



### Karate Class

Karate taster session.

**Saturday 16th May, 10.30am to 12pm**

- For 6 years and above (no upper age limit, we have students at 60 years old).
- To book, contact 07703,161969.

### Contemporary Dance

Let your body flow with the music - introduction to Contemporary Dance. Come for Contemporary and stay for the other classes.

**Sunday 17th May, 2pm to 2.20pm**

- For adults.
- Drop in.
- [rosemountcca@gmail.com](mailto:rosemountcca@gmail.com)

### Introduction to Power Fit Exercise Class

Using your body in fun ways to build power, strength, and flexibility. Come for power fit and stay to stretch it out.

**Sunday 17th May, 2.20pm to 2.40pm**

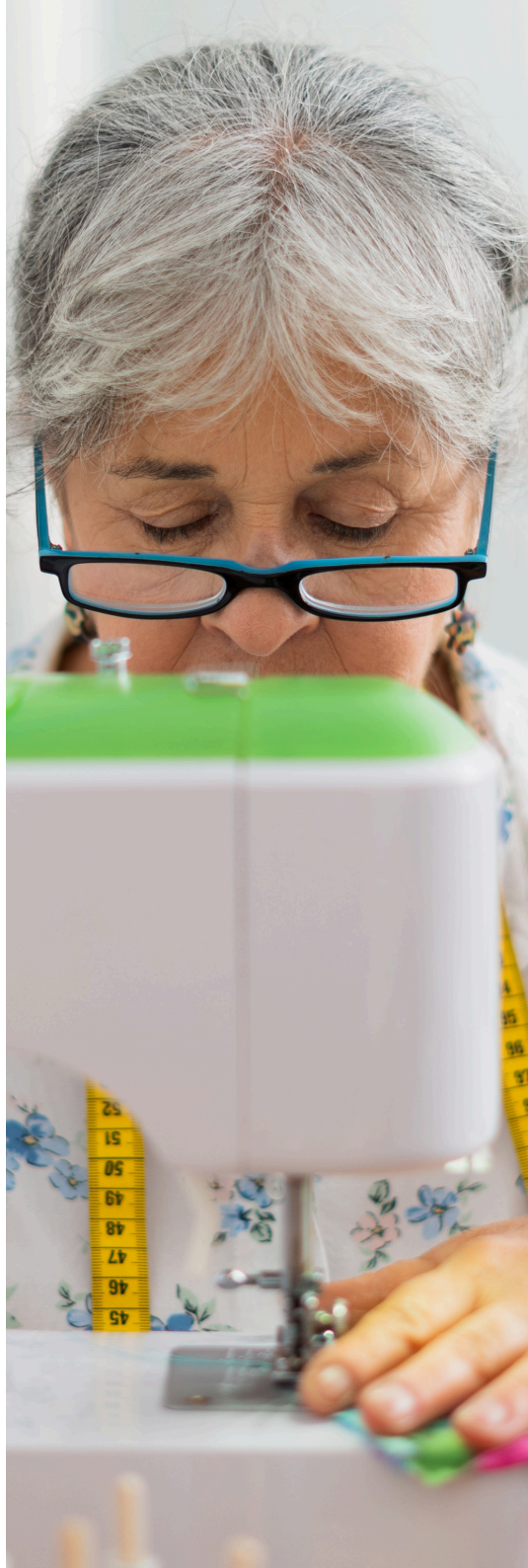
- For adults of all ages.
- Drop in.
- [rosemountcca@gmail.com](mailto:rosemountcca@gmail.com)

### Stretch and Release

Come for an introduction to Stretching for fitness and health.

**Sunday 17th May, 2.40pm to 3pm**

- For adults of all ages.
- Drop in.
- [rosemountcca@gmail.com](mailto:rosemountcca@gmail.com)



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# Wellbeing festival

Find out what is happening at the  
Rosemount Learning Centre



Visit [www.nhsgrampian.org/your-health/wellbeing-festival/](http://www.nhsgrampian.org/your-health/wellbeing-festival/)  
or scan the QR code to find out what is happening this May.

# Find out what is happening at the Rosemount Learning Centre

Belgrave Terrace, Aberdeen AB25 2NS



## HipHopacise

Dance yourself fit no matter what your age.

**Sunday 10th May, 2pm to 2.30pm**

- Over 30s.
- Drop in.
- thainfo@aol.com

## Chair Yoga

Come and have a good stretch and workout while seated.

**Monday 11th May, 2pm to 3pm**

- All ages, but particularly suitable for those with balance or mobility issues.
- rosemountcca@gmail.com

## Introduction to Tai Chi

Tai chi is a gentle Chinese martial art suitable for all ages. The practice develops awareness, coordination and flexibility. It relaxes and strengthens the body and calms the mind.

**Monday 11th May, 6.30pm to 7.30pm**

- rosemountcca@gmail.com

## Mental Health Networking Breakfast

Network with other professionals working with adults with poor mental health. Tea/coffee/croissants provided.

**Tuesday 12th May, 8.30am to 9.30am**

- Mental Health Professionals in the Statutory and Voluntary Sector.
- Drop in.
- healthyminds@aberdeencity.gov.uk

## Art Group

Come and try out our Tuesday art class to unleash your creativity. Enjoy a free session and sign up for the rest of the block.

**Tuesday 12th May, 10am to 1pm**

- Adults of all ages.
- rosemountcca@gmail.com

## Stroll for the Mind

One hour easy walk with tea or coffee before.

**Wednesday 13th May, 12.30pm to 2pm**

- Anyone is welcome.
- Drop in.
- Trevor.wilkinson5@gmail.com

## Plant and Grow

Come and get your hands dirty with us and go home with a plant to care for.

**Wednesday 13th May, 2pm to 4pm**

**Sunday 17th May, 2pm to 4pm**

- All ages.
- Drop in.
- rosemountcca@gmail.com

## Knit and Natter

Bring your own project and have a knit and a cuppa, beginners also welcome no need to bring anything we can get you started.

**Wednesday 13th May, 10am to 12pm**

- For adults.
- rosemountcca@gmail.com

## Open Evening and Social Event

Social evening to learn about Men's Shed and meet members.

**Wednesday 13th May, 6.30pm to 8.30pm**

- For adult men.
- No booking required/drop in.
- chair@ramms.org.uk

## Adult Learning Taster Sessions

Literacy taster session.

**Thursday 14th May, 10am to 10.45am**

- For adults.
- To book please email [adultlearning@aberdeencity.gov.uk](mailto:adultlearning@aberdeencity.gov.uk)
- Drop ins can be catered for only if there is space in the room.

## Adult Learning Taster Sessions

Numeracy Escape Room Breakout.

**Thursday 14th May, 11am to 11.45am**

- For adults.
- To book please email [adultlearning@aberdeencity.gov.uk](mailto:adultlearning@aberdeencity.gov.uk)
- Drop ins can be catered for only if there is space in the room.

## Adult Learning Taster Sessions

ICT - Learn how to use your devices - people should come with their phone or tablet.

**Thursday 14th May, 12pm to 1pm**

- For adults.
- To book please email [adultlearning@aberdeencity.gov.uk](mailto:adultlearning@aberdeencity.gov.uk)
- Drop ins can be catered for only if there is space in the room.

## Adult Learning Taster Sessions

English for Speakers of Other Languages (ESOL) Taster.

**Thursday 14th May, 1.30pm to 2.15pm**

- For adults.
- To book please email [adultlearning@aberdeencity.gov.uk](mailto:adultlearning@aberdeencity.gov.uk)
- Drop ins can be catered for only if there is space in the room.

## Adult Learning Taster Sessions

English for Speakers of Other Languages (ESOL) Family Session

**Thursday 14th May, 2.30pm to 3.15pm**

- For adults and children.
- To book please email [adultlearning@aberdeencity.gov.uk](mailto:adultlearning@aberdeencity.gov.uk)
- Drop ins can be catered for only if there is space in the room.

## Introduction to using a sewing machine

Quick sewing project using a sewing machine.

**Thursday 14th May, 2pm to 4pm**

- Adults of all ages.
- rosemountcca@gmail.com

## Hand Stitching for Calm

Come and find some calm and chat start a slow stitch hand sewing project to take home with you to finish off.

**Thursday 14th May, 6pm to 8pm**

- Adults of all ages.
- rosemountcca@gmail.com

**Community Council - Market Day**

**Victoria Park**

**Sunday 9<sup>th</sup> August**