



IT'S PARTY TIME



**WHY NOT BOOK YOUR CHILDS PARTY HERE?
SAVE ALL THE WORRY ABOUT SPACE AND
MESS!**

*PARTIES CAN BE ARRANGED, DURING THE WEEK,
AFTER SCHOOL HOURS, OR ON SATURDAYS.*

VARIS COFFEE BAR

Open

Monday – Thursday: 10am – 2pm

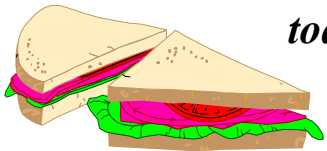
Friday: 10am – 12 noon

New Menu

*Fresh made sandwiches, baked potatoes,
toasties with choice of fillings, Soup,
and home bakes*

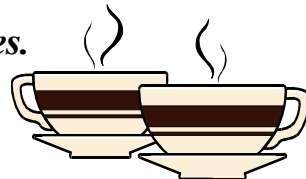
Child boxes also available

Eat in or carry out



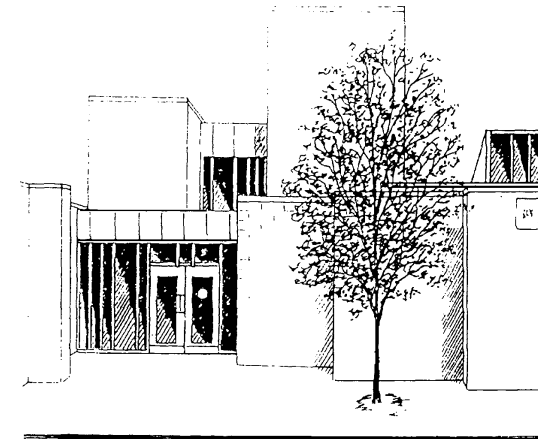
*Arrangements can be made in advance
outwith opening times for groups/
meetings catering requirements*

Vending Machines available at all times.



**Sports & Leisure Services
Forres House Community Centre**

Centre Programme & Information



**Centre Co-ordinator:
Janie Bell**

Tel: 01309 672838

Email: forres.house@moray.gov.uk

www.moray.gov.uk

Forres House Sports & Community Centre

Reception Hours

Monday and Friday:

9am – 1pm
2pm -4.45pm
6.45pm – 8.15pm

Tuesday, Wednesday and Thursday:

9.00am – 1pm
1.45pm – 4.45pm
6.45pm – 8.15pm

Saturday: 9.45am – 1.15pm

Entry Fees

Please see separate information sheet for admission prices.

Welcome

Welcome to the program for Forres House Community Centre. Inside you will find details of the wide range of activities, interests and facilities currently on offer. You can also keep yourself up to date with what's happening by visiting our website www.moray.gov.uk click on 'Leisure' then 'Community Centres'.

We welcome new people warmly, and actively encourage and support new groups to broaden the range of interests and opportunities available to the local community. If you are interested in becoming involved in activities, please do not hesitate to contact the Centre Co-ordinator.

Forres House Community Centre and educational establishments in the Forres area can all be booked for meetings or sports activities through Forres House Community Centre

Ceramic Club

The Ceramic Club is always on the look out for new members. The club meets on a Monday morning from 10am to 12.30pm. Beginners will be shown the basics in ceramics free of charge; thereafter members share their knowledge and tips with one another. Come along, bring a friend be introduced to the world of ceramics.

Cha'n Ch'uan Shu & Tai Chi

Ch'an Ch'uan Shu, the Art of Meditative Boxing, is a school of Chinese Martial Arts that trains in both External (hard) and Internal (soft) techniques. It is practiced as an art and not as a sport. There is confrontation with a partner, but no competition. Students begin with 95% external and 5% internal training and then as they progress through the syllabus, the ratio changes and ultimately they are practicing 5% externally and 95% internally.

Dancercise Class

For those who do not like Aerobics, this class combines stretching and toning exercises for the whole body, with some easy dance/movement routines for fun and relaxation.

50 + 10 Group

This group was started to encourage people to get together in a friendly, relaxed atmosphere, to enjoy various activities, such as sport, walking, bus trips, visiting historical buildings and social activities. We really are trying to broaden our outlook on life in lots of ways. To this end we meet on the first Tuesday of each month to discuss a programme of events.

Volleyball Club

The main objectives of the club are to create, provide and promote the means for people of all ages to participate in the game of volleyball. It does not matter if you have played before, we have qualified coaches able to cater for beginners through to advanced levels.

Forres House Archers

The main object of the club is to promote archery and encourage any one who may be interested male or female, to take up the sport. Over and above individual club members competing in tournaments through Scotland, we also have several "Come and Try" commitments throughout the Grampian Area.

Twice a year we organize and host senior tournaments at Brodie Castle. We are also committed to accommodating any member of the public who visits Forres House and wishes to have a go.

Senior Citizens Exercise Class

Specially adapted exercises and movement to music for Over 60s – to maintain mobility, stimulate mentally and provide enjoyment and fun.

Senior Citizen Lunches

Senior Citizen lunches are served on Monday, Wednesday and Friday. Whilst anticipating the tasty lunch offered at a cost of only £2.55, there is the chance to meet up with friends, old and new.

Trampoline club

If you would like to try trampolining, come along to the club sessions on Tuesdays (7pm – 9pm) or Saturdays (10.30am – 12.30pm) and speak to the coaches. All the coaches are qualified by the Scottish Trampoline Association. They will be happy to explain, demonstrate and persuade you to have a bounce. In the interest of safety they prefer a minimum age of 7. They have not decided a maximum age yet!

Fundraising

If your group or club wishes to fundraise, our front foyer is available free of charge for display or sales tables. Outside groups are also welcome. Please book at reception.

Lockers

Lockers are available for hire.

Latin American Dance

“Come Dancing” comes to Forres House. Classes take place on Tuesdays fortnightly, 7.15pm – 8.30pm at a cost of £3.50 per person. You will be in the hands of a qualified tutor who will take you through the basic steps of Tango, Jive Mambo, Rumba, Cha Cha and Paso Doble. No partners required. A chance to learn something new and keep fit at the same time.

Art Class

The Wednesday morning Art Class is a self-help group, working mainly with drawing, painting and pastels.

It will give each person the opportunity to discover new talents or to build on existing ones. Some materials will be available at a basic charge. Numbers are limited, so early booking is advisable.

Essential Skills

If you would like to improve the skills we all need such as writing, reading, spelling or working with numbers, there is free help for adults in Moray. Please telephone any of the contacts to find out more:

Buckie, Fochabers & Lhanbryde	Doreen	01542 832605
Forres & Lossiemouth	Catriona	01309 672838
Elgin	Moira	01343 543736
Keith	Joan Scott	01542 882222 (Ext 207)
Speyside	Joan Scott	01340 871641

Adult Learning

The adult learning programme promotes a range of learning opportunities that relate to the expressed needs and interests of individuals and groups in the community. If there is a particular topic or subject you would like to see offered, why not let us know. For further information, please contact Adult Learning /Evening Class Co-ordinator: Fiona Rolt 01343 829026 OR Lindsay Welsh 01343 559309.

Out of School Club

Forres House Out of School Club offers advantages for both parents and children. Parents can return to work, continue working or take up further studies in the knowledge that their child is in an environment which is safe, caring and fun, which will also be a help to him/her in developing the appropriate skills and attitudes needed for further education and leisure activities.

The children are supervised by 1 worker per 8 children. Games, books, arts and crafts, cooking and other activities are available. Children will be encouraged to complete any homework and to encourage a responsible attitude to out of school/homework. Children will be met at their primary school and must be collected from the Out of School Club by a parent or nominated adult. The club is open to children up to Secondary 2 age – but they must make their way to Forres House.

There is also a Breakfast Club which operates 7.00am – 9.00am, Monday to Friday. Parents/Guardians drop their children at Forres House and the staff give them breakfast (if requested) and then ensure that they are taken to school. Please note that Breakfast club places **must** be booked in advance. A separate information sheet is available at reception.

FORRES HOUSE COMMUNITY CENTRE PROGRAMME

	MORNING	TIMES	AFTERNOON	TIMES	EVENING	TIMES
MONDAY	Out of School Club Women's Group Ceramics Club	7.00 – 9.00 10.00 – 12.00 10.00 – 12.30	60 Plus Lunch Out of School Club	12.15 – 1.30 2.30 – 6.00	Phoenix Martial Arts (Forres Academy) Circuit Training (Anderson's) Tai Chi, Chan Quan Shu	6.30 – 8.00 7.00 – 8.30 7.00 – 10.00
TUESDAY	Out of School Club Art Class	7.00 – 9.00 10.00 – 12.00	Quilting Group (Self Help) Out of School Club	1.30 – 4.00 2.30 – 6.00	50+ Club Activities Latin American Dance	7.30 – 10.00 7.30 – 8.45
WEDNESDAY	Out of School Club Parents & Tots (Little Fish) Art Group (Self Help) Embroidery Class	7.00 – 9.00 9.15 – 11.15 10.00 – 12.00 10.00 – 12.00	60 Plus Lunch Cross Stitch Crafts Out of School Club	12.15 – 1.30 2.00 – 4.00 2.30 – 6.00	Scottish Slimmers Bridge Club Youth Drop In Lace Group	6.30 – 7.30 7.00 – 10.00 7.00 – 9.30 7.30 – 9.30
THURSDAY	Out of School Club B.A.L.L. Group Disabled Group	7.00 – 9.00 10.00 – 12.00 10.00 – 12.00	Out of School Club	2.30 – 6.00	Phoenix Martial Arts Yoga	6.00 – 8.00 7.00 – 9.00
FRIDAY	Out of School Club Parents & Tots (Little Fish)	7.00 – 9.00 9.15 – 11.15	60 Plus Lunch Swinging Seniors Exercise Out of School Club	12.15 – 2.00 2.00 – 3.00 2.30 – 6.00		
SATURDAY	Available for Hire					

The building will be closed on Public Holidays and over the Christmas and New Year Period

PROGRAMME IS SUBJECT TO CHANGE FROM TIME TO TIME

For further information, please contact Forres House on 01309 672838 or forres.house@moray.gov.uk