INCHGARTH COMMUNITY CENTRE

Programme of activities

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

***Follow us on social media***

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|  | **MONDAY** |  |
| **HOW TO BOOK** | **ACTIVITY** | **TIME** |
| Call 01224 313323  Contact Ms society | Computer class for additional support needs  Ms Society arts and crafts | 10am-12pn  12.30-3pm |
| Call us to book | Indoor carpet bowls  NEW FREE YOGA CLASS | 10am-12 noon  10.30-11.30 |
| Call MS 07985989605 | Meta-fit by Laura  Ms society fitness class | 10.15am-10.45am  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 NEW IT SUITE | All day |
| Drop in | Tennis courts free to use | 10am- 5pm |
| Drop in. Must be member  Call us for more info. | Pool & snooker drop in  New community garden volunteer project | 10am- 6pm  10am-12 noon |
| Drop in | Peggy’s café | 10am-5pm |
| Call us to book | Garthdee pensioners club | 1pm-3pm |
| Call 07563002500 | NEW CHILDREN’S CAPOEIRA CLASS | 4pm-5pm |
| Drop in  CALL TO BOOK | Indoor carpet bowls  Tablet class. Free to members | 12:45-1:45  3.15-4.45pm |
| At Rgu Sir Ian Wood building. FREE to go.  Call 01224 325191 | **NEW INCHGARTH/ RGU MOVIE CLUB.**  **With Rgu movie monthly** (visit rgu movie monthly via facebook)  **NEW** stitch n Bitch knitting, sewing, needle work. | 5.30pm |
| 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 | Phoenix club – special needs | 7pm – 9pm |
| Drop in | Denis law legacy trust streetsports | 4.30-5.30pm |
| Drop in | Councillor Townson surgery | 7pm-8pm |
| Drop in | Metafit with laura | 6-6:30pm |
| Drop in  Call origin yoga to book | Abs fitness with laura  NEW YOGA CLASS | 6:30-7pm  7PM |



Inchgarth cc A QUEEN’S AWARD- MBE RECIPIENT

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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-9pm |
| Call create 01224313323 | Create-the big bang –music | 10.30am-12noon |
|  |  |  |
| Drop in members - call us | Fitness gym | 10am- 5pm |
| Drop in | Outdoor play park | 9am-10pm |
| Call Ms Society 07985989605  Call us to book 01224 325191. | Ms society fitness class  **NEW** community garden project. Get involved! | 10am-11am  11am onwards |
| 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 us on 01224 325191  Call create 01224313323 | **NEW BOCCIA for adults with disabilities**  Create media group | 1pm-3pm  1pm-3pm |
| Call us to book | Card making class | 2pm-4pm |
| Must be members. Drop in  CALL TO BOOK | Beginners computer class  Ipad /laptop/ wifi access NEW IT SUITE  NEW BAKING CLASS | 3-4pm  All day  3-5PM |
| Call Claire. 07910649502 | Illusion dance Fun non competitive class | 4:30pm-5.30pm |
| Call Claire. 07910649502 | Illusion dance Competitive class Acro, stretch, fast, slow | 5.30pm-8.30pm |
| Call Gemma. 07985266109 | Music therapy group for additional support needs | 6pm-7pm |
| call | Tourette’s Scotland meetings Monthly | 7.30-9.30pm |
| Facebook message them | BiPolar Aberdeen Art group | 6.30-8.30pm |
| Drop in members only | Fitness gym | 6pm-9pm |
| Drop in | BOXING | 6pm-9pm |
| Drop in. 2nd Tuesday of month | Garthdee community council | 7pm-9pm monthly |
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| Private group | Kaim-court residents meeting | 7pm-9pm monthly |
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| 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 11am-1pm 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  New Ms Yoga class | 10am-5pm  11am-12noon |
| 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 | 9:30am-11:30am |
| Call us for induction | Fitness gym | 10am-5pm |
| Drop in | Tennis courts free to use | 10am-5pm |
| Call 0131 442 8840  Call Pathways to book | ABC language therapy down syndrome  PATHWAYS employment support | 10am-4:30pm  10am-12 noon |
| 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- must join as member | English language class- FREE | 7-8pm |
| 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  6pm-7pm |
| Call 07532186155 | Brain injury Grampian social group | 7:30-10pm |
| Call Claire. 07910649502 | Illusion Dance Private lessons | 4pm-6.30pm |
| 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 |
|  | Baptist church | 6-8.15pm |
| P7 TO S4 | NEW SENIOR YOUTH CLUB | 7pm-9pm |

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

 

 

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

**2019 EVENTS… check the site for info**

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

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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 |
| Ask for details.  Drop in | Foster parent group  Pool and snooker drop in | Monthly 11-1pm  10am-9.30pm |
| 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 to book | FREE Beginners computer class | 1-2pm |
| Drop in | Ipad/ laptop/ wifi access | All day |
| 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 |
|  | BiPolar Aberdeen support group | Last week of month 7pm-9.30pm |
| Call Claire. 07910649502 | Illusion dance Mini movers 18months +  Private lessons | 4pm-4.30pm  4.30pm onwards |
| Call | Puppy training class | 6pm-7pm |
|  | Meta-fit by Laura | 6.15pm-6.45pm |
|  |  |  |
|  | Dezibels samba drumming | 7:30pm-9:30pm |
| Call to book | Music room | 7pm-9pm |
| JUST TURN UP P3-S1 AGES | BEGINNERS CHEERLEADING | 7.05-8.05PM |
|  | MENS WELLBEING GROUP | 7-8.30PM |
| 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 |
|  |  |  |
| Call to book | NEW CHAIR BASED gentle exercise | 10-11am |
| Drop in | Out door play park | 9am-10pm |
| Drop in | Tennis courts free to use | 10am-5pm |
| Drop in | Feel good Fridays- social club. | 1-3pm |
| Call us to book | Ipad/ laptop/ wifi access | 10am-6pm |
| Call us to book | Sensory room to hire | 10am-5pm |
|  |  |  |
| Call 07532186155 | Brain injury Grampian lunch club | 12pm-3pm |
| 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  Call Claire. 07910649502  FOR MEMBERS ONLY  **MUST** REGISTER 01224325191 | Ultimate judo ages 10+  Illusion dance school Private lessons  Illusion dance school  Competitive class. Stretch, acro, fast, slow  NEW FRIDAY YOUTH CLUB | 5:15pm- 6pm  6pm-7pm  7pm-10pm  5pm-7pm call for all info |

 

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  Drop in  Drop in | Music room to let  **Pool and snooker drop in. Free for members**  **Baptist church** | 1pm-10pm  10am-10pm  1.30-4.30pm |
| Call to arrange | **Children’s birthday parties** available to book | 10:15am – 12:15 |
| Call to arrange | **Children’s birthday parties** available to book | 1pm – 3pm |
| Call to arrange | **Children’s birthday parties** available to book | 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 |

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|  | Saturday |  |
| How to book | Activity | Time |
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|  | **Children’s parties** available to book | 11am-1pm |
| 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 parties** available to book | 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 |
|  |  |  |
| Drop in | Outdoor play park | 9am-10pm |
| Drop in | Ipad and wifi access free | 9am to 1pm |



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.

**SOME 40 VOLUNTEERING ROLES AT INCHGARTH**

**Contact Jules our volunteer coordinator at** [**volunteerinchgarth@gmail.com**](mailto:volunteerinchgarth@gmail.com)

   

**INCHGARTH CC A QUEEN’S AWARD-MBE RECIPIENT**