



ALTENS COMMUNITY CENTRE
Strathburn Street, Altens,
Aberdeen, AB12 3SE
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Welcome to Altens Community Centre which is run by a volunteer Management Committee

Autumn Fayre

To be held in September. Date and details will be advertised locally.

Gail's Coffee Lounge

The Coffee Lounge at Altens is changing hands this August and will be closed from 1st till 15th August for refurbishment.

A grand opening will take place on 15th August, 11am - 3pm

There will be hot snacks, home bakes and good coffee available.

Everyone welcome. Please come along and join the fun.

50+ FESTIVAL

Welcome to Aberdeen's 50+ Festival

The Festival runs from 12th - 30th September 2011 as part of the 50+ activities programme. The programme is provided for people aged 50 years and older who live within the City and is funded from the Common Good Fund.

This year we have a whole new fun packed programme of 50+ activities

so let's get healthy, get active, get learning and meet new friends!

Festival brochures will be available from Aberdeen City Council Information Points or from Aberdeen City Council website from August 2011.

Altens Community Centre will again be holding several events to mark the 50+ Festival.

Contact Centre Office on 01224 896798 for full details.

**ALTENS COMMUNITY CENTRE
PRESENTS
TAI CHI**

FOR ABSOLUTE BEGINNERS

Fridays 12.30 to 13.30

Here is your chance to start at the very beginning

Contact Brian Allan 248745

Fishies Playgroup

Places available from
August

Please contact the Centre for
further details

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

Altens Community Centre Programme

Badminton

Tuesday 10.00 - 12.00noon

Wednesday 7.15 - 8.15pm

50+ Bingo

Thursday 1.00 - 3.00pm

Bingo

Thursday 7.30 - 9.30pm

Bonding with baby

Starts August 2011

Mondays 1.15-2.45 pm

Bonnyfit Keep Fit classes

Commencing Wednesday, 17th August,
9.30 - 10.30am

Cheerleaders

Wednesday 6.00 - 7.00pm

Sundays 10.30 - 2.00pm

Family & Local History

Tuesday Evenings 7.30 - 9.30 pm

Run by Margaret Vieira

Fishies 2'S Group

Children from 22 months - 3years

Monday, Tuesday, Wednesday and Friday

Mornings from 9.20 - 11.15am

Guitar Lessons

Sundays from 6.30 - 8.45pm

Hip-Hop for boys 4-8year olds

Thursday 5.00 - 6.00pm

Indoor Bowling

Mondays 1pm - 4.00pm

Keep Fit

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

Line Dancing

Monday – Beginners 6.00 - 7.00pm

Monday – Advanced 7.00 - 8.00pm

Miss Forest School of Dance

Fridays from 3.00 - 8.00pm

Mother & Toddler

Thursday 1.00 - 3.00pm

Pebbles Playgroup

Monday - Friday 9.10 - 11.40am

Playgroup for kids from 2.5 years - 5

Rhythm Kids®

Starts October 2011

Mondays 1 15 - 2 45pm.

Rising 5's

Monday and Wednesdays 12.50 - 3.00pm

Fun play sessions for pre-school kids

Scottish Slimmers

Thursday Evening 7 - 8.30pm

Sequence Dancing

Mondays from 8.15 - 10.15pm

Tanya Maitland School of Dance

Tuesday – 5.30 - 9.00pm

Thursday – 6.00 - 9.00pm

Saturday – 9.30 - 3.15pm

Taxi School

Monday & Wednesday 7.00 - 9.00pm

Tai Chi

For beginners starting August 2011

Contact the Centre for further details

Tuesday Club

Open to all members of the community
for social company (in conjunction with
Alzheimer Scotland)

Tuesday 2.00 - 4.00pm

Weight-Watchers

Tuesday 12.00 - 1.00pm

Zumba Fitness

Fridays from 9.45 - 10.30am