



Cullen

Community & Residential Centre

JANUARY/
FEBRUARY
2019

NEWSLETTER

We've had a busy couple of months at the Centre and it is gaining recognition as the perfect place to hold any event, big or small. Special thanks to **Seafield Estates** who provided the Christmas tree that sparkled its welcome to all.

*We wish you all
a happy,
healthy,
peaceful and
creative year
ahead.*

Moving forward we have had some exciting suggestions about activities that people would like to see. Please let us know if you are interested in any of these, or if you have any particular ones of your own.



A meeting will be held at the Centre on **Wednesday 23 January** at 7PM for anyone interested in being involved in the running of a **Youth Club**. Parents or youngsters who would like to take advantage of one in any way. Please try and attend so we can gauge whether there is real interest, or if you can't make it to the meeting email the Centre with your thoughts.

We would like to thank the **Barrack Trust** for the grant of £5000 which will go towards much needed insulation, keeping the building much warmer and cosier.

Men's Shed

Is there interest from the men (and ladies) in the town for the setting up one of these at the Centre? The "sheds" are community spaces for men and women to connect, converse and create. They help reduce loneliness and isolation, but most importantly, they're fun. There will be a meeting to establish a group in Cullen on **Wednesday 30 January** at 7PM.

More information:-
www.scottishmsa.org.uk
www.moraymensshed.co.uk



Getting fit in 2019

In this issue we are focusing on all of the fitness groups that you can join to inspire you in the New Year. If there is anything you would like to do that's not listed please get in touch and we'll see if we can arrange anything. More information about many of the classes can be found on the JJ Dancing Facebook page and don't forget there's usually table tennis on the first Saturday of each month at the Drop-In.

FITSTEPS

Dance-based exercise class based on ballroom and Latin. All ages. This isn't Zumba and you don't need a partner. All steps adaptable from low to high impact. All ages welcome.

JUNIOR MODERN DANCE

Upbeat, modern dance moves. Jump, leap, turn, stretch. Builds a dancing technique that is the foundation for all modern dance. Lots of rhythm..

ADULTS' BALLROOM AND LATIN DANCE

Learn to lead and follow.

"There's no such thing as going wrong. You may go in a different direction to everyone else but you're making up your own choreography so it's all fine."

- Miss Jennie

SHORT TENNIS

Uses a smaller court with soft, sponge balls. You have to be a member of U3A which costs only £12 a year and includes a wide range of offerings to keep mind and body active, such as bridge, scrabble and current affairs. More in a later issue but meanwhile you can search online for Moray Coast U3A. For older people.

BADMINTON

For senior citizens. All levels of ability. Very friendly group with long coffee breaks an important part of the morning.

CHILDRENS' BALLET

Beginners, age 3-8(ish). Preliminary ballet from age 8. Mondays.

ADULT BALLET

This class is nothing to do with shape or ability. You may have never danced before but if you come with enthusiasm you will be very welcome.

PILATES

Open to all ages with 80% pilates, 15% dance/stretch exercises and 5% yoga.

PILATES

CARDIO can be added for extra benefit from the moves. Men and women welcome.

STRETCH AND BALANCE

Gentle exercise at own pace, much of it using chairs. For older people. Great confidence builder.

What's coming up?

Coming soon!

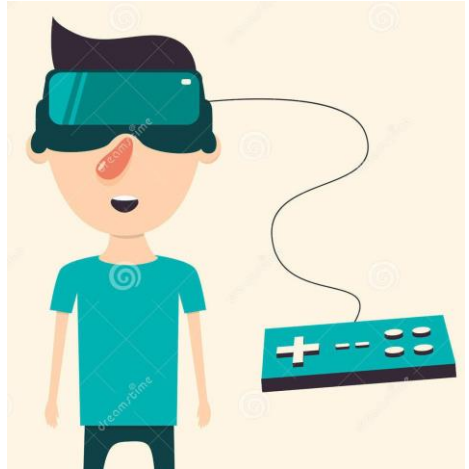
Virtual Reality Experience.

Imagine a world you can see, hear and touch. A world you can walk around and even climb Mount Everest as if you were there or travel to the moon as if you had a seat on the shuttle.

Play with or against your friends, with unbelievable realism that You are in the game or if this feels too intense, simply relax and enjoy the many full immersive and exciting adventures.

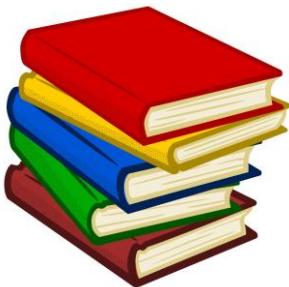
If any young or not so young people would be interested in exploring the feasibility of creating a virtual reality room in Cullen then please contact the centre.

As it could also become a tourist attraction especially in wet weather, we would also like to hear from any business that could support this.



Grateful thanks to **Linda Smalley** for running the 6 week Conversational Spanish course. It was very well received and the group would like to wish everyone a Prospero Año Nuevo!
NB Conversational Spanish classes will resume for another 6 week run on Tuesday evenings @ 7PM from 5 February 2019.

BOOKS...BOOKS...BOOKS



We have a growing collection that people have kindly donated. They are available in the foyer at only 50p each. We are always happy to receive more – and if anyone has a spare bookcase they no longer need, that would be very helpful too.



What's coming up?

Sat 19 Jan, 10am-12noon

ART GROUP COFFEE MORNING AND SALE OF PAINTINGS.

Home bakes, tombola and some great sale prices on artwork done by the group over the year.

COFFEE AND CLAIK

Come and catch up with friends. There will be always be a warm welcome for you here on the first Saturday of each month.

January 5th, 10am-12noon.

February 2nd. 10am-12noon.

Community is what it's all about.

If your community group (don't need to be affiliated to the Community Centre) would want to operate the coffee & Claic, please let the Community Centre staff know

The table tennis tables are usually out during the Claic so drop in and have a go.



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In order to keep printing costs as low as possible, please let us know if you would like your newsletter emailed to you.

Membership forms are available on our website and at the Centre.

www.cullencrc.org.uk

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