



Merkinch

Community Centre



Winter hits Inverness

January has been a very cold month and we had a high snowfall as well, in fact up to 10 inches of snow in some places!!

It is so important to wrap up with some layers of clothes and keep cosy. Merkinch Community Centre always gives a warm welcome to all our customers and you are welcome to pop in for a cuppa and chat, or join in with one of our groups or classes.

Many folks tell us that MCC is their lifeline - whether you come to the Lunch Club for a hot meal on Wednesdays or do Tai Chi or Knitting, it's all good for our health and well being.

1

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

2

HOSPITALITY
Vending machine and tuck shop with goodies on sale at our tuck shop

3

ROOM HIRE
Various rooms are available for hire daytime and evening



Archery Group are looking for some new members. Come along and give it a try.



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 on Monday & Wed

Children's Dance Groups

Merkinch Community Centre is proud of a long standing let with our local dance groups with Nicky Mackay and Elizabeth Fraser. Both Dance schools have received so many accolades at competitions and we are so very proud to be connected with them.

Elizabeth Fraser has had her service recognised by being made a life member of the United Kingdom Alliance of Professional Teachers of Dance (UKAPTD). She has specialised in teaching Highland dancing, with her inspiration being her father Charles, who was a dancer in the Cameron Highlanders. She took her first meaningful dance steps at the age of five when she learned the basics from her dad who later sent her to classes.



"It just took off from there and has been part of my life ever since," said Elizabeth, who is now 81 years old and has been teaching since she was 16.



**Highland Dance Group who performed
in our Christmas Jamboree**

The Christmas Jamboree

This event was a roaring success with various groups all participating showing off their talents and what they had been learning throughout the last term.

Many family members and friends came to support the show and everyone cheered for each other. It was a very happy and inclusive event.



Step n Style at the
Christmas Jamboree

Tots to Teens



Falcon Drama Group performing twelve days of Christmas at Jamboree



Sounds Sensational is a recent group which has been started up with Audrey Whyte and her team of volunteers. It is a music making group for adults with learning disabilities. Each member must be able to keep the beat and 'make music' with a variety of instruments. We were delighted to hear their performance of a range of songs. Well done to you all.

We all enjoyed such a wonderful Christmas Dinner at the Lunch Club



The Lunch Club meet every Wednesday for a hot two course meal, tea and biscuits followed with an hour of entertainment. New members are welcome who are elderly and frail. Thanks to support from our helpers.



Rainbow Singers enjoying their Christmas party and Frosty the Snowman paid a visit along with Santa of course!



Rainbow Singers



Our new Acapella group 'The Songbirds'

Singing for Pleasure Christmas Concert another great success, packed theatre!

There was a great variety of acts - SfP performing a few songs, some comical acts, duets, solos and of course lots of community singing. It was a great show and people left with a spring in their step.



Singing Workshop with Kate O'Connell a wonderful experience singing with many other people in harmony

Saturday
13th May 2023
10 - 1pm. £20
ALL WELCOME
Merkinch
Community
Centre



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!*
12.-1.00 Songbirds Acapella Group
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

- 9.30 -11 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)
1.30-2.30 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 or come for the chat
10.30-12 'Sounds Sensational' for adults with learning disabilities

Friday

- 10.00-12 Archery - beginners are welcome

Rooms of various sizes are available for hire - meetings, events conferences, sports

www.merkinchcommunitycentre.co.uk. Telephone: 01463 239563