

# COMMUNITY CAFE

TUE/WED/THURS  
11.30AM-5.00PM

TEA  
COFFEE  
HOT CHOCOLATE  
MILKSHAKES  
CAKES  
TOASTIES  
SOUP  
HOT ROLLS  
WEEKLY SPECIALS

## DANCE WITH SMILES STREET DANCE CLASS

WEDNESDAYS, 3.30-4.30PM  
P2-P3



## SIGNS & WONDERS

SIGNING WITH EXPRESSIVE MOVEMENT

WEDNESDAYS  
4.30-5.15PM  
FOR P4-7  
\$15-6.00PM  
\$1-ADULT  
£1.50

## FAMILY FUN HOUR

THURSDAYS, 3.30-4.30PM  
ONLY 50P PER CHILD  
FUN, GAMES & ART  
CHILDREN MUST BE  
ACCOMPANIED  
BY AN ADULT

## COMMUNITY LUNCH

12.30-3PM, EVERY FRIDAY



NO SET CHARGE! PAY WHAT YOU CAN

## YOUTH CAFE

MONDAYS & THURSDAYS  
JUNIORS (P4-9Y): 4-7PM  
SENIORS (11-14Y): 7.30-8PM  
ONLY 50P



## MUNCH BUNCH

FOR PARENTS AND TODDLERS  
MONDAYS 10AM-1PM  
ABOVE WHENEVER SATS  
£2 PER ADULT  
KIDS EAT FREE  
PLAY, FUN & LUNCH



TO BOOK A SPACE ON ACTIVITIES  
DROP INTO THE PHOENIX CAFE/OFFICE OR BOOK ONLINE  
WWW.ROCKCOMMUNITYCHURCH.ORG.UK/PHOENIX

## SPRING HOLIDAYS APR 1-14TH EASTER WEEKEND APR 19TH-22ND

ALL REGULAR GROUPS OFF FOR HOLIDAYS!  
SPECIAL HOLIDAY PROGRAM: DETAILS ON WEBSITE  
WWW.ROCKCOMMUNITYCHURCH.ORG.UK/PHOENIX

## COMMUNITY GRUB CLUB

LAST SUNDAY OF THE MONTH  
12.30PM, PAY WHAT YOU CAN  
LUNCH, GAMES, CHILL



## ALWAYS COMMUNITY PRAYER MEETING

WED 9.30AM  
PRAY FOR OUR COMMUNITY

## CRAFTS & CHATS

THURSDAYS  
11.30AM-12.30PM  
BRING SOME KNITTING  
SEWING, CROCHET, ETC  
CHAT WITH NEW FRIENDS  
FREE

## CHURCH SERVICE

SUNDAYS  
10.30AM  
WELL WELCOME

## STRETCH & SILENCE

EXERCISE CLASS

SUNDAYS  
8-9PM  
END PER BLOCK OF 8 CLASSES  
LIMITED SPACES  
BOOKING REQUIRED

## TOTS 'N' YOU

FOR PARENTS AND PRESCHOOL KIDS  
END PER BLOCK  
LIMITED SPACES  
BOOKING REQUIRED

## PARENTING SKILLS COURSE

10.30AM-12.00PM  
22ND & 29TH MAY  
5TH, 12TH, 19TH & 26TH JUN

## BABY MASSAGE

10.30-11.30AM  
17TH & 24TH APR  
1ST, 8TH & 15TH MAY

## PAINTING COURSE



3 AMPLACES IN ACRYLIC  
WITH PNE DESIGN

WEDNESDAYS  
5TH, 12TH, 19TH, 26TH JUNE  
7-9PM

£15 FOR COURSE  
INCLUDING ALL MATERIALS  
AND NOTES  
PREBOOKING REQUIRED



## CORRA WOMEN'S READING GROUP

WEDNESDAYS  
6.00-7.30 PM  
FREE

## ROCK SALT COLLECTIVE

EVERY SECOND TUESDAY  
7-9PM  
FREE

A GROUP OF ARTISTS  
AND CREATIVES  
ENCOURAGE EACH  
OTHER THROUGH THE ARTS

## CREATIVE WRITING

GROUP

TUESDAYS  
12.30-2PM  
FREE  
A FULL GROUP FOR ANYONE  
INTERESTED IN WRITING



## SPECIAL EVENTS

### FAMILY QUIZ NIGHT

FRI, 17TH MAY  
7:00-8:30PM

ADULT TICKETS £3, KIDS TICKETS £1  
CAFE WILL BE OPEN FOR SNACKS AND DRINKS



TICKETS AVAILABLE FROM PHOENIX CAFE OR  
WWW.ROCKCOMMUNITYCHURCH.ORG.UK/PHOENIX

### FAMILY CINEMA NIGHT

WED 3RD APR, 6PM, £3

CHILDREN WILL BE SEATED IN A SPECIAL AREA  
AND ALL ADULTS WILL BE ASKED TO ASSIST WITH THE  
CAFE WILL BE OPEN FOR 5PM-5:30 AND 6PM-6:30



### GALA DINNER

SATURDAY 10TH APRIL  
6:30-10:00PM  
TICKETS £30  
1 COURSE DINNER

AS PART OF NATIONAL VOLUNTEERING WEEK, WE  
WANT TO INVITE YOU TO GET YOUR GLAZARD ON  
AS WE CELEBRATE THE JOINTNESS OF THE PHOENIX  
SO FAR AND THE INCREDIBLE FOR OUR TEAM OF  
VOLUNTEERS DO AGAINST OUR MANY PROJECTS  
WE'LL BE DOWN TO ONE TOGETHER AND AS WE  
CAN SHARE THE STORIES OF THE PHOENIX BEING  
AND THE IMPACT OF OUR AMAZING VOLUNTEERS



### EASTER COMMUNITY CINEMA NIGHT

THURSDAY 19TH APRIL, 7:30PM  
CAFE OPEN FROM 7PM FOR 11:45AM

#### RISEN



TO AVOID A THEOLOGICAL STRIFE, A PHOENIX SOLIDER  
CLARIFIED THE MATTER, TALKING WITH THE BISHOP  
OF THE CATHOLIC AREA, WHICH HAS BEEN TREATED

THAT THE BISHOP OF THE CATHOLIC AREA, WHICH HAS BEEN TREATED  
AND THE BISHOP OF THE CATHOLIC AREA, WHICH HAS BEEN TREATED



### DIZ THE HMUA

AN EVENING WITH

AN EVENING OF MAKE-UP TUTORIALS  
HELPING YOU MAXIMIZE THE MAKE-UP  
YOU USE AT HOME. BRING YOUR  
ESSENTIALS WITH YOU AND DIZ WILL HELP  
YOU LEARN SOME TRICKS OF THE TRADE.

FRI 26TH APRIL  
7-9PM  
£5

THE PHOENIX, 17A QUARRY KNOWE, CASTLEHILL, DUNBARTON, G82 5AF

WWW.ROCKCOMMUNITYCHURCH.ORG.UK/PHOENIX

THE PHOENIX IS A ROCK COMMUNITY CHURCH, WHICH IS A CHRISTIAN CHURCH THAT IS OPEN TO ALL WHO WANT TO JOIN

THE PHOENIX IS A ROCK COMMUNITY CHURCH, WHICH IS A CHRISTIAN CHURCH THAT IS OPEN TO ALL WHO WANT TO JOIN

THE PHOENIX IS MADE POSSIBLE BY...

The Novium Trust

Callan & Co

impact

We

ASDA

EL GREGG'S

COOP

Children Go in Mood

Callan & Co

impact

ASDA

Callan & Co

impact

ASDA

AND THE GENEROSITY OF LOCAL BUSINESSES, VOLUNTEERS, CHURCH MEMBERS AND  
LOCAL RESIDENTS WHO HAVE GIVEN THEIR TIME AND FINANCIAL SUPPORT. THANK YOU!  
YOU GUYS ARE ABSOLUTE LEGENDS.

## PHOENIX

8 COMMUNITY HUB FOR DUNBARTON WEST

PHOENIX ACTIVITIES (DURING 11AM-1PM)

### MONDAYS

10AM-11AM LUNCH BUNCH  
11AM-12PM JUNIOR YOUTH CAFE  
12PM-1PM SENIOR YOUTH CAFE

### TUESDAYS

11:50AM-12PM COMMUNITY CAFE  
12:30PM-1PM WDC LIBRARY YAW (OUTSIDE THE PHOENIX)  
12:30PM-1PM CREATIVE WRITING GROUP  
4:30PM-5:30PM SIGNS & WONDERS: PRIMARY GROUP  
5:30PM-6:30PM SIGNS & WONDERS: 16-ADULT GROUP  
7PM-9PM: ROCK SALT COLLECTIVE (EVERY SECOND TUESDAY)

### WEDNESDAYS

8:30AM-10:30AM AWARE DUNBARTON: COMMUNITY PRAYER MEETING  
10:30AM-11:30AM: TOTS & YOU BABY MASSAGE (FREE AND OPEN)  
10:30AM-11:30AM: TOTS & YOU: PARENTING SKILLS COURSE (FREE AND OPEN)  
11:30AM-12PM COMMUNITY CAFE  
3:30PM-4:30PM: DANCE WITH ASHLEY: STREET DANCE CLASS  
6PM-7:30PM: COBRA FOUNDATION WOMEN'S GROUP  
7PM-9PM: "LANDSCAPE WITH ACRYLICS" COURSE (STARTING JUNE 11TH)

### THURSDAYS

11:30AM-12PM COMMUNITY CAFE  
12:30PM-1PM CRAFTS & CHARTS  
3:30PM-4:30PM: FAMILY FUN HOUR  
4PM-5PM: JUNIOR YOUTH CAFE  
5:30PM-6PM: SENIOR YOUTH CAFE

### FRIDAYS

12:30PM-1PM COMMUNITY LUNCH

### SATURDAYS

NO REGULAR ACTIVITIES! SEE BACK PAGE FOR SPECIAL EVENTS

### SUNDAYS

10:30AM-12PM: ROCK COMMUNITY CHURCH SERVICE  
12:30: COMMUNITY CLUB CLUB (LAST SUNDAY OF THE MONTH)  
8PM-9PM: STREET & WILKINSON EXERCISE CLASS

#PHOENIXHIDOLKING

APR  
MAY  
JUN 2019

PHOENIX ACTIVITIES (DURING 11AM-1PM)

