

Newsletter

September 2023

Allen Lindsay steps down after 37 years.

“A Big Thank You To Allen and Anne for all the Hardwork and Dedication”



After 37 years of being at the helm of Knightswood Community Centre, Allen Lindsay retired from the post of chairperson of the Knightswood Community SCIO at the AGM on the 5th September 2023.

Allen, since the late nineteen sixties, has been involved as a volunteer, in some way or another, with groups and organisations in the Knightswood community. For years he was part of the Knightswood Gala Committee, eventually becoming the Chairperson. He was also a Community Councillor since the early nineteen eighties. At the AGM he was thanked for the many years of service he has given to the Centre and the community of Knightswood. During his time as Chairperson, he was instrumental in leading the work to transfer the Centre to community management in 2015.

Everyone at the Centre wishes both Anne and Allen a long, happy and fun retirement.



**KNIGHTSWOOD
COMMUNITY CENTRE**

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Anne Lindsay also stepped down from the KCSCIO board at the AGM. She has been involved in Knightswood Community Centre in a variety of positions for over forty years. Anne will continue her role as a fitness instructor with Fit 'n' Fun @ Step to Health at the Centre.



The Knightswood History Group

Tuesdays 10.30am to 12noon

Syllabus October to December 2023

- 10 October **The Mitchell Library.**
Talk by Dawn Vallance –
- 24 October **The Galloway Hoard.**
Talk by Adrian Maldonado
- 07 November **Maryhill in the Time of the Hutchesons.**
Talk by Carol Primrose
- 21 November **Capt. John Cameron (Dunkirk Waverley & Waverley
1947) His Life & Times.**
Talk by Iain Quinn
- 05 December **The Glasgow Tobacco Lords.**
Talk by Robert Geddes
- 19 December **Carols and Christmas Cheer**
Talk by Robert Geddes

Ignite Summer Camp – Pedal Power

In July Ignite Theatre ran a weeklong Summer Camp for children and young people aged 5 to 12 years of age in Knightswood Community Centre. The project was part of Glasgow Life's Artist in Communities Project. Manu Kurewa who was the artist in residence for this project led the programme of activity with visual art workshops for children aged 5 to 7 (minis) and for those aged 8 to 12 years of age (Juniors). We also ran Drama workshops for children aged 8 to 12 years of age. The theme of the week was Pedal Power- where we celebrated all things that you can pedal to celebrate the UCI World Cycling Championships.

Through the art workshops we explored shapes and patterns which represent bikes and what they mean to us. The minis group used different art forms to produce pieces of individual art works and the Juniors produced a large Mural that was used as the backdrop for the short play that was devised and produced by the Juniors. All the work was shared at a showcase event on the final day with family and friends.



Young Artists at Work

This was such a fun and creative week for everyone involved and we would like to thank all of the children who attended, the artist involved, the community centre and Glasgow Life for their support. Ignite have lots of exciting things planned for the year ahead and if you want to find out more or request our support then

we would love to hear from you. Ignite have an office on the first floor of the community centre or email aj@ignitetheatreglasgow.org.



What a Wonderful Showcase Mural



Knightswood Community Cinema



Monday Movies for October 2023

2nd Oct. - What's Love Got to Do With It?

9th Oct. – Allelujah

16th Oct. – Parental Guidance

23rd Oct. – Local Hero

30th Oct. – The Duke

Tea, coffee and biscuits at 12.30pm.

Film starts 1.00pm.

Everything free, just come along no need to book

For Information phone 0141 959 9419

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
• 5 Piece Breakfast – Sausage, Bacon, Fried Egg, Potato Scone and Beans	£5.00	£4.20	• Toast & Scrambled Egg – 3 Eggs	£3.50	£3.00
• 7 Piece Breakfast – Sausage, 2 Bacon, Fried Egg, Black Pudding, Potato Scone and Beans	£7.00	£5.90	• Toast & Scrambled Egg – 5 Eggs	£4.50	£3.75
• 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	£3.50	£3.00
			• 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	• 4 Halloumi Fries with a Side Salad and Garlic Dip	£4.00	£3.40
• Macaroni Cheese and Chips	£6.00	£5.00	• 9 Halloumi Fries with a Side Salad and Garlic Dip	£7.00	£5.90
• Bolognese Pasta Bake and Chips	£6.00	£5.00	• Fish Finger Bap with Chips and a Side Salad	£5.00	£4.20
• Shortcrust Pastry Chicken Pie topped with Southern Style Gravy and Chips	£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



Monday	Description of Activity	Time
Boogie Babies	Parent/ Carer & Toddler group - creative dance session using movement, stories & games. Contact Links 0141 954 7554 to register. Booking is essential.	10.00am – 11.00am
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 Group	This is a course for keen classical violin players wishing to improve their 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 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
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)	10.30am 12.30pm
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
Skills Development 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 Society	Lapidary Workshop - cutting, engraving, shaping, and polishing of stones 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 Dance	Gymnastics / Dance for 2 years and over	5.00pm – 9.00pm
UKTC Taekwon-Do	Taekwon-Do classes 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	5 Sept. Restart 7.30pm – 9.30pm
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
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
West of Scotland Mineral & Lapidary Society	Enamelling Workshop - heat fusing of glass to the surface of metals to craft jewellery, panels, paintings, bowls and objet d'art	2.00pm – 5.00pm
Shona Campbell School of Dance	Tap and modern dance classes	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		
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 & Lapidary Society	Enamelling Workshop - heat fusing of glass to the surface of metals to 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 Society	Lapidary Workshop - cutting, engraving, shaping, and polishing of stones 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
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	4.00pm – 7.00pm
Shining Light	Spiritualist Church meetings - All welcome	7.00pm - 9.00pm
Friday 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
Shona Campbell School of Dance	Tap & Modern dance class for over 2's	10.00am- 1.00pm
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 and times may vary)	6.30pm- 8.30pm
AI - Anon Meeting	Self-help group for friends and family of alcoholics	7.15pm - 9.15pm
Alcoholics Anonymous	If alcohol is causing you problems, you are most welcome	7.30pm - 9.30pm