

Something for Everyone



KNIGHTSWOOD
COMMUNITY CENTRE

Welcome to Knightswood Community Centre



KNIGHTSWOOD
COMMUNITY CENTRE

Our exciting new brochure has arrived!

As you will see we have an extensive programme of weekly activities and clubs to suit all age-groups. There is something for everyone: fitness and health, art and culture, community services and special interest groups. The main accommodation and facilities include: a café, large hall with stage and dressing rooms, a smaller hall and other multi-purpose rooms for hire, several support rooms/offices and onsite free parking. The Centre was managed and operated by Glasgow Life until October 2015 when it was transferred to community management by Glasgow City Council.

Over the last four years the Centre has been community managed by Knightswood Community SCIO which is a registered charity (Charity Number SC044148). Its object is to advance citizenship and community development and provide social, cultural, recreational and educational facilities that will improve the conditions of life for people in the Knightswood community.

Full membership of KCSCIO is open to any individual aged 16 and over who supports the broad purposes of the organisation (and has paid their annual membership fee of £3). All full members are invited to KCSCIO's members' meetings including the AGM where they can exercise full voting rights. KCSCIO is governed by a board consisting of up to 12 charity trustees elected by full members of the organisation attending the AGM.

The centre has had ongoing refurbishment and now the halls, rooms and office space have been redecorated to a high specification. The Centre has a highly recommended café, offering a wide range of homemade soups, snacks, meals and home baking. If you require catering, the café can offer a wide range of menu selections including vegan, vegetarian and dietary free options to meet your requirements.

Knightswood Community Centre originally opened in 1950 when it operated from what is now the GHA office on Dykebar Avenue. The present Community Centre building, built 1968-1969, cover an estimated 1,100sq m over two floors, with approximately 865sq m, available for lease or hire. The geographic area covered is mainly the G13 Knightswood district of Glasgow but is not just limited to Knightswood. All age groups are welcome, especially those of school age and the elderly, of which Knightswood has a high proportion. Our goal is for the Community Centre to be clearly identified and truly recognised as the heart of the community in Knightswood. I really hope you enjoy the wonderful facilities and activities that Knightswood Community Centre has to offer.

Allen Lindsay

Chairperson



Centre themes:

Fitness & Health

Art & Culture

Community Services

Special Interest Groups

Al-Anon Meeting

- Sunday 7.00 – 9.00pm
- Contact: Jean on 07891429408

Al-Anon group is a self-help group for friends and families of alcoholics. People have similar stories to tell and in our group, you will realise that you are not alone. Listening to the shared experiences of others may help you find the confidence you need to deal with the effects of someone else's drinking. Anything discussed within an Al-Anon meeting is treated as confidential, including your presence at the meeting.



Alcoholics Anonymous

- Sunday 7.00 – 9.30pm
- Contact: please come on the night
- www.alcoholics-anonymous.org.uk

If you seem to be having trouble with your drinking, or if your drinking has reached the point of where it worries you, come along to our group. Your anonymity will be respected at all times. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other. The only requirement for membership is a desire to stop drinking.



Anam Crafts

- Wednesday 7.30 – 9.30pm
- Contact: Jacqui Fleming on 07426416221
- Email: jacfleming@hotmail.com

The Anam Crafts group is for advanced craft makers. Members need to bring their own materials and be experienced arts and crafts practitioners. We do not teach but support each other developing new skills and techniques as well as exploring new and unusual materials. This group also raises money for charity through selling their creative wares at art and crafts fayres. Please contact Jacqui for more information.



The Anticoagulant Clinic

👁 Wednesday 1.30 - 3.30pm, Friday 9.30 - 11.30am

👁 Contact: GCAS office on 0141 232 0800

The clinic is for local patients who are on warfarin therapy for the monitoring and maintenance of this, therefore saving them a trip to hospital. The clinic is run by Glasgow & Clyde Anticoagulant Service (GCAS) and is carried out by highly qualified and trained specialist nurses who bring all required equipment with them. This clinic is run strictly on appointment times and is ONLY for warfarin patients who have been referred to the service either through their GP or by hospital.



Art for All

👁 Tuesday 2 - 5pm

👁 Contact: Cathie on 07544421734

👁 Email: cathiefox41@yahoo.co.uk

Art for All consists of thirty members and the group has been running for over twenty years. A nominal sum of £1.00 per week is paid in advance for a ten-week period irrespective of attendance. The unique attraction of this art class is the variety of people from all walks of life and experiences. There is no tutor for the Art for All group, but members share their expertise and endeavour to support new members. The group is very busy and has a waiting list so please contact Cathy before coming to the centre.



Aye Can Dae Activities

👁 Monday 11.15 - 2.00pm, Friday 11.00 - 2.00pm

👁 Contact: Eilidh Swatton on 0141 563 0153 or 07847225284

👁 Email: ayecandae@outlook.com

An inclusive and holistic programme of Wellbeing Workshops for adults with additional support needs. Our workshops focus on having fun, spending time with friends, increasing fitness levels, learning new skills, building confidence and feeling good about yourself. Experienced and professional workshop leaders offer Line Dancing, Exercise in Disguise, Wee Tea Dance and Making Music. We encourage participation and displaying your personality. Come along with a family member, carer or befriender. Take part in workshops, get something nice to eat from the cafe, make new friends and have a fun-filled day.



B2BA Yoga

- 👉 Tuesday 7.30 - 8.30pm
- 👉 Contact: Eilidh Jones on 07841 832 591
- 👉 Email: info@born2balive.co.uk

This freestyle fitness yoga class is suitable for anyone who wishes to improve their physical and mental well-being. The session contains exercise which will help improve strength and flexibility (with options for all fitness levels) and finishes with relaxation. Honesty Box (anonymous payment). These sessions cost £5 or whatever you can afford. We do not receive funding. We thank you in advance for your honesty.



Boogie Babies

- 👉 Monday 10.30 – 11.30am
- 👉 Contact: Heather McGill-Crawford on 0141 954 7554
- 👉 Email: heather@linkes.org.uk
- 👉 www.linkes.org.uk

Boogie Babies is a movement and storytelling group for pre-school children and their parents/guardians. These fun, energetic classes involve imaginative play, music, singing, movement, stories and props to encourage movement, help child development through various stimulants such as sound, eye contact, touch, colour, music and the spoken word.



Camera Club

- 👉 Tuesday: 7.30 – 9.30pm
- 👉 Contact: Elizabeth Graham 07584306380
- 👉 Email: charliebiff@hotmail.com

We are a small, friendly club and always welcome new members, no matter their level of photographic experience. Feel free to come along and sample our club night and enhance your photographic skills. Our regular night is every Tuesday at 7:30pm. Our syllabus is wide and varied with competitions, field trips, theme nights, guest speakers, camera techniques and editing workshops. If you would like to further your knowledge on how to get the best out of your camera, come along you will be very welcome.



Caravan Project

- ☛ Contact: 0141 258 4720
- ☛ Email: office@caravanproject.co.uk
- ☛ www.facebook.com/caravanproject/

Operating since 1985, we are a social tourism charity that provides over 600 people every year living in Glasgow with access to affordable holidays and days out. We own four caravans situated at the Haven's Craig Tara Holiday Park in Ayr and provide 1-week respite breaks to families living in Glasgow, living in poverty and facing challenging circumstances. We also provide free family days out to a range of Glasgow visitor attractions for people facing challenging circumstances (FREE Transport and packed lunches included).



Chatter Club

- ☛ Thursday 11.00 – 1.30pm
- ☛ Contact: Jennifer McLean
- ☛ Email: jen.mclean91@yahoo.co.uk

Come along and join the Knightswood Chatter Club where you can partake in various activities such as Dominoes, Darts and Bingo as well as making new friends and have a general chit chat. The club is on every Thursday from 11am to 1:30pm and is only £2 a week, with the option to buy lunch. We also have a free bus that offers a pick-up and drop-off service for members who stay in the 'G13 3' area.



Community Council

- ☛ Wednesday: 7.30 – 9.30pm
(Third Wednesday of each month)
- ☛ Contact: Mark Biggins chair
- ☛ www.knightswoodcommunitycouncil.org

Occasionally the date and time of the Knightswood Community Council is changed to accommodate holidays or guest speakers. Community Councils bring local people together to help make things happen. We welcome members of the public to attend our meetings. To contact us please leave a note in our post box situated in the community centre foyer which is checked on a regular basis. Our notice board on the outside entrance lists useful information and is worth a look when you're passing.



Dog Training Club

👁️ Thursday 7.00 – 9.30

👁️ Contact: Jim McIntosh on 01698 860358

The club was started 50 years ago by my late wife Sandra and myself to help dog owners in the community look after their dogs. Glasgow Council used to run road safety competitions and the Kennel Club Good Citizen Scheme is based on them. We now do our own certificates for our 8-week courses and we do Kennel Club, Puppy and Good Citizens Bronze, Silver and Gold courses. We run an annual dog show in April, and we have now been granted Championship status, one of only 5 clubs in Scotland with this honour.



Drumchapel Citizens Advice Bureau

👁️ Tuesday 9.30 – 12.30pm

👁️ Contact: 0141 944 2612

👁️ www.drumchapelcab.org.uk

Please phone above number to book an appointment at Knightswood Community Centre. Glasgow - Drumchapel Citizens Advice Bureau is here to offer free, impartial and confidential advice to West Glasgow. If you wish advice, we deliver support and guidance on a range of topics, giving people the information they need to deal with any situation and improve their lives. As a registered charity, we rely on donations and the work of our volunteers to continue to provide these important services.



Drumchapel Money Advice

👁️ Thursday 9.30 – 12.00pm

👁️ Contact: 0141 944 0507

👁️ Email: admin@d-mac.org.uk

👁️ www.dmac.btck.co.uk

If you need free welfare rights or debt/money advice, please phone the above number to book an appointment at Knightswood Community Centre. We also give advice on completing application forms, appealing against benefit decisions, Housing Benefits, Mortgage, Rent, Council Tax arrears and much more.



Easy Exercise

- 👉 Tuesday 2.30 – 3.15pm
- 👉 Contact: Brian
- 👉 Email: brianbrian2@hotmail.co.uk

Keeping active in your later years is an important part of maintaining a healthy lifestyle, both physically and mentally. The Knightswood easy exercise class is open to both males and females. If you use a walking stick or frame, you can still participate. The session has some seated and standing types of movement to help build and maintain your balance, flexibility and co-ordination. The sessions are fun with lots of laughter. Come and try a session out and make some new friends.



Fit 'n' fun Step-To-Health

- 👉 Wednesday 9.30 – 10.30pm,
Thursday 9.30 – 10.30pm, 7.45 – 8.45pm
- 👉 Contact: Anne Lindsay
- 👉 Email: anne.lindsay19@btinternet.com

Our classes started over thirty years ago and are still going! They are fun, friendly and suitable for all levels of fitness. We try to vary our classes by using weights, hula hoops, resistance bands, gym balls, steps, skipping ropes and aerobic exercise (by no means is that compulsory there are always options)! We love meeting new friends so you would be made very welcome. If you would like more information, please contact the Centre or pop in at the start of one of our classes.



Glasgow Senior Citizens Orchestra

- 👉 Thursday 12.00 – 2.00pm
- 👉 Contact:
www.gsco.org.uk

Retired, or close to retirement, and want to play in an orchestra in Glasgow? We are a friendly and relaxed group - and there are no auditions! The Orchestra consists of about 50 players at all levels, from retired professionals to late starters, with enthusiastic amateurs playing alongside those who learned to play in their youth. We organise and play at concerts (about 10 per year) for older people at various luncheon clubs around Glasgow. Alternatively come along on Thursdays to enjoy listening to our rehearsals.



Ignite Theatre

- 🕒 Saturday: 9.00 – 1.00pm
- 📞 Contact: 07734644887
- ✉ Email: info@ignitetheatreglasgow.org
- 🌐 www.ignitetheatreglasgow.org

We work with young people aged 6-24 from diverse backgrounds. Our members come from Scotland to Somalia and Syria. Many of our members face multiple challenges, poverty, and discrimination. Ignite is a safe and inclusive space where they can fulfil their creative potential, develop confidence, forge new friendships and build their life skills. Workshops Mini Juniors: 6 to 7 years, 9:30-11.00am; Juniors: 8 to 11 years and Intermediates: 12 to 15 years, 11.00-1.00pm. Please visit Ignite Theatre's website for information about drama opportunities for 16 to 24 years. Everything Ignite does is FREE! Just come along to one of our workshops and give it a try!



KCA Dancers/Shona Campbell School of Dance

- 🕒 Wednesday 4.30 – 9.30, Saturday 10.15 – 1.15pm
- 📞 Contact: Shona Campbell
- ✉ Email: kcadancers@hotmail.co.uk

This is a busy energetic dance school and a fun experience for all age-groups 2 – 99. We are dedicated to providing our dancers with an exciting evening. The group concentrates on Tap and Modern Dance with students working towards certificates and exams.



Kids Club/Glasgow Life Knightswood Play Club

- 🕒 Tuesday 4 – 6pm
- 📞 Contact: Christina Miles
- ✉ Email: CommunitiesNorthWest@glasgowlife.org.uk

Our team of experienced Play Workers welcome youngsters aged 5 – 11 who are currently attending primary school. Here, youngsters will get a chance to play, create, make friends, learn skills including creative, physical and social all whilst having fun together. 50p per child each Wednesday in term time from 4:00 to 6:00 pm. Capacity is limited, first come first served. Parents/carers are required to register their youngsters each week to ensure there is space available.



Knightswood Community Centre Daily Activity Calendar



KNIGHTSWOOD
COMMUNITY CENTRE

Centre
themes:

Fitness &
Health

Art &
Culture

Community
Services

Special
Interest
Groups

MONDAY

WW Weight Watchers Reimagined	Wellbeing Workshop	9.45am
Boogie Babies	This Parent/ Carer & Toddler group is a creative dance session using movement, storytelling & games	10.30am-11.30am
Aye Can Dae Activities	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs	11.15am-2.00pm
Knightswood Walking Group	Health walk - everyone welcome	1.30pm
WW Weight Watchers Reimagined	Wellbeing Workshop	5.30pm
Yoga with Tracey	Yoga from The Wellness Boutique - beginners welcome	6.15pm-7.15pm
Westbourne Bridge Club	For experienced players only	6.30pm-9.30pm
WW Weight Watchers Reimagined	Wellbeing Workshop	7.00pm
Youth & Community Theatre	All welcome from 8 years and over	7.00pm-9.00pm

TUESDAY










Drumchapel Citizens Advice Bureau	Appointments only - to arrange phone 0141 944 2612	9.30am-12.30pm
Zumba	Fitness with fun	10.00am-11.00am
Local History Group	History talks and lectures	10.30am-12.30pm
Knit Wits Knitting Class	Everyone welcome	1.30pm-3.30pm
Art for All	Art club - all welcome	2.00pm-5.00pm
WS Mineral & Lapidary Society	Stonecutting & polishing - all welcome	2.00pm-5.00pm
Easy Exercise	Exercise class for the older adult	2.30pm-3.15pm
Knightswood Kids Club	Games, arts and crafts for ages 5-12 years	4.00pm-6.00pm
Little Tigers Club	Fun safe fitness and martial art training programme for kids ages 3-5 years	4.30pm-5.15pm
Mulholland School of Dance	Gymnastics / Dance for 2 years and over	5.00pm-6.00pm
UKTC Family Taekwon-Do	Taekwon-Do for kids aged 5+, teenagers and adults	5.30pm-6.30pm
Mulholland School of Dance	Stage & freestyle dance class for 2 years and over	6.00pm-9.00pm
Shall We Dance	Ballroom Dancing for Beginners	7.30pm-9.30pm
B2BA Yoga	Yoga - Options for all levels - beginners welcome	7.30pm-8.30pm
Camera Club	For over 18's - beginners welcome	7.30pm-9.30pm



WEDNESDAY

 Fit 'n' Fun @ Step to Health	Have fun at this fitness class for adults	9.30am-10.30am
 Lighter Weighs with Jayne	Slimming Club	10.00am
 Wednesday Friendship Club	Friendship Club for the over 60's	1.30pm-4.00pm
 WS Mineral & Lapidary Society	Enamelling Group	2.00pm-5.00pm
 KCA Dancers	Tap and modern dance class for over 12's	4.30pm-8.30pm
 Lighter Weighs with Jayne	Slimming Club	5.00pm
 Table Tennis Club	For all levels of players	7.00 pm-9.00pm
 WKKA Scotland	Karate class for 5 years old and over	7.00pm- 8.00pm
 Anam Crafts	Advanced crafts group - please phone Jacqui 07426416221	7.30pm-9.30pm
 KCA Dancers	Adult tap class	8.30pm-9.30pm

THURSDAY

 Fit 'n' Fun @ Step to Health	Have fun at this fitness class for adults	9.30am-10.30am
 Drumchapel Money Advice	Appointments only - to arrange phone 0141 944 0507	9.30am-12 Noon
 Chatter / Stroke Club	Social meeting for stroke patients	11.00am-1.30pm
 Glasgow Senior Citizens Orchestra	New musicians/members welcome or simply listen and enjoy rehearsals	12noon-2.00pm
 XS Taekwon-Do	Family class all ages 3 years to adult	5.30pm-6.30pm
 Zumba Fitness	Fitness with fun	6.30pm-7.30pm
 Narcotics Anonymous	If you have a problem with drugs, meet someone who has been there - 0800 140 4645	7.00pm-8.00pm
 Dog Training Club	Basic obedience training	7.00pm-9.30pm
 Fit 'n' Fun @ Step to Health	Have fun at this fitness class for adults	7.45pm-8.45pm




FRIDAY

 Aye Can Dae Activities	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs	11.00am-2.00pm
 WKKA Scotland	Karate class for 5 years old and over	7.00pm-8.00pm
 Shining Light	Spiritualist meetings - All welcome	7.30pm-9.00pm
 Line Dancing and Family Club	For all ages and levels	7.30pm-9.30pm
 Sequence Dancing	All Welcome	7.30pm-9.30pm

SATURDAY

 Ignite Theatre	Free drama class for ages 6-15 years	9.00am-1.00pm
 KCA Dancers	Tap & Modern dance class for over 2's	10.15am-1.15pm
 Yoga with Tracey	Yoga from The Wellness Boutique - beginners welcome	10.15am-11.15am
 Shimmers Line Dancing Club	Adult class beginners welcome	10.30am-12.30pm
 Old Time/Sequence Dancing	Everyone welcome	1.15pm-3.15pm

SUNDAY

 Knightswoof K.9 Academy	Puppy training, socialisation and dog training for all breeds	7.00pm-9.00pm
 Al-Anon Meeting	Self-help group for friends and family of alcoholics	7.00pm-9.00pm
 Alcoholics Anonymous Meeting	If alcohol is causing you problems, you are most welcome	7.30pm-9.30pm



Knightswoof K9 Academy

- 👁 Sunday 7.00 – 9pm
- 👁 Contact: Jackie on 07817591714
- 👁 Email: jackiemclaughlin2016@outlook.com
- 👁 Email: jacfleming@hotmail.com

Puppy socialisation and positive reward-based dog training classes for all ages and breeds. Knightswoof offers classes in a variety of dog disciplines, including puppy social skills, pet obedience training, trick training and body awareness, Heelwork to Music & freestyle, trieball, scent work and disc dog. Our trainer Jackie McLaughlin has over 25 years' experience training a variety of breeds of dogs in various activities. Knightswoof offers a variety of fun activities for the whole family to get involved in with their dog.



Knit-Wits Knitting Group

- 👁 Tuesday 1.30 – 3.30pm
- 👁 Contact: Helen Reilly
- 👁 Email: hreilly48@outlook.com

The Knit-Wits Knitting Group brings together people from the Knightswood and surrounding communities to share their passion for patterns, yarn, needles and hooks. New members are welcome from beginners to experienced knitters and we all help, learn and support each other. Knitting is a great activity and hobby that is beneficial to a healthy mind and body. We may carry sharp pointed sticks, but we are a chatty convivial group. So why not come along and join the Knit-Wits!



Lighter Weighs with Jayne

- 👁 Wednesday 10.00am or 5.00pm
- 👁 Contact: Jayne on 07805486316
- 👁 www.lighterweighs.com

Come along and join our fun, friendly and motivational Lighter Weighs slimming classes which run every Wednesday in Knightswood Community Centre at 10am or 5pm. I have over 20 years of experience in helping people. No foods are forbidden, and our plan is flexible and works around your lifestyle. Let me help you get slimmer, the Lighter Weigh.



Line Dancing and Family Club

👉 Friday 7.30 – 9.30pm

👉 Contact: Please come along on the night

Line Dancing for all ages and levels. Line dancing can be a great workout, good for stretching those aching limbs and is beneficial for people's mental and physical wellbeing. Get fitter and become more active! No partners are required. It is great fun way to meet new friends. Line dancing can improve your coordination, balance, combat loneliness and boosts your confidence. So, what is stopping you? Come along. A friendly welcome awaits you in a relaxed atmosphere with great music.



Local History Group

👉 Tuesday 10.30 – 12.30pm

👉 Contact: Please come along on the day

Knightswood Local History Group is open to all interested adults. There is an annual membership fee, payable at the beginning of each session. Visitors may also attend individual meetings for £2. A syllabus is available at the beginning of each meeting from the group's organisers. Topics in the past have included: Glasgow Transport, Lime Kilns, the history of Knightswood, Glasgow in the ice-age, the Argyll Gunpowder Industry and many more. All Welcome.



Mulholland School of Dance

👉 Tuesday 5.00 – 10.00pm

👉 Contact: Elaine on 07821017509 or Diane on 07879406156

👉 Email: elaineshaw-x@hotmail.co.uk

Elaine and Diane's Dance Group has been established for 35 years. We teach children of all ages in many different forms of dance: tap dance, stage, freestyle, rock 'n' roll, ballet, commercial, contemporary, body conditioning as well as gymnastics, musical theatre and much more. We also do annual stage shows and offer competition classes for those who wish to participate. New members most welcome.



Narcotics Anonymous

- 👉 Thursday 7.00 – 8.00pm
- 👉 Contact: Come along on the night
- 👉 www.ukna.org

If you have a problem with drugs, meet someone who has been there - 0800 140 4645. Narcotics Anonymous is a non-profit fellowship or society of men and women for whom drugs had become a problem. If you stay in Knightswood or surrounding areas, please come along.



Old Time Dancing/ Sequence Dancing

- 👉 Saturday 1.15 – 3.15pm

Sequence Dancing is one of the most popular forms of traditional ballroom dancing in the UK. It's a fun and sociable form of dance and a great hobby for all ages. All participants perform the same steps and movements simultaneously, so the dancers follow each other around the dance floor, and everyone starts and stops at the same time. New members most welcome. Come along and speak to Doris.



Sequence Dance Club

- 👉 Friday 7.30 – 9.30pm
- 👉 Contact: Myra on 07815853471 / Margaret on 07919861221
- 👉 Email: laurie.mcturk@ntlworld.com / mf51mith@gmail.com

Weekly Friday night sequence dance club from 7.30pm until 9.30pm. This group is mainly experienced dancers doing all the modern up-to-date sequence dances in Ballroom and Latin. The newest inventive dances taught by experienced professionals. New sequence dancers very welcome.



Shall We DANCE

- 👉 Tuesday 7.30 – 9.30pm
- 👉 Contact: Laurie or Margaret McTurk on 0141 584 9793

Beginners Ballroom and Latin dance classes. Lessons in Waltz, Quickstep, Cha Cha, Rumba, Foxtrot plus some sequence dances. We have small group classes of one-hour instruction. Dancing is a fantastic pastime and a good way to meet new friends, have fun and increase your dancing ability.



Shimmers Line Dancing

👁 Saturday 10.30 – 12.30pm

👁 Contact: Isobel Watt • Email: wattisobel@yahoo.co.uk

Line dancing for adults aged from 40 to 90. We do country, pop and dance music. All levels from beginners to improvers. You can dance the morning away for 1 or 2 hours. Alternatively, you can sit and watch and enjoy the company. All adults welcome Saturday Morning 10.30 to 12.30. Cost £1.50.



Shining Light Spiritual Church

👁 Friday 7.30 – 9.00pm

👁 Contact: Please come along on the night

We are a spiritual church who welcomes you to come and connect with your loved ones. We have different mediums each week, £3.50 door entry- Tea, coffee and biscuits provided! £5 for a mini reading. Spiritualism means many things to many people. To some it is a philosophy; to some a religion or to others it's the science behind mediumship and evidence of life after death. New members welcome so come to find out more.



Table Tennis Club

👁 Wednesday 7.00 – 9.00pm • Contact: Neil on 07940066942

Knightswood TTC is open to anyone who wishes to play the game. Table tennis gives you a great all round work out and is great for your hand to eye co-ordination. It is easy on the joints, improves reflexes, burns calories and is a great way to meet new people. We are a small but very active table tennis club. We have a mixed level of players and offer coaching to anyone on our Wednesday evening session. So please come along and have a game.



UKTC Taekwon-Do and Little Tiger Cubs

👁 Tuesday 4.30 – 6.30pm

👁 Contact: 0131 445 1759 • www.uktc.co.uk

Little Tiger Cubs is the fun & safe fitness and Martial Art class for kids 3 - 5 years old. Our Active Tigers and UKTC Taekwon-Do classes are perfect for children 5yrs+. We also have classes suitable for teenagers and adults. For more information and to book a free trial lesson please visit our website.



Vitality Strength and Balance Class

- Monday at 2.45pm-3.45pm
- Contact: Neil McIntosh, Claire Rae on 0141 287 9882
- Email: vitality@glasgowlife.org.uk

This class is designed for those who walk slowly and may use a mobility aid. Its aim is to improve strength and balance in order to help participants feel steadier on their feet. All levels have been specially designed for people living with medical conditions such as Parkinson's Disease, stroke, breathing conditions, cardiac conditions, osteoporosis, MS, COPD etc. The supportive instructors will help participants improve confidence to get active and lead a fuller, more independent life. Please phone before attending to ensure the class has spaces.



Walking Group

- Monday 1.30 – 2.30pm
- Contact: Heather McLeod on 0141 287 3831
- Email: walking@glasgowlife.org.uk
- www.goodmoveglasgow.com

We are a friendly, volunteer led, walking group for people of all ages who enjoy walking in the city with the company of others. At the end of our walk we enjoy a tea/coffee, sticky bun and chat. We meet at Knightswood Community Centre on a Monday at approximately 1.15pm for a start at 1.30pm returning for 2.30pm. Come along and join us, new walkers most welcome.



Wednesday Friendship Club

- Wednesday 1.30 – 4.00pm
- Contact: Marion Moore 0141 954 7730

Come to our Friendship Club for the young at heart. It provides a great way to meet like-minded people and make friends in Knightswood. By participating in our group, you get to know new people, build your confidence and help with loneliness. We have regular entertainment which includes singers, bingo, a bus run once a year and Christmas lunch and much more. Tea, coffee and scones are available. So, what are you waiting for come along and get Friendly.



West of Scotland Mineral and Lapidary Society

- 🟢 Tuesday 2.00 -5.00pm, Wednesday 2.00 -5.00pm
- 🟢 Contact: James Stewart, Alan Gilchrist
- 🟢 Email: jamstewart@hotmail.com / alangilchrist@live.co.uk

Members have a common interest in collecting, studying and polishing semi-precious stones. The aim of the Society is to foster an interest in natural minerals, Lapidary (the cutting, shaping and polishing of stones) and in the related crafts. We are equipped for silversmithing for the production and setting of finished stones (rings, brooches, pendants etc.) and in the past year for enamelling. Anyone interested should visit the workshop on a Tuesday (lapidary) or Wednesday (enamelling) when members would be happy to welcome you.



Westbourne Bridge Club

- 🟢 Monday 6.30 – 9.30pm
- 🟢 Contact: Pat on 0141 569 0504 or Alison on 0141 339 7390
- 🟢 Email: pmcannes1@gmail.com / alisonmiller15@hotmail.com

We are a small, friendly club who play Bridge on a Monday evening from 6.30-9.30 pm. Unfortunately, we do not offer tuition, so we welcome experienced players only. If you do not have a partner, contact the Club President Pat for more information. Playing bridge is good for the mind, keeps you happier and more social into old age.



WKKA Scotland

- 🟢 Wednesday 7.00 – 8.00pm
- 🟢 Contact: Nick on 07495076431 or Amanda on 07740981004
- 🟢 Email: nickhendry63@gmail.com / amtc75@mypostoffice.co.uk

We are a traditional Japanese Karate association, focusing on teaching the techniques and skills of karate handed down from generations. We teach students aged 5 to 15 years and adults who will learn self-defence, confidence etiquette, discipline and respect. We hold two examinations each year which allows all students to proceed through grades, signifying their growth and development working towards the goal of a black belt.



WW – Weight Watchers Reimagined

- Monday 9.45am, 5.30pm, 7.00pm
- Contact: Karen Elliot on 07817265496
- Email: kelliott@ww.com

Join now and unlock a personal assessment which recognises your preferences and lifestyle. Access a weight-loss programme that's tailored for you. Get support from a coach at workshops or 24/7 on your app. Our science based SmartPoints system is personalised for your age, height, weight, and sex to help you lose weight. Everything is still on the menu! Our proven WW Programme gives you the freedom to choose what you eat and drink. Discover a balanced way of eating whether your goal is to lose weight or build healthy habits.



XS Taekwondo

- Thursday 5.30 – 6.30
- Contact: Marie on 07770210705
- Email: jook_b@hotmail.com

Come and join our XS Family Class training at the Knightswood Community Centre. Train from as little as £16 per month or Pay as you go, and get a free XS Dragon training suit. Classes are open to all age groups and fitness levels. We have a syllabus in place to tailor the training to your age and ability: Dragons - 3 & 4 years, Rainbows – 5 to 7 year, Juniors – 8 to 16 years and Adults – 17 years and above. All XS clubs have a team of professional full-time instructors.



Yoga with Tracey

- Monday 6.15 - 7.15pm, Saturday 10.15 - 11.15am
- Contact: Text 07500 351950
- www.thewellnessboutique.co.uk

Yoga with Tracey suitable for all levels (including beginners) every Saturday morning at 10.15am-11.15am and Monday at 6.15pm-7.15pm. Spaces can be booked online (£6) at www.thewellnessboutique.co.uk or text on 07500 351950 to reserve a space.



Youth and Community Theatre Group

Monday 7 – 9pm

Contact: Centre on 0141 959 9419

Drama group for kids aged 8 years and over learning all principles of acting and performance. This groups helps improve confidence and promotes teamwork. Cost £3 per week which covers everything from hall rent to costumes (no hidden costs).



Zumba with Kirsty

Tuesday 10 – 11am, Thursday 6.30 – 7.30

Contact: Centre on 0141 959 9419

Email: zumbaglasgowwest@hotmail.co.uk

Zumba is a dance fitness class with a Latin theme. Zumba is for all ages and fitness levels. Classes are very welcoming, just bring along shoes suitable for moving and some water. No need to book, just come along and try!



mismak *café*



Located within Knightswood Community Centre our café caters for all tastes from a cup of tea and bit of cake to exciting food offerings for the more adventurous

- Barista coffee and a wide range of teas
- Home-made cakes
- Traditional café fare
- Specials board with freshly prepared food from around the world
- Bespoke catering for any event

Opening Hours:

Monday 9 - 4

Tuesday 9 - 7

Wednesday 9 - 6

Thursday 9 - 3

Friday 9 - 2

Saturday 10 - 1:30

Sunday closed

Email: mismakfood@gmail.com • Follow us on Instagram: @mismakcatering





KNIGHTSWOOD COMMUNITY CENTRE

The centre provides a range of flexible meeting spaces. There are two halls and five meeting rooms that cater for different group sizes and different meeting styles. The rooms can be set-up in the layout that best meets your requirements including cabaret, boardroom, U-shape, theatre, exam or simply chairs only. Our staff team can assist you in choosing the most appropriate room for your class, group or event.

We also have fantastic digital facilities and hi-tech resources in our centre: whiteboards, ceiling mounted projectors, integrated sound systems which work from your mobile phone and Wi-Fi throughout the centre that's fast enough to stream video. This makes Knightswood Community Centre, a great venue for meetings, events, small conferences, clubs, classes, fayres, exhibitions, rehearsals and concerts, all at very competitive rates.

The Alderman Hall has a stage, a new digital sound and lighting system with a maximum capacity of 240, perfect for theatre groups and large meetings. The centre has free as well as disabled parking and is close to the Clyde Tunnel and Erskine Bridge. Ideal for meetings in the West of Glasgow.



Halls and rooms available to hire		Maximum Occupancy
Alderman Hall		240
Lincoln Hall		60
Thane Room		20
Bankhead Room		50
Chaplet Room		70
Kestrel Room		40
Hermitage Room		40

CONTACT US:

Knightswood Community Centre, 201 Alderman Road, Glasgow, G13 3DD

Tel: 0141 959 9419

Email: enquiries@knightswoodcentre.co.uk

www.knightswoodcentre.co.uk

<https://www.facebook.com/Knightswood-Community-Centre-132216143492634/>

CENTRE OPENING HOURS:

Monday – Friday: 9.00am – 9.30pm • Saturday: 9.00am – 3.30pm • Sunday: 5.30pm – 9.30pm



Scottish Government
Riaghaltas na h-Alba
gov.scot

