



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 – 4.30pm

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? Check out our Upper Games Hall - 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
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
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

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
11.30	-	12.30	Tai Chi	Starting 14 th November Daily excepts Mondays
2.00pm	-	3.00pm	Swinging Seniors Exercise Class	Pam Watson 01309 672971
4.00pm	-	5.00pm	Moray Flying Circus	Please see MFC FB page for info
6.00pm	-	6.45pm	Indoor Cycling Class* – with Mandy	Online booking or pay on booking at reception

Timetable – Tuesday's cont.

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
11.30	-	12.30	Tai Chi	Starting 14 th November Daily excepts Mondays
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
10.00am	-	11.00am	Golden Girls Badminton*	Current Entry Fee / Fit Life Card

Timetable – Thursday’s cont.

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
11.30	-	12.30	Tai Chi	Starting 14 th November Daily excepts Mondays
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	-	12.30	Tai Chi	Starting 14 th November Daily excepts Mondays
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 Term time only
12.30pm	-	3.00pm	Forres Archery	forresarchersbooking@outlook.com/ Facebook

Timetable – Sundays

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 in the following participating areas: 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:
23rd December 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 Are Closed 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