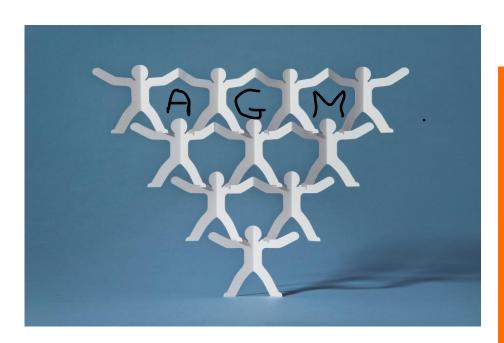
# Newsletter August 2023

# Annual General Meeting 7.30pm on Tuesday 5th September

## **Knightswood Community SCIO**



All full members of KCSCIO are invited to attend this AGM. Could members please come on Tuesday the 5<sup>th</sup> of September 2023 by 7.30pm to allow the AGM to take place, refreshments are available from 7pm. It is essential that there is an election of Trustees, or the Centre will not be able to operate.

'Becoming a trustee can be an amazing experience being able to shape the direction of the charity for the benefit of the community. It can be so rewarding'.



0141 959 9419

enquires@knightswoodcentre.co.uk www.knightswoodcentre.co.uk

The AGM will be an opportunity for you to nominate members to become new charity trustees to be elected to the board.

Are you interested in Knightswood Community Centre and be willing to give some time to help support the venue? Do you have any knowledge or experience of finance, human resources, law, charity work, communications, community development or fundraising?

Why not consider becoming a trustee!

## **Great News Hallmaster is now Live!**



Hallmaster is now live on Knightswood Community Centre's website. Knightswood Community SCIO has now purchased a new online booking system called Hallmaster. This software provides a reliable and easy to use online reservation system for existing and new customers.

Gary Gentles (Centre Manager) stated 'Hallmaster will streamline the Centre's booking system and groups are now able to see what rooms are available and to make a booking request at any time of the day. It is the best way to book a room'.

Groups can see all their bookings through to 30<sup>th</sup> June 2024. They can also request changes or cancel any upcoming bookings directly through Hallmaster and the Centre's website. When an organisation books a room for the first time, they require to set up a customer profile and password which only takes a minute. For future bookings or change requests, groups simply login with their email and the password they created. If you prefer to complete a paper version of the letting forms, these can be obtained from the Centre's main office. If you want to change or cancel a booking, you can also email bookings@knightswoodcentre.co.uk. You will need to provide the following information in your email: your name, the group's name, the room, the date, the day, and the times of the booking changes.

# Knightswood Community Centre Café September Opening Hours

Monday: 9am to 4pm

Tuesday: 10am to 6pm

Wednesday and Thursday 10am to 3pm

Friday 10am to 2.30pm

Saturday from 10am to 2.30pm

To book a table, special event, takeaways contact

Susan on: 07710 674568 or Email: k.ccafe@yahoo.com



# **Knightswood Community Cafe**

### Breakfast - served all day

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

#### **Snacks**

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

#### Main Meals

	Sit In	Takeaway		Sit In	Takeaway
<ul> <li>Salt and Pepper lightly battered Fish Supper with</li> </ul>	12/2/12/2		<ul> <li>Beef Burger with Chips and a Side Salad</li> </ul>	£6.00	£5.00
Peas	£6.00	£5.00	<ul> <li>Chicken Burger with Chips and a Side Salad</li> </ul>	£6.00	£5.00
Add a Second Fish for £3.00			<ul> <li>Veggie Burger with Chips and a Side Salad</li> </ul>	£6.00	£5.00
<ul> <li>2 Mini Tempura Chicken Fillets with Chips and</li> </ul>			Add Cheese for 50p		
Salad	£6.00	£5.00	Add Bacon for £1.00		
Add 2 extra Mini Fillets for £3.00					
<ul> <li>Tempura Chicken Wrap with Chips, Salad and</li> </ul>			<ul> <li>4 Halloumi Fries with a Side Salad and</li> </ul>		
Spicy Mac Sauce	£6.00	£5.00	Garlic Dip	£4.00	£3.40
<ul> <li>Bolognaise and Cheese Wrap with Chips and</li> </ul>			<ul> <li>9 Halloumi Fries with a Side Salad and</li> </ul>		
Salad	£5.00	£4.20	Garlic Dip	£7.00	£5.90
<ul> <li>Macaroni Cheese and Chips</li> </ul>	£6.00	£5.00	<ul> <li>Fish Finger Bap with Chips and a Side Salad</li> </ul>	£5.00	£4.20
<ul> <li>Bolognaise Pasta Bake and Chips</li> </ul>	£6.00	£5.00	THE STATE OF		
<ul> <li>Shortcrust Pastry Chicken Pie topped with</li> </ul>					
Southern Style Gravy and Chips	£5.00	£4.20			
<ul> <li>Shortcrust Pastry Beef Pie topped with Beef</li> </ul>					
Gravy and Chips	£5.00	£4.20			

#### **Chips and Dips**

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

#### Kids Meals - All £3.00

- Chicken Nuggets
- Cheese Pizza
   All served with Chips
- Macaroni Cheese
- Chicken Burger

- Fish Fingers



@knightswood\_community\_cafe



Knightswood Community Centre Cafe

## Knightswood Community Centre Programme September 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.	9.30 – 11.30am
Westbourne Bridge Club	For competent players, new members welcome	1.30pm - 4.30pm
Knightswood Walking		
Group	Health walk for an hour - everyone welcome	1.30pm – 2.30pm
Knightswood Violin	This is a course for keen classical violin players wishing to improve their	
Group	playing	1.30pm – 3.30pm
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		6.45 7.45
Tracey	Yoga from The Wellness Boutique - beginners welcome	6.15pm-7.15pm
Youth & Community	All cools are a frame O cooks and accord	7.00,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
Theatre	All welcome from 8 years and over	7.00pm-9.00pm
Tuesday		
Tuesday	Fitness with fun	10.00am 11.00am
Zumba with Kirsty Art Drawing and Painting	Fitness with fun	10.00am – 11.00am
Art Drawing and Painting Class	Art and drawing class for all levels <b>Starting 5 September</b> Contact Johanna Logan 07900152725	7nm to 9nm
Class	Contact Johanna Logan 07900152725	7pm to 9pm
Local History Group	History talks and lectures (Every two weeks or twice a month)	<b>12 Sept. Restart</b> 10.30am 12.30pm
Local History Group Pilates with Eilidh	Pilates for everyone (Phone Eilidh 07841 832591)	11.30am-12.30pm
Pliates with Elliun	Pre and Post Natal fitness classes to enjoy fun and effective workouts in	11.50aiii-12.50piii
Sweaty Mama	a relaxed and safe environment	1.00pm – 2.00pm
Skills Development	a relaxed and safe environment	1.00pm = 2.00pm
Scotland	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
West of Scotland Mineral	Lapidary Workshop - cutting, engraving, shaping, and polishing of stones	1.00рін 4.00рін
& Lapidary Society	and gems - new members 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	THE SOLO WALLS AND ENGINEER WILL EDUSE	поорт сторт
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 all ages – children 3 years+, teenagers and adults	6.30pm-7.30pm
Art Drawing and Painting	Art and drawing class for all levels. Starting 5 September	1 - 2 P
Class	Contact Johanna Logan 07900152725	7pm to 9pm
Yoga with		,
Eilidh	Yoga – Options for all levels - beginners welcome	7.30pm – 8.30pm
	<u> </u>	5 Sept. Restart
Camera Club	For over 18's - beginners welcome	7.30pm – 9.30pm
Shall We Dance		
Shall We Dance	Ballroom Dancing for Beginners	7.30pm – 8.30pm
Wednesday		
Fit 'n' Fun @ Step to		
Health	Have fun at this fitness class for adults	9.30am-10.30am
	Community choir, no auditions and no fees – new members very	
Singergie Choir	welcome	10.00 –12.00pm
Linkes	English for Speakers of Other Languages with Creche – 0141 954 7554	10.00 – 12.00pm
	Exciting music and movement for children aged 0-5.	
Zumbini with Ashley	6 weeks blocks phone Ashley on 07988816767 to book	10.45am – 11.30am
	1	

		Time or Date Starting
Wednesday Cont.	Description of Activity	Back
West of Scotland Mineral	Enamelling Workshop - heat fusing of glass to the surface of metals to	Dack
& Lapidary Society	craft jewellery, panels, paintings, bowls and objet d'art	2.00pm – 5.00pm
Shona Campbell School	craft Jewellery, pariets, paintings, bowls and objet d art	2.00pm = 3.00pm
of Dance	Tap and modern dance classes	4 2000 8 2000
	,	4.30pm-8.30pm
WW Reimagined	Wellbeing Workshop from Weight Watchers	5.30pm – 7.00pm
NW Recovery		
Communities Men's	For anyone promoting recovery in the community. Sit and share all men	5.00 7.00
Group	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		13 Sept. Restart
Orchestra	A music group for amateur and proficient string players	7.30pm – 9.30pm
Thursday		
NW Recovery		
Communities	Information Drop-in sessions and support	10.00am-2.00pm
Glasgow Senior Citizens		
Orchestra	New musicians/members welcome or simply listen and enjoy rehearsals	11.00am -3.00pm
Skills Development	· · · · · · · · · · · · · · · · · · ·	·
Scotland	Careers advice for adults and young people recently left school	1.00pm – 5.00pm
West of Scotland Mineral	Enamelling Workshop - heat fusing of glass to the surface of metals to	'
& Lapidary Society	craft jewellery, panels, paintings, bowls and objet d'art	2.00pm – 5.00pm
UKTC Taekwon-Do	Taekwon-Do classes for children 3 years+, teenagers and adults	4.00pm – 7.00pm
West of Scotland Mineral	Lapidary Workshop - cutting, engraving, shaping, and polishing of stones	
& Lapidary Society	and gems - new members welcome	5.00pm – 8.30pm
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
Dog Training Club	Obedience training from the very experienced trainer sim intentiosis	3.30pm 3.00pm
Friday		
Friday MM Paimegined	Wallhaing Warkshan from Waight Watshaus	0.20am 11.00am
Friday WW Reimagined	Wellbeing Workshop from Weight Watchers	9.30am -11.00am
WW Reimagined	Fun & Fabulous Wellbeing Workshops for Adults with Additional	
WW Reimagined  Aye Can Dae Activities	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs	11.00am - 2.00pm
WW Reimagined  Aye Can Dae Activities  Yoga with Eilidh	Fun & Fabulous Wellbeing Workshops for Adults with Additional	
WW Reimagined  Aye Can Dae Activities  Yoga with Eilidh  Glasgow Senior Citizens	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs Yoga – Options for all levels - beginners welcome	11.00am - 2.00pm 11.30am –12.30am
WW Reimagined  Aye Can Dae Activities  Yoga with Eilidh  Glasgow Senior Citizens Big Band	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs	11.00am - 2.00pm
WW Reimagined  Aye Can Dae Activities  Yoga with Eilidh  Glasgow Senior Citizens Big Band  Mulholland School of	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs Yoga – Options for all levels - beginners welcome  For Musicians with an interest in jazz and swing	11.00am - 2.00pm 11.30am -12.30am 2.30pm - 4.30pm
WW Reimagined  Aye Can Dae Activities  Yoga with Eilidh  Glasgow Senior Citizens Big Band  Mulholland School of Dance	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs Yoga – Options for all levels - beginners welcome  For Musicians with an interest in jazz and swing  Competition Dance Class	11.00am - 2.00pm 11.30am -12.30am 2.30pm - 4.30pm 4.00pm - 7.00pm
WW Reimagined  Aye Can Dae Activities  Yoga with Eilidh  Glasgow Senior Citizens Big Band  Mulholland School of Dance  Shining Light	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs  Yoga – Options for all levels - beginners welcome  For Musicians with an interest in jazz and swing  Competition Dance Class  Spiritualist Church meetings - All welcome	11.00am - 2.00pm 11.30am -12.30am 2.30pm - 4.30pm 4.00pm - 7.00pm 7.00pm - 9.00pm
WW Reimagined  Aye Can Dae Activities  Yoga with Eilidh  Glasgow Senior Citizens Big Band  Mulholland School of Dance	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs Yoga – Options for all levels - beginners welcome  For Musicians with an interest in jazz and swing  Competition Dance Class	11.00am - 2.00pm 11.30am -12.30am 2.30pm - 4.30pm 4.00pm - 7.00pm
WW Reimagined  Aye Can Dae Activities  Yoga with Eilidh  Glasgow Senior Citizens Big Band  Mulholland School of Dance  Shining Light  Friday Sequence Dancing	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs  Yoga – Options for all levels - beginners welcome  For Musicians with an interest in jazz and swing  Competition Dance Class  Spiritualist Church meetings - All welcome	11.00am - 2.00pm 11.30am -12.30am 2.30pm - 4.30pm 4.00pm - 7.00pm 7.00pm - 9.00pm
WW Reimagined  Aye Can Dae Activities  Yoga with Eilidh  Glasgow Senior Citizens Big Band  Mulholland School of Dance  Shining Light  Friday Sequence Dancing  Saturday	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs  Yoga — Options for all levels - beginners welcome  For Musicians with an interest in jazz and swing  Competition Dance Class  Spiritualist Church meetings - All welcome  All adults welcome	11.00am - 2.00pm 11.30am - 12.30am 2.30pm - 4.30pm 4.00pm - 7.00pm 7.00pm - 9.00pm 7.30pm - 9.30pm
WW Reimagined  Aye Can Dae Activities  Yoga with Eilidh  Glasgow Senior Citizens Big Band  Mulholland School of Dance  Shining Light  Friday Sequence Dancing	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs  Yoga — Options for all levels - beginners welcome  For Musicians with an interest in jazz and swing  Competition Dance Class  Spiritualist Church meetings - All welcome  All adults welcome  Free drama classes. Minis 4 to 7 years	11.00am - 2.00pm 11.30am - 12.30am 2.30pm - 4.30pm 4.00pm - 7.00pm 7.00pm - 9.00pm 7.30pm - 9.30pm
WW Reimagined  Aye Can Dae Activities Yoga with Eilidh Glasgow Senior Citizens Big Band Mulholland School of Dance Shining Light Friday Sequence Dancing  Saturday Ignite Theatre	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs  Yoga — Options for all levels - beginners welcome  For Musicians with an interest in jazz and swing  Competition Dance Class  Spiritualist Church meetings - All welcome  All adults welcome	11.00am - 2.00pm 11.30am - 12.30am 2.30pm - 4.30pm 4.00pm - 7.00pm 7.00pm - 9.00pm 7.30pm - 9.30pm
WW Reimagined  Aye Can Dae Activities Yoga with Eilidh Glasgow Senior Citizens Big Band Mulholland School of Dance Shining Light Friday Sequence Dancing  Saturday Ignite Theatre  Shona Campbell School	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs  Yoga — Options for all levels - beginners welcome  For Musicians with an interest in jazz and swing  Competition Dance Class  Spiritualist Church meetings - All welcome  All adults welcome  Free drama classes. Minis 4 to 7 years Juniors 8 to 12 years	11.00am - 2.00pm 11.30am - 12.30am 2.30pm - 4.30pm 4.00pm - 7.00pm 7.00pm - 9.00pm 7.30pm - 9.30pm 9.30am-10.30am 11.00am- 1.00pm
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Aye Can Dae Activities Yoga with Eilidh Glasgow Senior Citizens Big Band Mulholland School of Dance Shining Light Friday Sequence Dancing  Saturday Ignite Theatre  Shona Campbell School of Dance Shimmers Line Dancing Club Table Tennis Club  Sunday Foundation Dog Training	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs  Yoga — Options for all levels - beginners welcome  For Musicians with an interest in jazz and swing  Competition Dance Class  Spiritualist Church meetings - All welcome  All adults welcome  Free drama classes. Minis 4 to 7 years Juniors 8 to 12 years  Tap & Modern dance class for over 2's  Adult class for advanced/ experienced line dancers  For advanced players  Dog training using positive reinforcements techniques (booking essential and times may vary)	11.00am - 2.00pm 11.30am - 12.30am 2.30pm - 4.30pm 4.00pm - 7.00pm 7.00pm - 9.00pm 7.30pm - 9.30pm 9.30am-10.30am 11.00am- 1.00pm 10.30am - 12.30pm 12.30pm - 3.30pm
Aye Can Dae Activities Yoga with Eilidh Glasgow Senior Citizens Big Band Mulholland School of Dance Shining Light Friday Sequence Dancing  Saturday Ignite Theatre  Shona Campbell School of Dance Shimmers Line Dancing Club Table Tennis Club  Sunday Foundation Dog Training Al - Anon Meeting	Fun & Fabulous Wellbeing Workshops for Adults with Additional Support Needs  Yoga — Options for all levels - beginners welcome  For Musicians with an interest in jazz and swing  Competition Dance Class  Spiritualist Church meetings - All welcome  All adults welcome  Free drama classes. Minis 4 to 7 years Juniors 8 to 12 years  Tap & Modern dance class for over 2's  Adult class for advanced/ experienced line dancers  For advanced players  Dog training using positive reinforcements techniques (booking essential and times may vary)  Self-help group for friends and family of alcoholics	11.00am - 2.00pm 11.30am - 12.30am 2.30pm - 4.30pm 4.00pm - 7.00pm 7.00pm - 9.00pm 7.30pm - 9.30pm 9.30am-10.30am 11.00am- 1.00pm 10.30am - 12.30pm 12.30pm - 3.30pm 6.30pm- 8.30pm 7.15pm - 9.15pm
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