



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.