



Welcome To Your
Forres House Community Centre
Programme

October - December 2024

Email: forres.house@moray.gov.uk

Tel: 01309 672838

Normal opening times*:

Monday – Friday 9:00am – 10:00pm

Saturday 9:00am – 3:00pm

*Please note that class times may vary due to School and Public Holidays

Active Schools' information - www.sportsinmoray.co.uk

Online bookings – www.moray.gov.uk/leisure

For information on 'FitLife' Membership – www.moray.gov.uk/leisure

Forres House Community Centre

Opening times:

Monday – Friday 9am to 10pm, Saturday 9am to 3pm

Public toilet – available during opening hours

Public showers – available during opening hours (free to 'FitLife' members, charge for non-members)

Staff

Supervisor: Steven Hamilton

Receptionist/administration staff are available at the following times:

Monday and Tuesday: 9am – 4.15pm

Wednesday and Thursday: 9am – 5pm

Friday: 9am – 12.45pm

Leisure Assistant (Caretaker) staff are available during opening hours (week day and weekends)

Please contact the Centre for details about rooms available for hire and associated prices.

Are you having a meeting or a child's birthday party? We may be able to accommodate you.

Forres Library

Opening times:

| | |
|-----------|----------------|
| Monday | 10am - 5pm |
| Tuesday | 10am - 8pm |
| Wednesday | 10am - 5pm |
| Thursday | 10am - 8pm |
| Friday | Closed |
| Saturday | 10am - 12 noon |

Forres Coffee House

Opening times:

| | |
|-----------|--|
| Monday | 9am - 5pm |
| Tuesday | 9am - 5pm |
| Wednesday | 9am - 5pm |
| Thursday | 9am - 5pm |
| Friday | 9am - 5pm |
| Saturday | 9.30am - 2.30pm |
| Sunday: | Closed (except for advertised Sunday Lunch special events) |

Timetable – Mondays

| | | | | |
|---------|---|---------|--|--|
| 9.00am | - | 10.00pm | Public Badminton & Basketball* | Booking essential:01309 672838 Free to FitLife members |
| 9.15am | - | 10.00am | Indoor Cycling Class* – with Robert | Online booking or pay on booking at reception |
| 9.30am | - | 10.30am | Stretch, Core & Stability* - with Laura | Online booking or pay on booking at reception |
| 9.30am | - | 11.00am | Over 60's Badminton | Angela Bell 07825 581738 |
| 10.45am | - | 12.15pm | Alcoholics Anonymous | Please see poster for information |
| 11.15am | - | 12.30pm | PEEPS – Baby Group | Silvia – Forres Health Centre |
| 12.30pm | - | 2.30pm | PEEPS – Toddler Group | Silvia – Forres Health Centre |
| 1.30pm | - | 2.30pm | Baby Bistro | Sharon – Forres Health Centre |
| 2.00pm | - | 3.00pm | Boxercise* - with Laura | Online booking or pay on booking at reception |
| 2.30pm | - | 4.30pm | Children's Craft Club | Please see poster for information |
| 3.15pm | - | 8.30pm | Highland Youth Theatre | Gillian Murdoch 07729 858445 |
| 3.30pm | - | 9.00pm | Forres Girls Football Club | Graeme Sutherland 07809 551983 Starts 21.10.24 |
| 6.00pm | - | 6.45pm | Indoor Cycling Class* – with Phillipa | Online booking or pay on booking at reception |
| 7.00pm | - | 8.00pm | Chan Quan Shu Tai Chi / Kung Fu | Archie 07799 064964 |
| 7.00pm | - | 10.00pm | Forres Archery | forresarchersbooking@outlook.com / cebook Up to 07.10 – after moves to Saturday |

Timetable – Tuesdays

| | | | | |
|---------|---|---------|--|---|
| 9.00am | - | 10.00pm | Public Badminton & Basketball* | Booking essential:01309 672838 Free to FitLife members |
| 9.15am | - | 10.00am | Indoor Cycling Class* – with Phillipa | Online booking or pay on booking at reception |
| 10.00am | - | 11.00am | Flexercise | Jenny Bichan – 07768274683 |
| 11.00am | - | 1.00pm | Quilters | Maureen 01309 675962 |

Timetable – Tuesday's cont.

| | | | | |
|--------|---|--------|------------------------------------|--|
| 2.00pm | - | 3.00pm | Swinging Seniors Exercise Class | Pam Watson 01309 672971 |
| 4.00pm | - | 6.00pm | Moray Flying Circus | From 05.10.24 Please see MFC FB page for info |
| 6.00pm | - | 6.45pm | Indoor Cycling Class* – with Mandy | Online booking or pay on booking at reception |
| 7.00pm | - | 7.45pm | Indoor Cycle Class* – with Mandy | Online booking or pay on booking at reception |
| 7.00pm | - | 9.00pm | Forwards Writing Group | Contact Library for details |

Timetable – Wednesdays

| | | | | |
|---------|---|---------|-------------------------------------|---|
| 9.00am | - | 10.00pm | Public Badminton & Basketball* | Booking essential:01309 672838 Free to FitLife members |
| 9.00am | - | 11.30am | Little Fish | Contact Rachel 07833053395 |
| 9.30am | - | 10.15am | Fitsteps* with Zara | Online Booking or pay on booking at reception |
| 10.30am | - | 12.30pm | Culbin Model Club | 23.10.24 |
| 12.30pm | - | 3.00pm | Antenatal Peep | Silvia – Forres Health Centre |
| 2.30pm | - | 3.30pm | Margaret Morris Movement | Jane – 01309 696338 |
| 3.00pm | - | 5.00pm | Friends of Falconer Museum | Every other Wednesday. Please see poster for more information |
| 4.30pm | - | 7.30pm | Sansum Martial Arts | Contact Theo 0777 5918079 |
| 7.30pm | - | 9.00pm | DKMA Tang Soo Do | Dominique Sutherland 07783418215 |
| 5.00pm | - | 7.00pm | Badminton Moray | Angela Bell 07825 581738 |
| 5.30pm | - | 6.15pm | Indoor Cycling Class* – with Debbie | Online booking or pay on booking at reception |
| 6.30pm | - | 7.15pm | Indoor Cycling Class* – with Debbie | Online booking or pay on booking at reception |
| 7.30pm | - | 9.00pm | DKMA Tang Soo Do | Dominique Sutherland 07783418215 |

Timetable – Thursdays

| | | | | |
|--------|---|---------|-------------------------------------|---|
| 9.00am | - | 10.00pm | Public Badminton & Basketball* | Booking essential:01309 672838 Free to FitLife members |
| 9.15am | - | 10.00am | Indoor Cycling Class* - with Robert | Online booking or pay on booking at reception |
| 9.30am | - | 11.00am | Sassy Seniors | Helen Teasdale 07969 563830 |

Timetable – Thursday’s cont.

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|---------|---|---------|--|--|
| 10.00am | - | 11.00am | Golden Girls Badminton* | Current Entry Fee / Fit Life Card |
| 10.00am | - | 11.00am | Baby Massage | Please see poster for information |
| 10.15am | - | 11.00am | Indoor Cycling Class* – with Robert | Online booking or pay on booking at reception |
| 10.00am | - | 12noon | Indoor Bowling Seniors social activity group | Anne McIntosh 07934415961 |
| 12noon | - | 4.00pm | Roots Gymnastics Academy | Autumn school 17.10.24 Rosie Strachan 07444099801 |
| 1.00pm | - | 2.00pm | Stretch, Core & Stability* - with Laura | Online booking or pay on booking at reception |
| 3.30pm | - | 6.00pm | Moray Dance | Rosalyn Wie 07917 533516 |
| 6.00pm | - | 6.45pm | Indoor Cycling Class* – with Phillipa | Online booking or pay on booking at reception |
| 7.00pm | - | 7-45pm | Indoor Cycling Class* – with Mandy | Online booking or pay on booking at reception |
| 7.00pm | - | 8.00pm | Ladies Netball | Contact reception or group on the night |
| 8.00pm | - | 10.00pm | Kinloss Badminton Club | Contact reception or group on the night |

Timetable – Fridays

| | | | | |
|--------|---|---------|--------------------------------|---|
| 9.00am | - | 10.00pm | Public Badminton & Basketball* | Booking essential:01309 672838 Free to FitLife members |
| 9.30am | - | 10.30am | Body Blitz* with Zara | Current Entry Fee / Fit Life Card |
| 9.00am | - | 3.30pm | Baby/ Toddler Peeps | Silvia – Forres Health Centre |
| 9.30am | - | 11.30am | Hotshots Badminton Group* | Current Entry Fee / Fit Life Card |
| 11.30 | - | 1.00pm | Pickleball | Angela Bell 07825 581738 |
| 2.15pm | - | 3.15pm | Over 50's Walking Football* | Call 01343 563374 |
| 3.15pm | - | 6.15pm | Roots Gymnastics Academy | Rosie Strachan 07444099801 |
| 4.30pm | - | 8.00pm | Badminton Moray | Angela Bell 07825 581738 |
| 6.15pm | - | 9.00pm | DKMA Tang Soo Do | Dominique Sutherland 07783418215 |

Timetable – Saturdays

| | | | | |
|---------|---|---------|---------------------------------------|---|
| 9.00am | - | 3.00pm | Public Badminton & Basketball* | Booking essential:01309 672838 Free to FitLife members |
| 9.00am | - | 9.45am | Indoor Cycling Class* – with Mandy | Online booking or pay on booking at reception |
| 9.30am | - | 10.30am | Forres Pre-Kickers | Kim McGowan 07988 464121 Starts 26 th October – Term time only |
| 12.30pm | - | 3.00pm | Forres Archery | forresarchersbooking@outlook.com/ Facebook - From 19 th October |

Timetable – Sundays

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|--------|---|--------|-----------------|---|
| 9.00am | - | 2.00pm | Badminton Moray | Not every week – contact Angela Bell 07825 581738 |
|--------|---|--------|-----------------|---|

***included in Fit Life Membership**

Ask at Reception or online to join from only £24 monthly for individual membership

You can use your FitLife membership participating areas which are Aberdeen, Aberdeenshire, Angus, Argyll & Bute, the Borders, Highland, Moray, Orkney, Shetland and The Western Isles.



Class Descriptions

| | |
|--------------------------------------|---|
| Indoor Cycling | Cycle to the beat of the music with standing and seated exercise |
| Body blitz | Time exercise concentrating on every area of the body. All abilities welcome |
| Boxercise | A system of sustained exercises combining boxing movements with aerobic activities. |
| Stretch, Core & Stability | A calming class with moves from Yoga, Tai Chi and Pilates to build whole-body strength, centre your chi and relieve stress. All abilities welcome |



Blood Donor Sessions

The next blood donor session at Forres House Community Centre are:
29th October 2024

Blood donation across Scotland is by appointment only.

Appointments are bookable from six weeks prior to the session date by calling 0345 90 90 999, or through your online donor account.

<https://www.scotblood.co.uk/news/booking-your-appointment-to-give-blood/>

**We Close For Christmas From Tuesday 24th December
We Re-Open on Friday 3rd January 2025**



Open Mon-Fri 9-5 Sat 9.30-2.30

Tea & Coffees

From £2.50

Breakfast Bagels

Served daily 9.30-12

Home-made Bagels

Served til 3pm (Vegan and Veggie options available)

From £7.50

Home-made Burgers

Served 12-2 (Vegan and Veggie options available)

From 7.50

Soup

Please ask about today's homemade soup

Served with homemade bread roll £5.95*Or Cheese Scone + £1.50

Ice Cream

Please ask us about today's flavours

Contact 07727 207090 or forrescoffeehouse@gmail.com