#### SATURDAY

11 - 12pm Kids Sports Sessions

Free: Contact Centre for details

12.15 - 1.15 pm Adult Street Dance

£5.00 per class

1.15 - 2.15 pm Kids Street Dance

£5.00 per class

6-midnight Hall available for private parties

SUNDAY

9 - 1pm Whiteinch Church of Scotland

Sunday Worship. All welcome

1 - 3pm Cocaine Anonymous Group

1.45-2.45 Angela Allison clubercise contact Centre for details

3.00-400pm Bolly-zumba fitness

5.30-7.30 CA Sunday

5.45-6.45pm Narcotics Anonymous

## **MONTHLY ACTIVITIES**

2-3pm Grandparents Apart

First Wednesday of every month

SURGERIES

(except school & public holidays)

10 -11am Councillor Feargal Dalton

0141 287 4448

Third Saturday of every month

6-6.30pm Councillor Maggie McTernan

0141 287 5616

Last Tuesday of every month

9.30-10.30am Carol Monaghan MP

0141 337 2211

Fourth Friday of every month

## **BOOKING A SPACE**

If you would like to start a club or class in the Centre, please contact the Centre Administrator.

Rooms are available at a variety of times & rental costs are very reasonable.

The Main Hall is also available for parties and larger events and can accommodate up to 200 people. Staging and PA available.



facebook.com/whiteinchcentre

@whiteinchcentre

## The Whiteinch Centre

1 Northinch Court Glasgow G14 0UG 0141 950 4434

www.whiteinchcentre.org.uk reception@whiteinchcentre.org.uk











# What's On





www.whiteinchcentre.org.uk

Our calendar of activities changes on a regular basis, so pick up a fresh programme from our front desk, visit our website or follow us on Facebook and Twitter for the latest news and information.



facebook.com/whiteinchcentre



@whiteinchcentre

### **MONDAY TO FRIDAY**

3-6pm **Whiteinch Out of School Project** 

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	MONDAY
9:30-12.30pm & 4:30-6:30pm	<b>Drumchapel Money Advice Centre</b> Appointment only 0141 944 0507
10 - 12pm	I.T. info & support FREE: drop-in session
10 - 12pm	<b>Upcycling (£2 per class)</b> 0141 950 4434
12.30 - 2pm	Seniors Social Club 0141 950 4434
1 - 4pm	<b>Drink Wise, Age Well</b> 0800 304 7690
4.15-5.15pm 5.15-6.15pm	Guitar Class kids £5.00 Guitar Class Adult £5.00
6pm -7pm	Waseda Karate Contact Pat 07807 198179
6pm -7pm 7 –9pm	

9 - 3pm	TUESDAY Job Club (info & advice) FREE: drop-in sessions
11-12.30pm	Women's ESOL Class Contact the Centre
11- 3pm	One Stop Financial Advice
1.15-2.15pm	Easy Exercise £3 per class
4.30-6.30pm	Kids Youth Club (8—12)
5- 7pm	North West Recovery Women's Mindfulness Free
6- 7pm	Blok Dance Contact Amy: 07841 574683
7- 8pm	Women's NA Group
7 -9pm	<b>Leeanne Dobbie Dance</b> 07926 004795
	WEDNESDAY

9-4pm	PC Passport
10-12	Al Anon
10-11am	Tai-Chi £5 per class or 6 for £25
1.15-2.15pm	Whiteinch Wee Ones Contact Clare - 07890885007
1.15-2.15pm	Rhythm Time Contact Helen—07805065381
5.30-7:30pm	North West Mens Mindfulness FREE: Contact Centre to register
6-8pm	<b>ESOL</b> (English for Speakers of other languages)

Taekwon-Do

7:30-8:30pm Cocaine Anonymous Group

For details: 0131 445 1759

6 - 8pm

	THURSDAY
10 - 12.30pm 1.30 - 4pm	Creative Crew (65+) £2 per session 0141 950 4434
10 - 12pm	I.T. info & support FREE: drop-in session
12.30- 2.30pm	The Man Club (40+) FREE: drop-in sessions
5.30 - 6.30pm	Beginners Yoga (£18.00 for 4 sessions) Contact Elaine - 07990731072
6:30-8pm	<b>Cocaine Anonymous Group</b>
7-8:30pm	Yoga (£20.00 for 4 sessions) Contact Elaine - 07990731072
7.30-9pm	Waseda Karate Contact Pat - 07807198179

	FRIDAY
10-3pm	Recovery Central Contact Centre for details
11-3pm	One Stop Financial AdviceShop
3-6pm	Whiteinch Out of School Project
6 - 7pm	Cocaine Anonymous
6 - 8pm	Taekwon-Do For details: 0131 445 1759
7-8pm	Narcotics Anonymous
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