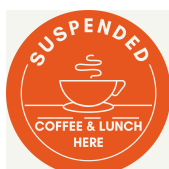


INCHGARTH MINI PROGRAMME WWW.INCHGARTH.ORG



MONDAY		
ACTIVITY	TIME	HOW TO BOOK
POOL AND SNOOKER DROP IN	10AM-5PM	Email inchgarthcc1@btinternet.com to join
POWOW By Penumbra		
Music room for hire	10am-9.30pm	Call us on 01224 325191 inchgarthcc2@btinternet.com
Outdoor Play Park	All Day	Drop In
Indoor carpet bowls	9.30AM - 11AM	Call 01224 325191 to book
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
	3PM - 7PM	Hot drinks, tray bakes, sweets, soft drinks
Garthdee Pensioners Club	1PM - 3PM	Call 01224 325191 to book
Kids knitting group	5pm-6pm	Call 01224 325191 to book
Kid Drumming Classes	3.30PM - 7.40PM	Call 01224 325191 to book
Nemesis Kickboxing Ninjas (Age 4 - 7)	4.00PM - 4.30PM	Call Steve 07912 572352
Nemesis Kickboxing Samurais (Age 8 -12)	4.45PM - 5.45PM	
Nemesis Kickboxing Teens & Adults	7.15PM - 8.30PM	
Kids Capoeira	4.30PM - 5.30PM	Call 07563 002500
Friskis and Sveltis	6PM - 7PM	Info@fsaberdeen.co.uk
Stitch'n'Bitch sewing, knitting, crochet+ group	6PM - 8PM	Call 01224 325191 to enquire
Phoenix Club	7PM - 9PM	Call 01224 325191 to book

TUESDAY		
ACTIVITY	TIME	HOW TO BOOK
POOL AND SNOOKER DROP IN	10AM-5PM	Email inchgarthcc1@btinternet.com to join
Music room for hire	10am-9pm	Call us on 01224 325191 inchgarthcc2@btinternet.com
Outdoor Play Park	All Day	Drop In
Future Choices	11am-1.30pm	0800 5668728
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
	3PM - 9PM	Hot drinks, tray bakes, sweets, soft drinks
BOCCIA for adults with additional support needs	1pm-3pm	call 01224 325191 to book
Mandy's Art Class	1.45PM - 3.45PM	Call us for more info
Arts and Crafts class for children	4-5pm	call us to book 01224 325191
Arts and crafts class for children	5-6pm	call us to book 01224 325191
Kids Zumba (P1 - P5)	3.30PM - 4.30PM	Call us on 01224 325191 to book
Nemesis Kick Boxing Ninjas (Age 4 - 7)	4PM - 4.30PM	Call Steve 07912 572352
Nemesis Kick Boxing Samurais Sparring (Age 8 -12)	4.45PM - 5.45PM	
Nemesis Kick Boxing Junior Samurais (Age 6 -10)	6PM - 7PM	
Nemesis Kick Boxing Teens & Adults	7.15PM - 8.30PM	
Self help Art group	7-9pm	
Aberdeen FlyDressers Club	7-9pm	buchan.chesney@btinternet.com
Aberdeen Aikido Club for adults and youths 12+	7.30-9.30pm	admin@aberdeenaikido.co.uk

WEDNESDAY		
ACTIVITY	TIME	HOW TO BOOK
Music room for hire	10am-10pm	Call us on 01224 325191 inchgarthcc2@btinternet.com
Outdoor Play Park	All Day	Drop In
Sew n Sews	9.30-12.30pm	
Pathways employment support	10am onwards	davidcook@pathways-online.org
Create Aberdeen	10am-1pm	alex@createaberdeen.org
Indoor carpet bowls	9.30AM - 11AM	Call 01224 325191 to book
Wools eye knitting group. Free class.	12pm-2pm	Call 01224 325191

Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
	3PM - 9PM	Hot drinks, tray bakes, sweets, soft drinks
A chance to Dance with Create	1pm-3pm	Call 01224 325191 to enquire
Art Class by Mandy Clubb	1.45PM - 3.45PM	Call us for more info
Foodbank by Inchgarth & CFine	2.30PM - 4PM	Drop in - side entrance
Children's Drawing class	4PM - 5PM	Call 01224 325191 to book p3-p7 only
Children's Drawing class	5PM - 6PM	Call 01224 325191 to book p3-p7 only
Children's Athletics with Aberdeen Amateur Athletic Club	3.30 - 4.30PM	pathways@aberdeenaac.co.uk
Ultimate Judo (Age 4 - 8)	4PM - 4.40PM	Call Gordon 07827 445514 (ages are a guide only)
Ultimate Judo (Age 9+)	4.50PM - 5.30PM	
Ultimate Judo (Age 4 - 8)	5.40PM - 6.20PM	
Meta-Fit fitness class	6pm-7pm	
Friskis and Svettis	6PM - 7PM	info@fsaberdeen.co.uk
Silver City ring-craft dog group	7PM - 9PM	01224 694631 or scotspaul@aol.com
Granite City Brass Band	7.30PM - 10PM	07792 732684
Brain Injury Grampian	7pm-9pm	info.biggroup@gmail.com
Scottish Women's institute	7-9pm	granitecityswi@gmail.com

THURSDAY		
ACTIVITY	TIME	HOW TO BOOK
POOL AND SNOOKER DROP IN	10AM-5PM	Email inchgarthcc1@btinternet.com to join
Music room for hire	10am-9.30pm	Call us on 01224 325191 inchgarthcc2@btinternet.com
Outdoor Play Park	All Day	Drop In
Toddlers Group	9.30AM - 10-50AM	inchgarthcc1@btinternet.com
CREATE ABERDEEN day-care service adults ASN	10AM - 3PM	alex@createaberdeen.org
Free Gentle Chair-based Exercise	10AM - 10.45AM	inchgarthcc1@btinternet.com
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
	3PM - 9PM	Hot drinks, tray bakes, sweets, soft drinks
Kids Zumba (P6 - S2)	4PM - 5PM	Call us on 01224 325191 to book
Girls Brigade p1-p3	5.45pm-7.15pm	gbgarthdee@btinternet.com
Girls Brigade p4-p7	6pm-7.30pm	gbgarthdee@btinternet.com
Girls Brigade secondary age	7.45pm-9pm	gbgarthdee@btinternet.com
Nemesis Kick Boxing Ninjas (Age 4 - 7)	4PM - 4.30PM	Call Steve 07912 572352
Nemesis Kick Boxing Samurais (Age 8-12)	4.45PM - 5.45PM	
Nemesis Kick Boxing Junior Samurais (age7-10)	6PM - 7PM	
Nemesis Kick Boxing Teens & Adults	7.15PM - 8.30PM	
Mobile community pantry (foodbank)	6PM-7PM	Free drop in service in car park
iMeditate Aberdeen	7PM - 8PM	Call Helen on 07460 446016
Dezibels	7.30 - 9.30PM	Call Bev on 07759 507780
Bipolar Aberdeen	7-9pm	info@bipolaraberdeen.org.uk

FRIDAY		
ACTIVITY	TIME	HOW TO BOOK
Music room for hire	10am-9pm	Call us on 01224 325191 inchgarthcc2@btinternet.com
Outdoor Play Park	All Day	Drop In
Versus arthritis chair based tai chi	9.30AM - 10.30AM	Call Phillip on 01246 587144
Brain Injury Grampian	12-3pm	info.biggroup@gmail.com
Peggy's Community Garden Volunteer Project	11AM - 3PM	Call us for more info
Peggy's Cafe	11AM - 3PM	Full menu, indoor seating & take-away
	3PM - 9PM	Hot drinks, tray bakes, sweets, soft drinks
Create Feelgood Friday's	1PM-3PM	alex@createaberdeen.org
Denis Law Streetsports	4PM - 5PM	Drop In
Ultimate Judo (Age 4 - 8)	3.45PM - 4.25PM	Call Gordon 07827 445514 (ages are a guide only)
Ultimate Judo (Age 9 - 12)	4.35PM - 5.20PM	
Ultimate Judo (Age 12+)	5.30PM - 6.15PM	
Kids inflatable club for p1-p7	4pm-5pm	email to enquire inchgarthcc1@btinternet.com
Ballroom dancing classes with Ballroom Barney	6.30-7.40pm	ballroombarney@gmail.com Tel: 07342789965
Ballroom dancing classes with Ballroom Barney	7.50pm-9pm	ballroombarney@gmail.com Tel: 07342789965
Aberdeen Aikido Club for adults and youths 12+	6.30-8.30pm	admin@aberdeenaikido.co.uk

SATURDAY		
ACTIVITY	TIME	HOW TO BOOK
Music room for hire	9am-2.30pm	Call us on 01224 325191 inchgarthcc2@btinternet.com

Outdoor Play Park	All Day	Drop In
Peggy's Cafe	9AM - 2PM	Coffee, cake, ice creams, sweets, softd drinks. No meals.
Ultimate Judo (Age 4 - 8)	9AM - 9.40AM	Call Gordon 07827 445514 (ages are a guide only)
Ultimate Judo (Age 9 - 11)	9.50AM - 10.35AM	
Ultimate Judo (Age 12 - 15)	10.45AM - 11.25AM	
Ultimate Judo (Age 4 - 8)	11.35AM - 12.15PM	
Ultimate Judo Seniors	12.30PM - 13.30PM	
Nemesis Kick Boxing Teens & Adults	10am-10.45am	Call Steve 07912 572352
Nemesis Kick Boxing Teens & Adults	10am-11.15am	
Nemesis Kick Boxing Ninjas (4 - 7 years)	11.15PM - 11.45PM	
Nemesis Kick Boxing Ninjas (4 - 7 years)	12.00PM - 12.30PM	
Nemesis Kick Boxing Junior Samurais (7-10)	12.45PM - 1.30PM	

SUNDAY		
ACTIVITY	TIME	HOW TO BOOK
Music room for hire	10am-10pm	Call us on 01224 325191 inchgarthcc2@btinternet.com
Peggy's cafe	10.30am-9pm	Coffee, cake, ice creams, sweets, softd drinks. No meals.
Aberdeen Apostolic church	10am-1pm	matthew@Afmuk.org
Phoenix Theatre	2pm-5pm	phoenix.theatre@btinternet.com
Outdoor Play Park	All Day	Drop In
Granite City community brass band	6pm-7.30pm	
Granite City Brass Band	7.30PM - 10PM	07792 732684

OTHER SERVICES

Collect your free food waste bags at Inchgarth

Help us raise vital funds by donating to our clothing re-cycling bin, to the left of the front door

Free sanitary products at Inchgarth.

Inchgarth Penny appeal. Donate your one and two pences to make a difference

Suspended coffee initiative. Discreetly gain a cup of kindness on us. You can also donate to this service

Aberdeen Football Club season tickets owned by Inchgarth. Free use to our members