



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. At present there are vacancies on the committee. Please contact Maureen at the Centre on 01224 896798 for more information.

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**

Signposters Project

The Signposters Project, funded by Aberdeen City Council and Age Scotland, works with older people to encourage them to take up benefits and services that can improve their health and well being.

This service, which is strictly private and confidential, is now available through Altens Community Centre. **If you need help or advice on any issue, please contact Altens Community Centre on Aberdeen 896798 for an appointment.**

Mini Bus Drivers

We are still looking for a few more volunteer drivers.

Are you between 25 and 70
with spare time available?

Then we need
YOU!

If you are interested in helping out please
contact the Centre on **01224 896798**

Guitar Lessons

with Keith Mitchell experienced Guitar Tutor.

New beginner class by appointment

Sunday 5.30pm-6.30pm

Intermediate

Sunday 6.30pm-7.30pm

Advanced Electric

Sunday 7.45pm-8.45pm

Contact Keith 07890 072154
keithmitchellguitar@hotmail.co.uk
or the Centre on 01224 896798

Computer Classes for all abilities

Starting soon, from complete beginner to more advanced.

Contact the Centre office for more details and to register your interest.

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 10.00 – noon
Wednesday 7.15 – 8.15pm

50+ Bingo

Thursday 1.00–3.00pm

Bingo

Thursday 7.30–9.30pm

Boys Hip Hop Class

Thursday 5-15–6.00pm

Cheerleaders

Wednesday from 6.00pm & Sundays
from 10.30am

Drop in Art

Thursday from 10.00am–12noon

Family & Local History

Tuesday Evenings – 7.30pm–9.30 pm
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 - NEW YEAR - NEW YOU

Tuesday - Lunchtime Adult Keep Fit
12.30–1.30 pm

Line Dancing

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

Miss Forest School of Dance

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

Mother & Toddler

Thursday 1.00–3.00pm

Pebbles Playgroup

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

Rising 5's

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

Scottish Slimmers

Thursday Evening 7–8.30pm

Sequence Dancing

Mondays from 8.15pm

Tania Maitland School of Dance

Tuesday & Thursday Evening
Saturday 10– 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 2.00–4.00pm

Walking Group

Wednesday 10am contact office for
further details.

Weight Watchers

Tuesday 12.00–2.00pm

Wii Ten Pin Bowling

Friday – Women 12.00–2.00pm
Men 2.00–4.00pm Great Fun and good
exercise.

Zumba Fitness

Fridays from 9.30am – restarting on 28th
January.