



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

**Opening and Closing Times
over the Festive Period**

**Close December 23rd 2010
reopen January 5th 2011**

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

Mother and Baby/ Toddler Group



*Does this face look
familiar? Yes?*

*Then come along
to the new Mother
and Baby/Toddler Group at Altens
Community Centre on Thursdays
from 1pm-3pm and have FUN!*

Hogmanay

We are planning to hold an event for
over 18's on the **31st December**.

Plans are underway and
final details will be posted
in the Centre.

**Tickets will be on sale at
the Centre.**



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**

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.**

*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 – 12.00am
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

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

Gardening Club

Last Thursday each month 7.30pm

Guitar Lessons

Sundays from 6.30pm

Indoor Bowling

Mondays from 1pm

Keep Fit

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

Line Dancing

Monday – Beginners 6.00 – 7.00pm
Monday – Advanced 7.00 – 8.00pm
Friday – 11.00 – 12.00 Line Dancing and
Scottish Traditional Dance

Miss Forest School of Dance

Highland - Fridays from 6.50-7.50
Friday 3-7.30

Mother & Toddler

Thursday 1.00-3.00

Pebbles Playgroup

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

Pregnancy Yoga

Monday 4.30-6.30-restarting in the New Year

Rising 5's

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

Scottish Slimmers

Thursday Eve 7-8.30

Sequence Dancing

Mondays from 8.15pm

Tania Maitland School of Dance

Tuesday & Thursday Evening
Saturday 10-4.30

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

WeightWatchers

Tuesday 12.00 – 2.00pm

Wii Ten Pin Bowling

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

Zumba Fitness

Fridays from 9.30am – restarting in Jan 2011