

Newsletter

May 2023

Fantastic Live Music Event

A Big Band, a Choir and a Great Afternoon

There was real excitement at the Live Music Afternoon in Knightswood Community Centre on the 10th of May. There was a full house and the afternoon started with the **Glasgow Senior Citizens' Big Band** stirring version of In the Mood made famous by Glenn Miller. An array of jazz and swing classics followed interspersed with the incredible vocals of June Love and Lisa Le Grove.



The Big Band and the charismatic Lisa Le Grove with Big Spender

The Big Band's first session reached a pinnacle when they were joined by the **Singergie Choir** for a rousing version of the Bon Jovi classic Living on a Prayer.



**KNIGHTSWOOD
COMMUNITY CENTRE**

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HOT SOUP CINEMA CLUB

Monday 5 June,
She Said.

Monday 12 June,
Ticket to Paradise.

Monday 19 June,
The Whale.

Monday 26 June,
Till (TBC).

Soup and Sandwiches
12noon to 12.45pm

Film Screening Time
1.15pm

Email Louise to book a place:
louise@ignitetheatreglasgow.org

The Singergie Choir are only over a year old and are on par with choirs that have been singing for many years. They delighted the Knightswood audience with popular songs including Country Road, The Rose and Do I Love Ya. The Big Band came on for a wonderful second set and had the crowd in raptures with a version of Big Spender with an amazing vocal performance from Lisa Le Grove. The whole event ended with the Singergie Choir joining the Big Band again for a stirring version of Neil Diamond's Classic Sweet Caroline. The applause was deafening with the audience in raptures at the end of the afternoon.



The Singergie Choir in excellent voice singing Amanda McBroom's famous song 'The Rose'.



The 'forever young' June Love and the Big Band

The event was made possible by organisations working together. Special thanks to Ann Harvey from Knightswood Connects who organised the publicity, tickets, table arrangements and biscuits. Click this [link](#) to view Ann's video and photos of the event. At the interval, the volunteers, and staff from the North West Recovery Communities worked extremely hard serving food and drink to the 130 audience. A final note of appreciation goes to the Trustees of Knightswood Community SCIO for the use of the Alderman Hall.

Knightswood Community Garden Update



Heart of Scotstoun Community Garden

Knightswood Community Centre has been looking to find out how interested the local residents would be in a community garden space at the Centre. The Centre has been working with the Glasgow Eco Trust on this project and the first step was to undertake a community survey. Ninety-four residents completed this survey and a working group was established in March 2023. The Knightswood Community Garden Group has had a total of five meetings. They have been meeting

fortnightly at the community centre and online. The working group has now visited four green spaces around the community: LINKES Food Forest, Corpus Christi Primary School Garden, Kingsway Community Garden and the Heart of Scotstoun Community Garden. The visits have been very informative and stimulated discussions on fences, hedges, green borders, trees, raised beds, growing vegetables, seeds, plants, vandalism, social space, path design, sheds and storage.



Kingsway Community Garden

Joe a student from Glasgow University who has been working with the group stated: 'It's been an exciting journey so far, with enthusiastic members of the community coming together to discuss and learn about how we can create a beautiful and sustainable space for all to enjoy. The group has started to look at what the layout and design might be and what plants and materials might be used. Everyone that has come along has had a hand in shaping this project. Members share ideas, planting experiences, their stories and developed relationships. The visit to Heart of

Scotstoun Community Centre was a great way to wrap up the first phase of the project. We were able to see first-hand what a well-maintained community garden can look like and gather some inspiration for our own space. The visits have proved really valuable and an enjoyable way for people to learn whilst connecting with each other.' **If you would like to get involved in the Knightswood Community Garden Project, please contact Gordon on 0141 959 9419 or on email at: development@knightswoodcentre.co.uk**

Knightswood Community Cafe

Breakfast – served all day

	Sit In	Takeaway		Sit In	Takeaway
Breakfast Rolls – Soft or Crispy					
• Potato Scone, Hash brown or Fried Egg	£2.00	£1.70	• Toast and Butter	£1.50	£1.25
• Links Sausage, Scrambled Egg or Black Pudding	£2.50	£2.10	• Toast and Butter/Jam	£1.75	£1.50
• Bacon or Square Sausage	£2.75	£2.30	• Toast & Beans	£3.00	£2.50
• Quorn Sausage or Plant Based BLT	£3.00	£2.50	• Toast & Spicy Beans	£3.50	£3.00
			• Toast & Scrambled Egg – 3 Eggs	£3.50	£3.00
• 5 Piece Breakfast – Sausage, Bacon, Fried Egg, Potato Scone and Beans	£5.00	£4.20	• Toast & Scrambled Egg – 5 Eggs	£4.50	£3.75
• 7 Piece Breakfast – Sausage, 2 Bacon, Fried Egg, Black Pudding, Potato Scone and Beans	£7.00	£5.90	• French Toast	£3.50	£3.00
• Big Breakfast – 2 Eggs, 2 Bacon, 2 Link Sausages, Square Sausage, 1 Potato Scone, 1 Black Pudding, Beans, 2 Toast & Butter	£10.00	£8.40	• French Toast & Maple Syrup	£4.00	£3.40
			• French Toast, Bacon & Maple Syrup	£5.00	£4.20

Snacks

	Sit In	Takeaway		Sit In	Takeaway
Soup			Filled Salad Rolls		
• Soup of the day with a Roll and Butter	£3.00	£2.50	• Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Ham, Cheese, Vegan Cheese	£3.00	£2.50
• Soup and Half Sandwich	£5.00	£4.20	Add Cheese or Coleslaw for 50p		
• Soup and Sandwich	£7.00	£5.90			
			Baked Potato		
Sandwiches/Toasties/Paninis/Wraps			All served with a Side Salad and Coleslaw		
All served with a Side Salad and Coleslaw			• Bolognese, Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Beans, Cheese or Coleslaw	£6.00	£5.00
• Chicken Mayo, Siracha Chicken Mayo, Tuna Mayo, Ham, Cheese	£4.00	£3.40	Add a second topping for £1.00		
Add Cheese for 50p					
Add Chips for £1.00					

Main Meals

	Sit In	Takeaway		Sit In	Takeaway
• Salt and Pepper lightly battered Fish Supper with Peas	£6.00	£5.00	• Beef Burger with Chips and a Side Salad	£6.00	£5.00
Add a Second Fish for £3.00			• Chicken Burger with Chips and a Side Salad	£6.00	£5.00
• 2 Mini Tempura Chicken Fillets with Chips and Salad	£6.00	£5.00	• Veggie Burger with Chips and a Side Salad	£6.00	£5.00
Add 2 extra Mini Fillets for £3.00			Add Cheese for 50p		
• Tempura Chicken Wrap with Chips, Salad and Spicy Mac Sauce	£6.00	£5.00	Add Bacon for £1.00		
• Bolognese and Cheese Wrap with Chips and Salad	£5.00	£4.20			
• Macaroni Cheese and Chips	£6.00	£5.00	• 4 Halloumi Fries with a Side Salad and Garlic Dip	£4.00	£3.40
• Bolognese Pasta Bake and Chips	£6.00	£5.00	• 9 Halloumi Fries with a Side Salad and Garlic Dip	£7.00	£5.90
• Shortcrust Pastry Chicken Pie topped with Southern Style Gravy and Chips	£5.00	£4.20	• Fish Finger Bap with Chips and a Side Salad	£5.00	£4.20
• Shortcrust Pastry Beef Pie topped with Beef Gravy and Chips	£5.00	£4.20			

Chips and Dips

	Small	Large		
Chips			Dips	
• Chips	£1.00	£3.00	• Spicy Mac Sauce, Peri Peri Sauce, Garlic Dip or Chilli Dip	£0.50
• Chips and Cheese	£2.50	£4.50	• Jug of Gravy	£1.00
• Chips with Gravy, Curry Sauce or Coleslaw	£2.00	£4.00		
• Chips with Two Toppings	£3.00	£5.00		
• Roll and Chips	£1.50			
• Onion Rings	£1.50	£2.00		

Kids Meals – All £3.00

- Chicken Nuggets
- Cheese Pizza
- All served with Chips
- Macaroni Cheese
- Fish Fingers
- Chicken Burger
- Beef Burger



@knightswood_community_cafe



Knightswood Community Centre Cafe

June Programme 2023

Monday	Description of Activity	Time or Date Starting Back
Boogie Babies	Parent/ Carer & Toddler group - creative dance session using movement, stories & games. Contact Links 0141 954 7554 to register. Booking is essential.	10.00 – 11.00am
Westbourne Bridge Club	For competent players, new members welcome	1.30pm - 4.30pm
Walking Group	Health walk for an hour - everyone welcome	1.30pm – 2.30pm
Knightswood Violin Group	This is a course for keen classical violin players wishing to improve their playing	Sept. Restart 2.00pm – 4.00pm
First Class Learning	Afterschool Maths and English Tuition with Louise	4.00pm – 5.00pm
Mulholland School of Dance	Stage & freestyle dance class for 2 years and over	4.30pm-6.30pm
Fit 'n' Fun @ Step to Health	Have fun at this fitness class for adults	5.45pm-6.45pm
Yoga with Tracey	Yoga from The Wellness Boutique - beginners welcome	6.15pm-7.15pm
Youth & Community Theatre	All welcome from 8 years and over	7.00pm-9.00pm
Art Drawing and Painting Class	Art and drawing class for all levels. Contact Johanna Logan 07900152725	7pm to 9pm
Alcoholics Anonymous	New Group (If alcohol is causing you problems, you are most welcome)	7.30pm - 9.30pm
Healing Heather Sound Therapy	Restorative sound therapy helps your feel calm, relaxed, and more alive	7.30pm - 9.30pm
Tuesday		
Zumba with Kirsty	Fitness with fun	10.00am – 11.00am
Local History Group	History talks and lectures (Every two weeks or twice a month)	Sept. Restart 10.30am 12.00pm
Pilates with Eilidh	Pilates for everyone (Phone Eilidh 07841 832591)	11.30am-12.30pm
Sweaty Mama	Pre and Post Natal fitness classes to enjoy fun and effective workouts in a relaxed and safe environment	1.00pm – 2.00pm
SDS	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
Knit Wits	Knitting Class Everyone welcome	1.30pm – 3.30pm
Art for All	Art club	1.00pm – 4.00pm
Mineral & Lapidary Society	Stonecutting & polishing - all welcome	2.00pm – 5.00pm
Easy Exercise	Exercise class for the older adults	2.30pm – 3.30pm
First Class Learning	Afterschool Maths and English Tuition with Louise	4.00pm – 6.00pm
Mulholland School of Dance	Gymnastics / Dance for 2 years and over	5.00pm – 9.00pm
Weight to Go with Nikki	Weigh In and Chat	6.00pm – 7.00pm
UKTC Taekwon-Do	Taekwon-Do classes for all ages – children 3 years+, teenagers and adults	6.30pm-7.30pm
Yoga with Eilidh	Yoga – Options for all levels - beginners welcome	7.30pm – 8.30pm
Camera Club	For over 18's - beginners welcome	7.30pm – 9.30pm
Shall We Dance	Ballroom Dancing for Beginners	7.30pm – 9.30pm
Wednesday		
Fit 'n' Fun @ Step to Health	Have fun at this fitness class for adults	9.30am-10.30am
Singergie Choir	Community choir, no auditions and no fees – new members very welcome	10.00 –12.00pm
Linkes	English for Speakers of Other Languages with Creche – 0141 954 7554	10.00 – 12.00pm
Zumbini with Ashley	Exciting music and movement for children aged 0-5. 6 weeks blocks phone Ashley on 07988816767 to book	10.45am – 11.30am

Wednesday Cont.	Description of Activity	Time or Date Starting Back
West of Scotland Mineral & Lapidary Society	Enamelling Group	2.00pm – 5.00pm
Shona Campbell School of Dance	Tap and modern dance classes	Sept. Restart 4.30pm-8.30pm
WW Reimagined	Wellbeing Workshop from Weight Watchers	5.30pm – 7.00pm
NW Recovery Communities Men's Group	For anyone promoting recovery in the community. Sit and share all men welcome	5.00pm – 7.00pm
WKKA Scotland	Karate class for 5 years old and over	7.00pm-8.00pm
Table Tennis Club	For all levels of players	6.30 pm – 9.30pm
Anam Crafts	Advanced crafts group - please phone Jacqui 07426416221	7.30pm – 9.30pm
Glasgow Classical String Orchestra	A music group for amateur and proficient string players	7.30pm – 9.30pm
Thursday		
Fit 'n' Fun @ Step to Health	Have fun at this fitness class for adults	9.30am-10.30am
NW Recovery Communities	Information Drop-in sessions and support	11.00am-2.00pm
Glasgow Senior Citizens Orchestra	New musicians/members welcome or simply listen and enjoy rehearsals	Sept. Restart 12noon -2.00pm
SDS	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
UKTC Taekwon-Do	Taekwon-Do classes for all ages – children 3 years+, teenagers and adults	4.00pm – 7.00pm
Zumba Fitness	Fitness with fun	6.30pm – 7.30pm
Dog Training Club	Obedience training from the very experienced trainer Jim McIntosh	5.30pm - 9.00pm
Pilates with Eilidh	Pilates for everyone. (Phone Eilidh 07841 832591)	7.30pm - 8.30pm
Friday		
WW Reimagined	Wellbeing Workshop from Weight Watchers	9.30am -11.00am
Aye Can Dae Activities	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs	11.00am - 2.00pm
Yoga with Eilidh	Yoga – Options for all levels - beginners welcome	11.30am –12.30am
Glasgow Senior Citizens Big Band	For Musicians with an interest in jazz and swing	2.30pm – 4.30pm
Mulholland School of Dance	Competition Dance Class	5.00pm – 7.00pm
Shining Light	Spiritualist Church meetings - All welcome	7.00pm - 9.00pm
Sequence Dancing	All adults welcome	7.30pm - 9.30pm
Saturday		
Ignite Theatre	Free drama classes. Minis 4 to 7 years Juniors 8 to 12 years	9.30am-10.30am 11.00am- 1.00pm
Girotondo Italian School	Italian classes for children	10.00am – 12noon
Shona Campbell School of Dance	Tap & Modern dance class for over 2's	Sept. Restart 10.15am- 1.15pm
Shimmers Line Dancing Club	Adult class for advanced/ experienced line dancers	10.30am – 12.30pm
Table Tennis Club	For advanced players	12.30pm – 3.30pm
Sunday		
Foundation Dog Training	Dog training using positive reinforcements techniques (booking essential)	6.30pm- 8.30pm
Al - Anon Meeting	Self-help group for friends and family of alcoholics	7.30pm - 9.30pm
Alcoholics Anonymous	If alcohol is causing you problems, you are most welcome	7.30pm - 9.30pm

www.knightswoodcentre.co.uk or 0141 959 9419 for more information