



Community Projects Newsletter

May & June 2018

Welcome to the ‘AFCCT Community Projects Newsletter’. Please take the time to read through all sections of the newsletter to make sure you don’t miss out on any of the amazing projects on offer.

Upcoming Events

Golden Games
7th - 15th June

**All Technogym
cancelled on 16th
May**

- Boogie in the Bar**
- Friday 2nd May – 12.30pm – 3.30pm
(Sunnybank Social Club, Northfield)
 - Friday 18th May – 12pm – 4pm
(Foundry Bar)
 - Friday 1st June – 12.30pm – 3.30pm
(Sunnybank Social Club, Northfield)
 - Friday 15th June – 12pm – 4pm
(Foundry Bar)

Walking Football

Day:	Venue:	Time:	Cost:
Monday	Aberdeen Sports Village (Woman’s only)	2:30 – 3:30pm	£2.90
Tuesday	Aberdeen Sports Village	12:30 – 1:30pm	£2.90
Wednesday	Garioch Sports Centre	1:00 – 2:00pm	£2.00
Thursday	Torry Sports Centre, Aberdeen	10:00 – 11:00am (tea/coffee included)	£2.55

If you would like more information about walking football then please contact Community Projects Officer Nicola Graham on nicola.graham@afccommunitytrust.org or 01224 650499.



Technogym

Date	Time	Warm-up Theme
Wednesday 2 nd May	9.30am- 12.30pm (1.30pm and 3pm Class on as normal)	Co-Ordination Exercises
Wednesday 9 th May		Seated Warm-Up
Wednesday 16th May		CANCELLED
Wednesday 23 rd May		Ball Games
Wednesday 30 th May		Aerobics Style Warm-Up
Wednesday 6 th June		TheraBand Warm Up
Wednesday 13 th June		Follow the Leader
Wednesday 20 th June		Cheesy Dance Routines
Wednesday 27 th June		Seated Warm-Ups

Active Reminiscence

Date	Time	Activity	Meeting Point	End Point
Thursday 3 rd May	1.30pm - 3.30pm	Boccia Bingo	Alzheimer Scotland	Alzheimer Scotland
Thursday 10 th May	1.30pm - 3.30pm	Parachute Games	Seaton Learning Centre	Seaton Learning Centre
Thursday 17 th May	1.30pm - 3.30pm	Boccia	Alzheimer Scotland	Alzheimer Scotland
Thursday 24 th May	1.30pm - 3.30pm	New Age Kurling	Seaton Learning Centre	Seaton Learning Centre
Thursday 31 st May	1.30pm - 3.30pm	Fun Activities	The Range, Beach Boulevard	The Range, Beach Boulevard
Thursday 7 th June	1.30pm - 3.30pm	Boccia	Alzheimer's Scotland	Alzheimer's Scotland
Thursday 14 th June	1.30pm - 3.30pm	Seated Exercise	Seaton Learning Centre	Seaton Learning Centre
Thursday 21 st June	1.30pm - 3.30pm	New Age Kurling	Alzheimer's Scotland	Alzheimer's Scotland
Thursday 28 th June	1.30pm - 3.30pm	Aberdeen Reminiscence	Seaton Learning Centre	Seaton Learning Centre

If you would like to find out more about the Technogym or Active Reminiscence programme's please contact Community Projects Officer Nicola Graham on Nicola.Graham@afccommunitytrust.org or 01224 650449.



Aberdeen FC Community Trust



Health Walks

Dates:	Time:	Activity:	Meeting Point:	Finishing Point:	Comments
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If you would like to find out more about the Technogym, Active Reminiscence or Health Walk programme's please contact Community Projects Officer Nicola Graham on Nicola.Graham@afccommunitytrust.org or 01224 650449.



Aberdeen FC Community Trust



Tuesday 1st May	10am – 12pm	Health Walk	Pittodrie Stadium Gate 9	Pittodrie Stadium Gate 9	
Tuesday 8th May	10am – 12pm	Health Walk	Duthie Park Outside Winter Gardens	Foundry Holburn Street	
Tuesday 15th May	10am – 12pm	Health Walk (Cruickshank Gardens)	Spar (St Machar Drive)	Seaton Learning Centre	
Tuesday 22nd May	10am – 12pm	Health Walk	Victoria Park At the Fountain	Westburn Outdoor Centre	
Tuesday 29th May	9am – 2.30pm	Health Walk (Guide Dogs Tour Forfar)	Meet at 9am Pittodrie Gate 9	Pittodrie Gate 9	Must have pre-booked space on the bus
Tuesday 5th June	10am – 12pm	Health Walk	School Hill Outside Robert Gordon's School	Ma Camerons	
Tuesday 12th June	10am – 12pm	Health Walk (Golden Games)	Pittodrie Stadium Gate 9	Pittodrie Stadium Gate 9	
Tuesday 19th June	10am – 12pm	Health Walk	Rubislaw Gardens	Foundry Holburn Street	
Tuesday 26th June	10am – 12pm	Health Walk	Castlegate	Pittodrie Stadium Gate 9	