am – 11 :30am	Call 01224 479061 to book
Chaters Fresh Fish Van	11.10am-11.30am	Drop In
Mobile phone/ tablet class	11am-12 noon	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a> 01224 479061
C-fine Food Pantry	10am-10.30am	Fortnightly 01224 596156 <a href="mailto:pantry@cfine.org">pantry@cfine.org</a>
CHATTY CAFÉ for childminders	1 <sup>st</sup> Wed of month 9.30am	<a href="mailto:loraine.duncan@childminding.org">loraine.duncan@childminding.org</a>
Peggy's Cafe	10.30am – 2.45pm	Full menu, indoor seating & take-away
	2.45pm - 9pm	Hot drinks, tray bakes, sweets, soft drinks
A chance to Dance with Create Adults with ASN	1pm-3pm	Call 01224 479061 to enquire
<b>Inchgarth community choir</b>	1pm-2pm	07880706337 <a href="mailto:fionaclenshaw@hotmail.co.uk">fionaclenshaw@hotmail.co.uk</a>
<b>NEW</b> Adult art class	1.30pm - 3.30pm	01224479061 <a href="mailto:inchgarthcc2@btinternet.com">inchgarthcc2@btinternet.com</a>
Pool & snooker & Games room	1pm-5pm	Email <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Children's Athletics with Aberdeen Amateur Athletic Club	3.30pm - 4.30pm	<a href="mailto:pathways@aberdeenaac.co.uk">pathways@aberdeenaac.co.uk</a>
Children's Drawing class p3-p7	4-5pm	<a href="mailto:Inchgarthcc2@btinternet.com">Inchgarthcc2@btinternet.com</a>
<b>New singing lessons with Olga</b>	4.15pm-6.15pm	<a href="mailto:olgaprokopenko14031985@gmail.com">olgaprokopenko14031985@gmail.com</a>
<b>Free adult art class</b>	6-8pm	<a href="mailto:Inchgarthcc2@btinternet.com">Inchgarthcc2@btinternet.com</a> 01224 479061
<b>Creative Writing class- FREE</b>	5-7PM	01224 479 061 <a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
<b>Danspirations Kids Ballet p4-s1</b>	4.15pm	<a href="mailto:Clairespence87@hotmail.co.uk">Clairespence87@hotmail.co.uk</a>
<b>Danspirations Tap class P4-S1</b>	5pm	<a href="mailto:Clairespence87@hotmail.co.uk">Clairespence87@hotmail.co.uk</a>
<b>Danspirations Modern Jazz P4-S1</b>	5.45pm	<a href="mailto:Clairespence87@hotmail.co.uk">Clairespence87@hotmail.co.uk</a>
<b>Danspirations Adult Tap</b>	6.30pm	<a href="mailto:Clairespence87@hotmail.co.uk">Clairespence87@hotmail.co.uk</a>
<b>Danspirations Fitsteps Adults</b>	7.30pm	<a href="mailto:Clairespence87@hotmail.co.uk">Clairespence87@hotmail.co.uk</a>
Piano lessons with Jess	3pm-8pm	<a href="mailto:jesshaypiano@gmail.com">jesshaypiano@gmail.com</a>
Friskis and Svettis	6pm - 7pm	<a href="mailto:aberdeen@friskissvettis.co.uk">aberdeen@friskissvettis.co.uk</a>
Silver City ring-craft dog group	7pm - 9pm	01224 694631 or <a href="mailto:scotspaul@aol.com">scotspaul@aol.com</a>
CLLR Derek Davidson Surgery	6-7pm	Drop in
Kenshinkan Shotokan Karate	6.30-8pm	<a href="mailto:kenshinkan83@gmail.com">kenshinkan83@gmail.com</a> 07456955617
Kids guitar group lessons 7+	6.15-7pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
Free Guitar class for children 7+	7pm -7.45pm	call us to book 01224 479061 <a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
Guitar lessons for adults	7.45-8.30pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>

**THURSDAY**

ACTIVITY	TIME	HOW TO BOOK
Fitness Gym	9.30am-9.30pm	01224 479061 <a href="mailto:inchgarthcc3@yahoo.com">inchgarthcc3@yahoo.com</a>
Games room & pool & snooker	10am -12.30 pm 3-5pm	Email <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a> to join
Music room for hire	10-1.30pm & 7-9pm	Call us on 01224 479061
Outdoor Play Park	All Day	Drop In
Toddlers Group	9.30am - 10.50am	<a href="mailto:Inchgarthcc4@gmail.com">Inchgarthcc4@gmail.com</a>
BINGO	11am - 12noon	<a href="mailto:Inchgarthcc4@gmail.com">Inchgarthcc4@gmail.com</a>
Musical Mayhem by CREATE ABERDEEN	10am - 3pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Gentle Chair-based Exercise	10am - 10.45am	<a href="mailto:Inchgarthcc4@gmail.com">Inchgarthcc4@gmail.com</a>
Guitar classes. For adults with additional support needs	11.30am-12.30pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Council housing officers surgery Drop in	10am-2pm	Drop
FREE beginners computer class	11.30am-12.30pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a> 01224 479061
FREE counselling service 1-1	10am-2pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a> 01224 479061
PHOENIX CLUB 2 For adults with ASN	1pm -3pm	<a href="mailto:Inchgarthcc5@gmail.com">Inchgarthcc5@gmail.com</a>
<b>NEW MENS SOCIAL CLUB</b>	1-3PM	01224 479061 <a href="mailto:inchgarthcc5@gmail.com">inchgarthcc5@gmail.com</a>
Inclusive Zumba class.	12.15pm-1pm	<a href="mailto:Inchgarthcc4@gmail.com">Inchgarthcc4@gmail.com</a>
Peggy's Cafe	10am – 9pm	<b>Hot meals 10.15am -2.45pm, coffee to 9pm</b>
Learn to use your Mobile class	2.30pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a> <b>01224 479 061</b>
Piano lessons with Jess	4pm-8pm	<a href="mailto:jesshaypiano@gmail.com">jesshaypiano@gmail.com</a>
NEW Healthy Heart Exercise class. (Using gym and a class)	3.15pm-4.15pm	<a href="mailto:info@gcra.org.uk">info@gcra.org.uk</a>
Hammer-Deen Gaming club	5.30-9.30pm	<a href="mailto:hammerdeen.gaming@gmail.com">hammerdeen.gaming@gmail.com</a>
Kids cheerleading and pompom	5-6pm	<a href="mailto:emmawebster21@hotmail.co.uk">emmawebster21@hotmail.co.uk</a> 07511810504
Free Yoga with Brad	6pm-7pm	<a href="mailto:Inchgarthcc4@gmail.com">Inchgarthcc4@gmail.com</a>
Dezibel Samba drumming	7.30pm - 9.30pm	Call Bev on 07759 507780
Bipolar Aberdeen last of month	7-9pm	<a href="mailto:info@bipolaraberdeen.org.uk">info@bipolaraberdeen.org.uk</a>
Rhythm Nation dance 4-7 yrs Rhythm Nation dance 8+ Rhythm nation senior street	6-6.45pm 7-8pm 8-9pm	4-7 years Ages 8 -teens Book at <a href="mailto:info@rhythmnationdance.co.uk">info@rhythmnationdance.co.uk</a>

**FRIDAY**

ACTIVITY	TIME	HOW TO BOOK
Games room & pool & snooker	10am-3pm 7-9pm	<a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Indoor carpet bowls	10am-12pm	<a href="mailto:Inchgarthcc4@gmail.com">Inchgarthcc4@gmail.com</a>
Beginners French	11am-12	01224479061 <a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
Easy Moves & Grooves by Create Aberdeen	10am-12pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Fitness Gym	10am-9pm	Call 01224 479061 <a href="mailto:inchgarthcc@yahoo.com">inchgarthcc@yahoo.com</a>
Music room for hire	10-1.30pm & 7-9pm	Call us on 01224 479061 <a href="mailto:inchgarthcc2@btinternet.com">inchgarthcc2@btinternet.com</a>
Outdoor Play Park	All Day	Drop In
Brain Injury Grampian	12-3pm	<a href="mailto:info.biggroup@gmail.com">info.biggroup@gmail.com</a>
Peggy's Cafe	10am – 9pm	<b>Hot meals 10.15am -2.45pm, coffee to 9pm</b>
Create Rock Band	1-3pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Create Feelgood Fridays	1pm -3pm	<a href="mailto:alex@createaberdeen.org">alex@createaberdeen.org</a>
Saxophone lessons 10+ to adults	3.30-5.15pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
Kids Friday club for p1-p7 <b>Garthdee children only</b>	4pm-5pm	email to enquire <a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
Ballroom dancing classes BEGINNERS PLUS	6.30-7.35pm	<a href="mailto:ballroombarney@gmail.com">ballroombarney@gmail.com</a> Tel: 07342789965
Knitting group YARN & DANGEROUS	6-8pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a>
Piano lessons with Jess	4pm-8pm	<a href="mailto:jesshaypiano@gmail.com">jesshaypiano@gmail.com</a>
Aberdeen Aikido Club for adults and youths 12+	6.30-8.30pm	<a href="mailto:admin@aberdeenaikido.co.uk">admin@aberdeenaikido.co.uk</a>
Silent book club New, free to members	7-9pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a> 01224 479061
Kids drawing class 7-12 ages	6-7pm	01224 479061 <a href="mailto:inchgarthcc2@btinternet.com">inchgarthcc2@btinternet.com</a>

**DO YOU HAVE A SKILL, TIME, HOBBY YOU'D LOVE TO SHARE?  
THEN WE'D LOVE TO HEAR FROM YOU**

**CONTACT OUR VOLUNTEER COORDINATOR JULES AT [VOLUNTEERINCHGARTH@GMAIL.COM](mailto:VOLUNTEERINCHGARTH@GMAIL.COM)**

**SATURDAY**

ACTIVITY	TIME	HOW TO BOOK
Danspirations Ballet pre-school	9.30am	<a href="mailto:Clairepence87@hotmail.co.uk">Clairepence87@hotmail.co.uk</a>
Danspirations Tap pre-school	10am	
Danspirations Ballet p1-p3	10.30am	
Danspirations Tap P1-p3	11.15am	
Danspirations Modern Jazz P1-p3	12pm	
Danspirations private lessons	1.30pm onwards	
Zumba with Alison	9.30am-10.15am	Pay as you go.
<b>Kids Birthday party hire</b>	<b>11.30-1.30pm</b>	<b>Call us on 01224 479061</b>
Children's arts and crafts ages 4-9 years	10.30am-11.15am	<a href="mailto:Inchgarthcc2@btinternet.com">Inchgarthcc2@btinternet.com</a>
Piano lessons with Jess	9.30am-2.30pm	jesshaypiano@gmail.com
Fitness Gym	9am-4pm	Call 01224 479061 or email <a href="mailto:inchgarthcc3@yahoo.com">inchgarthcc3@yahoo.com</a>
Romanian language class for children	11am-11.45am	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a> 01224 479061
Music room for hire	9am-11, 2.30-4pm	Call us on 01224 479061 <a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Outdoor Play Park	All Day	Drop In
Capoeira For youths and adults	10am-11.30am	Call 07563 002500
Games room & pool & snooker	9am-11.30pm 12.30-5pm	<a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Peggy's Cafe	9am – 2pm	Coffee, cake, ice creams, sweets, soft drinks. No meals.
<b>Kids Birthday party hire</b>	<b>2.30pm-4.30pm</b>	<b>Call us on 01224 479061</b>
Kids guitar lessons 1-1 age 10+	Half hour slots from 2pm-4pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a> 01224 479061
Children's STEM club ages 10+	3pm-4pm	<a href="mailto:volunteerinchgarth@gmail.com">volunteerinchgarth@gmail.com</a> 01224 479061



**MUSIC ROOM**

Our fantastic music room is available for hire, tuition, and personal practice. Email [inchgarthcc1@btinternet.com](mailto:inchgarthcc1@btinternet.com) for all enquiries.

**SUNDAY**

ACTIVITY	TIME	HOW TO BOOK
Games room & pool & snooker	10am-2pm,3-9 pm	<a href="mailto:inchgarthcc1@btinternet.com">inchgarthcc1@btinternet.com</a>
Lego Brick club with Emma Ages 6-11	11am-1.30pm	<a href="mailto:brickclubwithemma@outlook.com">brickclubwithemma@outlook.com</a>
Christ apostolic church house of prayer	10.30-1.30pm	
Celebration church international	10AM-2PM	
Piano lessons with Jess	10.30am-7pm	jesshaypiano@gmail.com
<b>Children's Birthday parties.</b>	10.30-12.30pm	CALL US ON 01224 479061
<b>Children's Birthday parties.</b>	1.30-3.30pm	CALL US ON 01224 479061
<b>CHILDREN'S BIRTHDAY PARTIES</b>	4.30PM-6.30PM	CALL US ON 01224 479061
Fitness Gym	10am-9.30pm	01224 479061 <a href="mailto:inchgarthcc3@yahoo.com">inchgarthcc3@yahoo.com</a>
Violin lessons with Yendy	11.30am-1pm	<a href="mailto:yendydeabreu@gmail.com">yendydeabreu@gmail.com</a>
Music room for hire	10am-10pm	Call us on 01224 479061
Peggy's cafe	10.30am-8pm	Coffee, cake, ice creams, sweets, soft drinks. No meals.
Table tennis private group	3pm-5pm	
Outdoor Play Park	All Day	Drop In
<b>CHILDREN'S BIRTHDAY PARTIES</b>	4.30PM-6.30PM	CALL US ON 01224 479061
The Reconciliation Ministry of Christ Church (RMCC)	5pm-7pm	
Dejo ar Mani Latvian dance	530-8pm	Private group
New singing lessons with Olga	2pm-5pm	<a href="mailto:olgaprokopenko14031985@gmail.com">olgaprokopenko14031985@gmail.com</a>

**BINGO**

Get ready to shout "House!" as we invite you to our Bingo session every Thursday! Whether you're a seasoned pro or a first-timer, everyone is welcome to join in on the fun. Only £1 for Inchgarth members. (Membership £10 for 2025)

**THURSDAYS**    **11AM - 12NOON**    **£1 ENTRY**

[www.inchgarth.org](http://www.inchgarth.org)  
 Email [inchgarthcc4@gmail.com](mailto:inchgarthcc4@gmail.com)  
 or phone 01224 479061

**Inchgarth community centre**

**ZUMBA GOLD**  
 With Alison for ages 50+

JUST POP ALONG  
 TUESDAY'S 9.35AM £5.00

**JOIN NOW!**

JESS HAY PIANO

**PIANO LESSONS**

FOR AGES 6-16

INCHGARTH COMMUNITY CENTRE, ABERDEEN

SEARCH 'JESS HAY PIANO' ON FACEBOOK  
 OR EMAIL [JESSHAYPIANO@GMAIL.COM](mailto:jesshaypiano@gmail.com)

# PEGGY'S CAFE

Inchgarth's Peggy's café is the ideal space to enjoy a freshly cooked breakfast, tasty lunch menu, coffee and cake, sweets, crisps, soft drinks, and to catch up with friends in our comfy booth seating. With great prices, a wide range of meals, and the knowledge that your support allows us to make a significant difference in the community, it's the perfect place to eat.



## OPENING TIMES

Monday to Friday 10.15am-2.45pm for the full menu.  
2.45pm-9pm for snacks, coffee, tea's, sweets, cakes, soft drinks, ice cream.

Saturday 9.15am-4pm  
snacks, coffee, tea's, sweets, cakes, soft drinks, ice cream.

Sunday 10.15am-8pm  
snacks, coffee, tea's, sweets, cakes, soft drinks, ice cream.



# POOL, SNOOKER & GAMES ROOM

For members, just £1 a visit and no other cost.

Our members can enjoy pool, snooker, Air-hockey, pong, Pacman, table football, strike a light, arcade machine with thousands of games. 7 days a week for just £1 per visit.

Contact us to join and to gain the opening times of the games room.

**MEMBERSHIP COSTS £10**



**A WONDERFUL SOCIAL SPACE OPEN 7 DAYS A WEEK.  
CALL US NOW ON 01224 479061 TO JOIN**



# BIRTHDAY PARTIES

## INCHGARTH COMMUNITY CENTRE

Saturday: 11.30am-1.30pm

Saturday: 2.30pm-4.30pm

Sunday: 10.30am-12.30pm

Sunday: 1.30pm-3.30pm

Sunday: 4.30pm-6.30pm

**CALL  
NOW**

**01224 479061**

[WWW.INCHGARTH.ORG](http://WWW.INCHGARTH.ORG)

**FULL PACKAGE £245  
(SAVING £35.00)**

**HALL ONLY**

**£100.00**

**HALL & CASTLE**

**£140.00**

**BUBBLE & DIDI CARS**

**+£35.00**

**SOFT PLAY**

**+ £35.00**

**BIG LEGO**

**+£35.00**

**LIFE SIZED GAMES**

**+35.00**

**Big Jenga**

**Big connect 4 x2**

**Giant Tetris**

**PLEASE CALL US TO CHECK AVAILABILITY**



**Only £50  
for 2026**

## Inchgarth fitness gym

Our gym is the ideal, low cost, quiet and informal place to get fit with access to quality equipment. There's no monthly fees, no extras, just £50.00 for 2026. Call us now on 01224 479061 to get started Or view the photos at [www.inchgarth.org](http://www.inchgarth.org)



## CHAIR BASED ZUMBA

**TUESDAY 2.15PM-3PM  
THURSDAY 10AM-10.45AM**

*Make new friends  
while having fun  
getting healthy*

**MEMBERSHIP REQUIRED (£10)  
£24.00 FOR 6 WEEK BLOCKS**

CALL US NOW TO BOOK ON  
01224 479061  
OR EMAIL  
[INCHGARTHCC4@GMAIL.COM](mailto:INCHGARTHCC4@GMAIL.COM)

INCHGARTH COMMUNITY CENTRE, ABOYNE PLACE, ABERDEEN AB10 7DR  
[WWW.INCHGARTH.ORG](http://WWW.INCHGARTH.ORG)



**M 9.30AM-9PM  
T 9.30AM-9PM  
W 9.30AM-9PM  
T 9.30AM-9PM  
F 10AM-9PM\*  
S 9AM-5PM\*  
S 10AM-7.30PM\*  
\*MAY VARY AT WEEKENDS**



## Inclusive Zumba

**Thursdays  
12.15 - 1pm**

**£24 for 6 week  
blocks**

Seated, standing, low impact  
full impact, all inclusive class

**Membership required (£10 per year)**

Call 01224 479061 or email [inchgarthcc4@gmail.com](mailto:inchgarthcc4@gmail.com)



### CLUBS & CLASSES FOR ADULTS WITH ADDITIONAL SUPPORT NEEDS



#### Phoenix Club

Mondays & Thursdays  
A social club for adults with  
additional support needs



#### Create Aberdeen

Monday - Friday  
Arts and Performance  
Activities for Adults with  
Additional Support needs  
and disabilities



#### Inclusive Zumba

Thursdays  
An inclusive Zumba  
class designed for those  
with disabilities



#### Future Choices

Tuesdays  
A lunch and social club for adults with  
disabilities



Check out our ASN  
Guide to see our full  
programme of ASN &  
ASN inclusive clubs and  
classes

<https://www.inchgarth.co.uk> or call 01224 479061

**VISIT THE PROGRAMME AT [WWW.INCHGARTH.ORG](http://WWW.INCHGARTH.ORG) FOR A FULL LIST OF OUR EXCELLENT FITNESS CLASSES.**