

## Thursday

**Kindergym** 2 x Sessions 9.30-10.15am  
For parents and children under 5yrs  
School term only 10.30-11.15am

**Art Class** 10.00am-12.00pm  
Tutor led art class for adults  
Visit, [www.joininedinburgh.org](http://www.joininedinburgh.org)

**Creative Writing** 10.00-12.00pm  
Learn to write creatively using simple exercises

**Pentland Lunch Club** 11.45am-1.00pm  
Lunch and a blether for older people

**Art Class** 1.15-3.15pm  
Tutor led art class for adults  
Visit, [www.joininedinburgh.org](http://www.joininedinburgh.org)

**Thursday Social Club** 1.30-4.00pm  
Tea, dancing, bingo and fun!

**Senior Youth Club** 7.00-8.30pm  
Drop in for young people  
School term only

**Yoga—Adult Education Class** 3.45—4.45pm  
Starts 27/09/18—booking required

**Five Winds - Tai Chi Chuan** 7.00-8.45pm  
Teaching hand forms including pushing hands and  
wapon form

**Area Labour Party Meeting** 7.00-8.45pm  
3rd Thursday of the month

**Pentland Joggers**  
meet at Centre -  
In winter @ 5.30pm  
In summer @ 6.00pm  
For experienced joggers 5-10km runs.

## Friday

**WEACT**  
9.00-5.00pm Employability services - call Bri-  
an on, 0131 258 7033

**PEEP** 9.15-10.30am  
Parents Early Education Partnership  
Group for parents/carers and children 0-3yrs  
School term only

**All Talk At Pentland (ESOL) 10.00-12.00pm**  
Is English your second language? Practice your  
speaking and listening skills in our new con-  
versational group

**Tryst Patchwork Group** 10.00am-12.00pm  
Machine demonstrations + hand sewn pro-  
jects

**Seated Exercise Class** 1.00am-12.00pm  
Exercise for the over 50's to improve fitness  
**Waiting List**

**U3a Chess Club (fortnightly)** 10.00am-1.00pm  
Serious chess and serious fun!

**Carpet Bowls** 12.30-3.00pm  
Lots of fun for young and old!

**U3ACards + Games (fortnightly)** 2-4.00pm

### Weekend Bookings

Space may be available to groups, classes or  
private functions. **This is subject to janitorial  
availability**, please enquire at reception for  
further details.

Written enquiries/questions for the  
Management Committee can be left at  
reception and shall be dealt with at the next  
meeting. After which, you will receive a reply.

**PLEASE NOTE, THE PROGRAMME IS SUBJECT  
TO CHANGE**



## Programme

### August 2018—December 2018

Pentland Community  
Centre  
Oxgangs Brae  
Edinburgh  
EH13 9LS  
0131 445 2871

[www.pentlandcommunitycentre.com](http://www.pentlandcommunitycentre.com)



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YOUR COUNCIL - YOUR FUTURE

## Monday

**Kindergym** 2 x Sessions 9.30-10.15am  
For parents and children under 5 yrs 10.30- 11.15am  
School term only

**Tryst Art Group-** Waiting List 10.00am-12.30pm

**Visually Impaired Group** 1.30 -3.30pm  
Supportive and friendly social group  
Only runs from, October - April

**Little Tigers** 3.45-4.25pm  
A fun martial art for children aged 3-5yrs  
[www.uktc.co.uk](http://www.uktc.co.uk)

**Taekwondo** 6.00 -7.00pm  
A fun martial art for children aged 5yrs+  
[www.uktc.co.uk](http://www.uktc.co.uk)

**Tartan Trainers** 6.15 -7.15pm  
Fun fat burning fitness ceilidh style!

**Friends Group** 7.00-8.45pm  
For young women -18+ with additional needs  
School term only

## Tuesday

**Kindergym** 2 x Sessions 9.30-10.15am  
For parents and children under 5 yrs 10.30-11.15am  
School term only

**Computer Group** 9.30am-12pm  
Share your computing skills (not tutor led)

**Patchwork Group** 10.00am-12.00pm  
A Group designing and making beautiful quilts

**Pentland Retired Men's Group** 10.00am-12.00pm  
Great company, activities and trips out!

**Pentland Lunch Club** 11.45am-1.00pm  
Lunch and a blether for older people

**Line Dancing** 12.00-1.00pm  
Dance to good music, get fit + have fun

**Carpet Bowls** 12.30-3.00pm  
Lots of fun for young and old!

**Linus Project Group (fortnightly)** 1.30-4.00pm  
A group making lovely quilts for charity

**Dressmaking & Alterations 2.30pm-4.30pm -**  
**Adult Eucation Class starting 26 Sept 2018—booking**  
**required**

**Simon Says Dance** - [www.simonsaysdance.com](http://www.simonsaysdance.com)  
**Dance Class Info**  
Nursery age—New 2.00-2.30pm

**P1-P3 Youth Club** 6.00-7.30pm  
Drop in for young people  
School term only

**EDAM** 7.00-8.45pm  
Edinburgh & District Institute of Advanced Motoring.  
Monthly Meetings

## Wednesday

**Kindergym** 2 x Sessions 9.30-10.15am  
For parents and children under 5 yrs 10.30-11.15am  
School term only

**Baby Ballet - Baby Ballet.co.uk** 9.00-12.00pm  
Dance for parents and children together  
School term only

**Computing Group** 10.00am-12.00pm  
Share your computing skills (not tutor led)

**Space Artworks** 11.00am-1.00pm

6 sessions of relaxed and friendly art sessions supported  
by local artist delivering art workshops in the community  
for all ages and abilities. (starting 26/9/18)

**Pentland Lunch Club** 11.45am- 1.00pm  
Lunch and a blether for older people

**Tai Chi—Lee Style** 2.00 - 3.00pm  
Self run center class - experience required

**Fitness Pilates - all levels** 3.45-4.30pm

**Management Committee Meeting**  
1st Wednesday of each month 6.00-8.00pm

**P4-P6 Youth Club-** 7.00-8.30pm  
Drop in for young people  
School term only

**D.I.Y. Crafting** 6.45-8.45pm

Variety of craft activities with emphasis on fun and crea-  
tivity

**Clubbercise with Lauren** 7.15- 8.15pm

**Clubbercise®**- simple, fun dance fitness routines using  
glow sticks to club anthems from the 90's classics to the  
latest chart hits