



ALTENS COMMUNITY CENTRE
Strathburn Street, Altens,
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Welcome to Altens Community Centre which is run by a volunteer Management Committee!

Mini Bus Volunteers

Do you have some spare time to offer?

If so, we are looking for Volunteers to drive our mini-bus.

This would involve:-

- Monday once a fortnight doing the Asda run approx 10am to 12 noon.
- Every Thursday, from approx 1pm, collect and at approx 3pm take the Pensioners to and from their Bingo
- On odd occasions we require a driver to take Theatre Club members to a show.

The more drivers we have the better, as there will be a rota set up.

The only stipulation we have is that your age is between 25 and 70 and you have a clean driving licence.

If you wish to help out then please contact the Centre 896798 with your details.

KEEP FIT

For the 40+

Tuesday from 12.30pm to 1.30pm

Come along and get fit for summer.

The class is run by Laura Walker who is a qualified fitness instructor and has specialised training in keep fit for the older age groups.

There are seats for those who are unable to stand for a great length of time.

Come on!!!! Let's have a go, nothing ventured, nothing gained.

CFINE

Tuesday from 11.30am to 1.30pm

Fresh Fruit, Vegetables and Pulses at affordable Prices

Healthy Start Vouchers can be used.

SUMMER PLAYScheme

This is to be held at the Centre on the
18th, 20th, 22nd, 25th, 27th & 29th July 2011

Morning Session from 9.30am to 12.15pm

Afternoon Sessions from 1.15pm to 3.30pm

For children from 3-12 years old

Cost will be £5 per Session

Programme of events can be collected from the Centre

We are looking for Volunteers to help Sonia and Emma run it.

If you are interested in helping please contact the Centre to leave your name.

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