

# Merkinch Community Centre Programme

## Monday

- 10.00-12 Knitting Group and enjoy the tea and chat
- 10.00-12 Art Society - *new members welcome*
- 11.00-12 Tai Chi - *many get help with aches and pains!*
- 1.00-3.00 Crochet Group - beginners welcome
- 2.00-3.00 Singing Hearts for Parkinsons and the other lifelong medical conditions
- 6.00-8.00 Highland Dancing - children
- 7.00-9.00 'Clear Cut' for alcohol and drug addictions

## Tuesday

- 10.00-12 Play and learn for parents and tots
- 10.30-12 Rainbow Singers for adults with learning disabilities
- 2.00-3.30 Singing for Pleasure
- 6.00-8.00 Highland Dancing
- 8.00-9.30 Swing Dancing - *new members welcome*

## Wednesday

- 10.30-12 Drama for adults with learning disabilities
- 10.00-12 Art Society
- 12.30-2.00 Lunch Club for elderly with entertainment (transport available)
- 12.30-1.30 Beginners Line Dancing - *new members welcome*
- 4.00-6.00 Highland Dancing
- 6.00-7.00 Karate

## Thursday

- 10.30-12 Hobbies Group - bring your own hobby with you
- 10.30-12§ 'Sounds Sensational' for adults with learning disabilities
- 1.00-2.00 Mikeys Line - support for parents of teenagers

## Friday

- 9.30-10.30 Step and Stretch with Miss Motivator (Melanie)
- 10.45-11.30 Easy Step and Stretch
- 10.00-12 Archery - beginners are welcome

Rooms of various sizes are available for hire - meetings, events conferences, sports  
[www.merkinchcommunitycentre.co.uk](http://www.merkinchcommunitycentre.co.uk). Telephone: 01463 239563



# Merkinch

## Community Centre



## We are busy again!

It is a great feeling to be getting through covid and seeing the centre really buzzing again with lots of folks attending various classes and a busy car park. Although we all know that covid is still lurking in our communities, we now have the courage to come out and socialise with friends enjoying all the activities, so dear to us all.

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### WARM WELCOME

All ages and stages of people are welcome in our community centre

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### HOSPITALITY

Vending machine and tuck shop with lots of goodies on sale

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### ROOM HIRE

Various rooms are available for hire daytime and evening



Young parents are really enjoying meeting up on Tuesdays with their tots.



Everyone is given a warm welcome to join any groups and get help, support or just a friendly chat and cuppa.

Art Society are



looking for more members for their art groups Monday & Wed

## Archery on Fridays

Fancy having a go at a new skill?

The Archery class has been running for several years and various folks have enjoyed learning all the tips to shoot an arrow to the target. You do not need experience and a tutor is there to guide you. The craic is good too when you stop for a tea break! Give it a try....



## Art Society Monday Wednesday Mornings

This class is peer support. Members bring their own projects and enjoy getting feedback and sharing ideas together.

*New members are made most welcome to the group. It is also a good social time to share tea and chat together.*

During the last few months some new support groups have become established within the centre in order to help people with alcohol, drugs and other addictions. These groups are peer support groups which provide an encouraging environment and offer a support mechanism to encourage folks to improve their lives and get clear of unhelpful habits.

You are welcome to drop into any of these sessions and have a look, sharing with others who have 'lived experience with these issues'. A warm welcome awaits you!

**Monday 7.30pm - Clear Cut**

**Tuesday 1.30pm - Narcotics Anonymous**

**Thursday 1pm - Mikeys Line helping families with teenagers**



## SUPPORT GROUPS



## Highland Dancing

*Classes are on three times per week for all ages of children and young people.*

*They are submitted for medals, competitions and exams for grading.*

**Contact: Elizabeth Fraser School of Dancing**

**Merkinch Feel Good Project**

# LineDance

**ADULT DANCE**

**GET FIT!**  
Fun Dance & Fitness Class for Adults!  
Come along meet new friends, & get fit at the same time

Merkinch Community Centre  
Wednesday 12.30-1.30  
£3 per class

**BEGINNER'S LINE DANCERCISE CLASS**  
**CALL NOW!** 01463 239563

Step'n'Style Dance School

## Dancing with Nicky

*Children's dance classes after school sessions and also a beginners Adult line dance class on a Wednesday*

*Nicky's classes are great fun - whether a child or adult, you will enjoy yourself!*

**Step'n'Style Dance School**

# Dance

**DISCO FREESTYLE  
LYRICAL SLOW DANCE  
STREET DANCE  
ROCK'N'ROLL**

**Merkinch Community Centre!**  
**Scy Centre Culloden!**  
**Dingwall Town Hall!**  
**Resaurie Smithson Studio!**

*Express yourself through the art of dance  
Longest Running Freestyle School in the Highlands*

**Register today**  
Stepnstyle2019@gmail.com  
01463220049



## Swing Dancing

*Tuesday nights are terrific fun learning to swing dance, have a laugh and meet new friends.*

*New members are really welcome to come along and try it out.....enjoy yourself.*