

# Programme of activities

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

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	<b>MONDAY</b>	
<b>HOW TO BOOK</b>	<b>ACTIVITY</b>	<b>TIME</b>
Contact Ms society	Ms Society arts and crafts	12.30-3pm
Call us to book	Indoor carpet bowls	10am-12 noon
	Drugs and alcohol partnership activities	10.15-12.15
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	Indoor carpet bowls	12:45-1:45
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 sveltis 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	6pm-7pm
Drop in	Councillor Townson surgery	7pm-8pm
Drop in	Metafit with laura	6-6:30pm
Drop in	Abs fitness with laura	6:30-7pm
Just turn up	NEW YOGA CLASS	7PM



**The Queen's Award  
for Voluntary Service**

*The MBE for volunteer groups*

Inchgarth cc a QUEEN'S AWARD- MBE RECIPIENT

<b>Tuesday</b>		
<b>How to book</b>	<b>ACTIVITY</b>	<b>Time</b>
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
call	Tourette's Scotland meetings Monthly	7.30-9.30pm
Drop in members only	Fitness gym	6pm-9pm
Drop in	Women's boxing sessions	7pm-9pm
Drop in. 2 <sup>nd</sup> 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**

<b>Wednesday</b>		
<b>How to book</b>	<b>ACTIVITY</b>	<b>Time</b>
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 Ns 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	9:30pm-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	Children's art class	4pm-5pm
Facebook kickabout to enquire	Pre school aged football 3-5 yrs	3.45pm-4.45pm
Drop in	Friskis & sveltis fitness	6pm-7pm
Drop in	St Mary's boxing club	7pm-8 30pm
Call Laura on 07739181345	Boxercise / Abs alternate weeks	6.15pm-7.15pm
Drop in	Dennis law legacy trust street tennis	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
Call for details	Aberdeen reading group	7pm-9pm monthly 2 <sup>nd</sup> wed month

**Free tennis courts 7 days a week**

**Inchgarth playpark 7 days a week**



<b>Thursday</b>		
<b>How to book</b>	<b>ACTIVITY</b>	<b>Time</b>
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
Private lessons	Illusion dance school	
Call	Puppy training class	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



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

## **2018 EVENTS...more added early 2018**

- Horse racing night- fundraiser for Inchgarth March 9<sup>th</sup> 2018
- Boogie Buddies themed parties. 25<sup>th</sup> March -2 shows 21<sup>st</sup> October -2 shows. 16<sup>th</sup> December 2-shows
- SPIRIT OF COMMUNITY AWARDS Friday 29<sup>th</sup> June 6.30pm. Not to be missed!!
- Aberdeen International Youth festival 27<sup>th</sup> July 2018

<b>Friday</b>		
<b>How to book</b>	<b>ACTIVITY</b>	<b>Time</b>
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
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
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	Ultimate judo ages 10+	5:15pm- 6pm
MUST REGISTER 01224325191	NEW FRIDAY YOUTH CLUB	5pm-7pm call for all info

<b>Saturday</b>		
<b>How to book</b>	<b>Activity</b>	<b>Time</b>
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
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

		<b>Sunday</b>		
<b>How to book</b>		<b>ACTIVITY</b>		<b>Time</b>
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 Call Licida 07906		Music room to let <b>NEW KIDS CRAFT CLASSES</b>		1pm-10pm 10.15-11 11-11.45
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

# WE VOLUNTEERS

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.....



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