

Programme of activities

Visit our website www.inchgarth.org 01224 325191

Follow us on social media

www.facebook.com/inchgarthcc www.facebook.com/peggySATinchgarth

www.facebook.com/musicinchgarth www.twitter.com/inchgarthcc www.instagram.com/inchgarthcc

| 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 | 10am-12 noon |
| 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 NEW Nemesis kickboxing NINJAS NEW Nemesis kickboxing SAMURAI | 4pm-5pm 4-45pm 4.45-5.45pm |
| Drop in | Indoor carpet bowls | 12:45-1:45 |
| At Rgu Sir Ian Wood building. FREE to go. Call 01224 325191 Call 01224 325191 Call to book | NEW INCHGARTH/ RGU MOVIE CLUB. With Rgu movie monthly (visit rgu movie monthly via facebook) NEW guitar lessons for adults and kids NEW stitch n Bitch knitting, sewing, needle work. NEW beginners computer class | 5.30pm 6-7 & 7-8pm 6-8pm 7-8pm |
| 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 | 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 |

| 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 Create Aberdeen. Story telling group NEW BOCCIA for adults with disabilities Create media group | 1pm-3pm 1pm-3pm 1pm-3pm |
| Call us to book | Card making class | 2pm-4pm |
| Call us to book Must be members. Drop in | Intermediate computer class Ipad /laptop/ wifi access NEW IT SUITE NEW Nemesis kickboxing NINJAS NEW Nemesis kickboxing SAMURAI S | 3-4pm All day 4-4.30pm 4.45-5.45pm |
| 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 |
| 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. 2 nd Tuesday of month | Garthdee community council NEW Nemesis kickboxing for adults and teens | 7pm-9pm monthly 7pm-9pm |
| Private group | Kaim-court residents meeting | 7pm-9pm monthly |
| Private group | Self help art class | 7pm-9pm |

KIDS BIRTHDAY PARTY PACKAGES AT INCHGARTH



CHECK ONLINE FOR OUR PARTY PACKAGES

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

| | 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 | ABC language therapy down syndrome | 10am-4:30pm |
| Call Pathways to book | PATHWAYS employment support | 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 | BEGINNERS digital photography Art class- various medium all levels NEW DRAWING class for children | 12-2pm |
| Call us to book | | 2pm-4pm |
| Call us to book | | 4-5pm |
| Call us to book- must join as member | English language class- FREE | 7-8pm |
| Call us to book | NEW art class for all levels | 6.30-8.30pm |
| Drop in | St Mary's boxing club | 7pm-8 30pm |
| Call Laura on 07739181345 | Boxercise / Abs alternate weeks | 6.15pm-7.15pm |
| 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 |
| | | |

Free tennis courts 7 days a week



Inchgarth playpark 7 days a week



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 | 10:15am-10.45aM |
| | | |
| 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 NEW Nemesis kickboxing Ninjas NEW Nemesis kickboxing Samurai | 4pm-4.30pm 4.30pm onwards 4-4.30pm 4.45-5.45pm |
| Call | Puppy training class | 6pm-7pm |
| | Meta-fit by Laura | 6.15pm-6.45pm |
| | NEW Nemesis kickboxing adults/teens | 7-9pm |
| | Dezibels samba drumming | 7:30pm-9:30pm |
| Call to book | Music room | 7pm-9pm |
| | | |
| | | |
| Drop in | Meditation class FREE | 7pm-8pm |



HIRE OUR EXCELLENT MEETING SPACES AND INVEST IN OUR VITAL WORK

[2019 EVENTS... check the site for info](#)

WWW.INCHGARTH.ORG

| 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 |
| Drop in | HAIG'S BUTCHER VAN | 9.45am-10.15am |
| 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 for adults with additional support needs | 1-3pm |
| Call create to book | NEW Bucket drumming Adults with additional support needs | 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 |
| Call Claire. 07910649502 | Illusion dance school Private lessons Illusion dance school Competitive class. Stretch, acro, fast, slow | 6pm-7pm 7pm-10pm |
| FOR MEMBERS ONLY MUST REGISTER 01224325191 | NEW FRIDAY YOUTH CLUB | 5pm-7pm call for all info |

| SATURDAY | | |
|----------------------|---|-------------|
| How to book | Activity | Time |
| | | |
| Call to book | 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 |

SUNDAY

| How to book | ACTIVITY | Time |
|---|---|--------------------------------------|
| Call us for their contact info. Call 01224733625 | NEW Amber Academy Latvian school Christadelphian church | 10am-1pm 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 |

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.

SOME 40 VOLUNTEERING ROLES AT INCHGARTH

Contact Jules our volunteer coordinator at volunteerinchgarth@gmail.com



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