



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 - 12.00

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