



ALTENS COMMUNITY CENTRE
Strathburn Street, Altens,
Aberdeen. AB12 3SE
Phone/Fax (01224) 896798
E-mail: altenscc@tiscali.co.uk

Welcome to Altens Community Centre which is run by a volunteer Management Committee!

Farmhouse Coffee Lounge

Why not come along to our Coffee Lounge
and enjoy a chat with family/friends over a cup of tea or coffee?
Monday to Thursday 9.30am – 4.00pm Friday 9.30am – 2.00pm
Closed Saturday and Sunday/ Public Holidays

*Are you looking for a part-time job
with flexible hours? Altens Community
Centre is looking for a Caretaker. For
further information please contact
Maureen Stroud at the Centre on
01224 896798*

Local History Open Evening for the Cove/Altens Area

will be held on 19th April
from 7.00 pm onwards

Are you interested in your Local History?

- Do you know about the shipwrecks off our shores?
- Do you know when St. Mary's Church on Loirston Road was built?

These and many other questions can be answered at our Open Evening.

Refreshments will be available

CFINE

Community Food Initiative North East

CFINE will be at Altens Community Centre every Tuesday between 11.30 am and 1.30 pm, promoting the consumption of fruit, vegetables, pulses and other healthy products. Fresh produce will be available each week.

Keep Fit - Eat Fit - Be Fit

Keep Fit for All

Lunchtime Keep Fit Classes
Tuesday 12.30pm - 1.30 pm
£2.50 per session

A low impact full-body workout designed to increase fitness, stamina and suppleness.

The class will include a Warm-Up. Exercise to music, Muscle Toning. Stretching and a Cool Down.

Suitable for beginners

Your Instructor is Laura Walker

Join Altens Community Centre (Adult £8, Concession £4) and enjoy many of the groups at reduced rates, including hire of the hall for Children's and Adults' parties.

Centre Programme

Badminton

Tuesday 10.00am - noon
Wednesday 7.15pm - 8.15pm

50+ Bingo

Thursday 1.00pm - 3.00pm

Bingo

Thursday 7.30pm -9.30pm

Boys Hip Hop Class

Thursday 5-15pm - 6.00pm

Cheerleaders

Wednesday from 6.00pm & Sundays
from 10.30am

Family & Local History

Tuesday Evenings – 7.30pm - 9.30pm
Run by Margaret Vieira

Fishies 2'S Group

Children from 22 months – 3years
Monday, Tuesday, Wednesday and Friday
Mornings

Guitar Lessons

Sundays from 6.30pm

Indoor Bowling

Mondays from 1pm

Keep Fit

Tuesday Lunchtime Adult Keep Fit
12.30pm - 1.30pm. 40+ age group
especially welcome.

Line Dancing

Monday – Beginners 6.00pm - 7.00pm
Monday – Advanced 7.00pm - 8.00pm
Friday – 11.00am - noon Line Dancing
and Scottish Traditional Dance

Miss Forest School of Dance

Highland – Fridays from 6.50pm - 7.50pm
Friday 3pm - 7.30pm

Mother & Toddler

Thursday 1.00–3.00pm

Pebbles Playgroup

Monday - Friday Mornings
Playgroup for kids from 2.5 years–5 years

Rising 5's

Monday and Wednesday afternoons
Fun play sessions for pre-school kids

Scottish Slimmers

Thursday Evening 7pm - 8.30pm

Sequence Dancing

Mondays from 8.15pm

Tania Maitland School of Dance

Tuesday & Thursday Evening
Saturday 10am - 4.30pm

Taxi School

Monday & Wednesday from 7.00pm

Tuesday Club

Open to all members of the community
for social company (in conjunction with
Alzheimer Scotland)
Tuesday 2.00pm - 4.00pm

Walking Group

Wednesday 10am contact office for
further details.

Weight Watchers

Tuesday 12.00 noon - 2.00pm

Zumba Fitness

Fridays from 9.30 am

Davie McPherson

We were all shocked and saddened by the sudden passing of a very loyal and true friend and member of the Management Committee. Davie will be greatly missed for her happy, outgoing personality which always brought a smile to our faces. She was involved with many groups, both at the Centre and locally, who will miss her. Our thoughts are with Bill and his family at this time.