

# GREAT WESTERN COMMUNITY CENTRE

[WWW.GWCCENTRE.CO.UK](http://WWW.GWCCENTRE.CO.UK)



**May 2025**



## Welcome

Welcome to May at Great Western Community Centre!

As the days grow longer and the blossoms reach full bloom, May is the perfect time to reconnect, recharge and rediscover all that our community has to offer. Whether you're a longtime resident or a newcomer to the area, there's never been a better time to get involved at Great Western Community Centre.

This month, we're celebrating the spirit of togetherness with a calendar full of exciting events, new classes and volunteer opportunities.

As always, we welcome your ideas, feedback and involvement.

## Get Involved: Volunteer Opportunities at your Community Centre!

Looking for a meaningful way to give back, meet new people and make a real difference in your neighbourhood? Great Western Community Centre is calling on individuals to join our team of volunteers!

Volunteering with us is more than just lending a helping hand – it's about building a stronger, more connected community. Whether you have a few hours a week or just an occasional free afternoon, your time and energy can make a big impact.

Why volunteer with us?

- Gain valuable experience
- Make new friends and connections
- Give back to your local community

Interested? Email us at [office@gwccentre.co.uk](mailto:office@gwccentre.co.uk) or call 01224 675748.

Together we can make our community stronger – one volunteer at a time.

## Meet our Class Leaders

Each month, join us as we meet a class leader or tutor who shares with us more information about the group they run.

First up, we meet Karen from Bliss Out Yoga. Karen started running her popular Monday morning sessions last October here at Great Western Community Centre.



Some of yoga's many potential benefits include improved flexibility, strength and body awareness. It also helps relieve stress and anxiety. Bliss Out Yoga classes include breathing exercises and meditation as well as a full body workout. We also have a coffee and a chat at the end of the class, which rounds off the morning! It gets the week off to a flying start!

Flexibility, mobility and stability are the most well-known physical benefits of yoga. The nature of yoga requires balance, core activation and isometric contractions, which will strengthen postural muscles and increase body awareness. Your body will work to stay stable and balanced to perform smooth transitions from one pose to the next. As you improve, so will your stability and balance.

Research also shows that yoga is an excellent choice for improving functional fitness. Consistent yoga practice leads to better squat depth, shoulder mobility and trunk stability. But more importantly yoga benefits the mind and the body and encourages a gentle steady improvement in both, through meditation and breathing techniques.

To find out more about Bliss Out Yoga which takes place at 9.30am on Mondays, email Karen at [karen.jane.smith@btinternet.com](mailto:karen.jane.smith@btinternet.com) or call 07793325876



LITTLE DREAMERS PRESENTS

# ART CLASSES FOR KIDS!

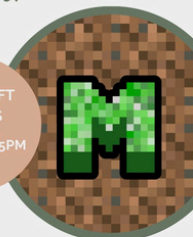
Let your child's creativity shine with our exciting and fun-filled art classes hosted by a qualified primary school teacher.

GREAT WESTERN COMMUNITY CENTRE  
EVERY TUESDAY FROM 10<sup>TH</sup> JUNE TO 1<sup>ST</sup> JULY



**TOTE-ALLY ART!**  
🕒 3:30 - 4:30PM

**MINECRAFT MAKERS**  
🕒 4:45 - 5:45PM



For more information and to book  
click the link below.

[www.littledreamersplaykits.co.uk](http://www.littledreamersplaykits.co.uk)

info@littledreamersplaykits.co.uk

## New Class Starting!

Following the success of the first block of art classes from Little Dreamers, we are delighted that from 10<sup>th</sup> June to 1<sup>st</sup> July, 2 new art classes will be run at Great Western Community Centre.

These are Tote-ally Art! at 3.30pm and Minecraft Makers at 4.45pm.

Why not let your child's creativity shine with our exciting and fun filled art classes hosted by a qualified primary school teacher.

For more information and to book visit  
[www.littledreamersplaykits.co.uk](http://www.littledreamersplaykits.co.uk)



On Wednesday 7<sup>th</sup> May, we were delighted to be the host venue for Tutti Choir's Spring Concert.

Special Guest for the evening was Calum Huggan and a great time was had by all.

We look forward to welcoming Tutti Choir back again in the future.

Our auditorium is the ideal venue for performances & concerts. If you are looking for a venue to hire, please email [office@gwccentre.co.uk](mailto:office@gwccentre.co.uk) to find out more!



## Our New O50 Group

Earlier this month, we were delighted to launch our new O50 Group, where on a Wednesday afternoon we offer a variety of activities for a bargain £2!

We started off our sessions with chair based exercise with Sharon, who made this session unforgettable by guiding us through an energising feel-good workout followed by a catch up and a cuppa.

The following week we were entertained by Khristine Donaldson who wowed us with her vocals and got us up dancing.

Next week (4<sup>th</sup> June) at 1pm we have a collaboration with Inchgarth Community Centre where Manager & Chair Paul O'Connor MBE will be giving a talk "From Easterhouse to Buckingham Palace". Join us as Paul takes us on an unforgettable journey through the incredible history of Inchgarth and the colourful characters that shaped its legacy and the inspiring path that led from the streets of Easterhouse to the gates of Buckingham Palace.

This talk is open to all, only £2 entry and a chance for a cuppa/refreshments after the talk.  
Email [manager@gwccentre.co.uk](mailto:manager@gwccentre.co.uk) to secure your place!



**chair based  
exercise with  
Sharon!**

**A cuppa & catch up  
after the class!**





**Khristine Donaldson who kept us entertained!**



Refreshments available during or after each activity  
To register for this group- email [manager@gwccentre.co.uk](mailto:manager@gwccentre.co.uk)

## UPCOMING EVENTS!

We are delighted to be one of the host venues for the 100<sup>th</sup> edition of the Aberdeen & North East Music festival which returns to Great Western Community Centre on Wednesday 4<sup>th</sup> June and Thursday 5<sup>th</sup> June.

To find out more details of the programme of events, visit [www.nespa.scot](http://www.nespa.scot).



The poster features a yellow background with a large, stylized red and orange musical staff with notes flowing across it. A green lyre is positioned in the center. The text is in various colors and fonts, including blue, green, and black. The overall design is vibrant and musical.

# Aberdeen and North East of Scotland Music Festival

## 100th Edition

Since 1909

Monday 2nd to Friday 6th June

**Mannofield Church:**  
Mon & Tues am/pm/eve  
Wed pm/eve

**Great Western Community Centre:**  
Wed am/pm/eve  
Thurs am/pm

**St Andrew's Parish Church, Inverurie:**  
Wed am/pm/eve

**Cowdray Hall:**  
Mon am/pm  
Tues & Wed am/pm/eve  
Thurs am/pm

**Celebration Concert - Friday 6th at 7pm!**

For further information go to [www.nespa.scot](http://www.nespa.scot)



# WATCH THIS SPACE

COMING SOON TO GREAT WESTERN COMMUNITY CENTRE.....

More events & coaching opportunities at our outdoor tennis court  
Email [office@gwccentre.co.uk](mailto:office@gwccentre.co.uk) or [holburnwesttennis@hotmail.co.uk](mailto:holburnwesttennis@hotmail.co.uk)  
for more information



**NEW CLASS STARTING 19<sup>TH</sup>  
JUNE AT 6.30PM**

**SOULSA !**

- No experience needed
- Open to all, take the class at a pace that suits you
- Easy to follow moves
- A full body workout disguised as a party

# Support Us

**Be a part of Aberdeen's newest and fastest growing community centre!**

Attend our groups , classes and events  
Volunteer your time to help your local community  
Let us know of classes and activities you'd like to see  
Share our details to group/class leaders

**Follow us on social media, share & tag a friend!**



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**call : 01224 675748**

**email : [office@gwccentre.co.uk](mailto:office@gwccentre.co.uk)**