



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.*

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

Xmas Craft Fayre
Sunday 20th November
12noon - 4pm

Personalised Glass
and Candle Holders

Cards and Cup Cakes

Christmas Sacks and Stockings

and many more great
Christmas gift ideas

Entry free!
Refreshments

Caretaker Required
at Altens Community Centre

Flexible Hours

For further details please contact
the Centre Office

Tel. No: 01224 896798

Closing date
Friday 21st October 2011

Join Altens Community Centre
Adult £8, Concession £4,
Family £12
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 noon

Wednesday 7.15 - 8.15pm

50+ Bingo

Thursday 1.00 - 3.00pm

Bingo

Thursday 7.30 - 9.30pm

Bonnyfit Keep Fit classes

Monday 9.30 - 10.30am

Wednesday 9.30 - 10.30am

Cheerleaders

Wednesday 6.00 - 7.00pm

Sundays 10.30 - 2.00pm

Family & Local History

Tuesday Evenings – 7.30pm - 9.30 pm

Run by Margaret Viera

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 4.45 - 6.00pm

Indoor Bowling

Mondays 1 - 4pm

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

Friday 12.30 - 1.30pm

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 - 10.45am

Bonding with baby

Mondays 1.15 - 2.45 pm

Rhythm Kids®

Starts October 2011

Mondays 1.15 - 2.45pm

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

Rising 5's

Monday and Wednesdays 12.50 - 2.50pm

Fun play sessions for pre-school kids

Scottish Slimmers

Thursday Evening 7.00 - 8.30pm