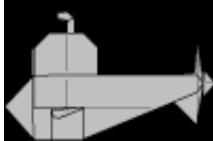


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NUMBER 6 NEWSLETTER

APRIL 2009

Thank you!

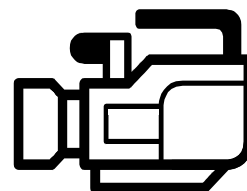
A big thank you to everyone who completed the Activities Questionnaires that were posted out to you last month. The response was fantastic. You all had some great ideas. We have some new groups in the pipeline:

Creative Writing Group

For anyone interested in writing, this group will focus on self-expression through the written form. The first meeting will be on Monday 4th May, 6-8pm.

Video Editing Group

Anyone who is interested in video editing / putting together short films please come along to an initial meeting at Number 6 on Tuesday 28th April at 4pm to discuss the format of this new group.



SATURDAY DROP-INS

As well as the usual mix of PS2, board games, pool competition, internet use, lunch and general socialising, we will have the following outings:

Saturday 4th April: Walking Group. We will meet at Number6 at 10am and head back for some lunch and chat around 2pm. Please bring a sturdy pair of walking shoes that you don't mind getting muddy and a waterproof in case we encounter some rain.

Saturday 18th April: After lunch we will be going to see *Monsters v. Aliens*, a computer animated 3D film, at the cinema. We won't know exact times until a few days before. Tickets cost around £7 and you may want more for snacks (we might not return to Number 6 till around 5pm).



FILM NIGHTS

Thursday 2nd April:
Quantum of Solace (106 min.) The sequel to 2006' Casino Royale, this action-packed film sees Bond battling Dominic Greene of the Quantum organisation and seeking revenge for the death of his lover, Vesper Lynd. A must-see!

Thursday 16th April: *Max Payne* (100 min.) A 2008 noir action film based on the video game of the same name. The film centres on a cop's journey through New York City's criminal underworld as he investigates the deaths of his wife and child.

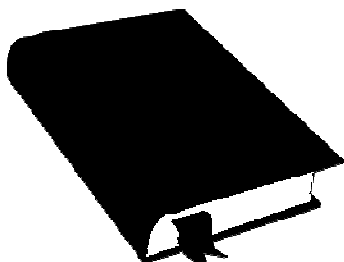
We are showing an extra film this month with an autism theme:

Thursday 30th April: *The Black Balloon* (97 min.); An insightful family drama about a young man who must deal with more than his fair share of troubles, like his autistic brother. Also, young love and being the new boy in school.

The films will start at 5.30pm with drinks and snacks provided.

Book Club

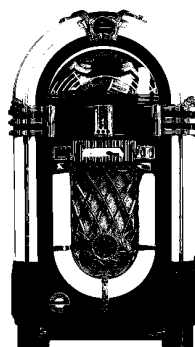
Want more enjoyment from the books you read? Come and join the Number6 Book Club. We meet on the second Monday evening of every month. Just bring in one or two books you've read and tell the group about them. It's a great opportunity to find out about books you may not normally read, and to get some recommendations. You can even lend your books to each other if you want to. Next meeting is at Number 6 on Monday 13th April 6.30pm. If you want more information or would like to come along, please contact Karina.



Music Group

Next Meeting: Monday 20th April, 6.00pm to 7.30pm.

From May the Music Group will be taking place twice a month. We are going to focus on exploring different musical genres each week (recommendations welcome) and hope to arrange some trips out to concerts/gigs. In April we will be doing a taster session on the Keyboard. Anyone interested in coming along, please contact Karina.



Camera Explora (Photography Group)

Next Meeting: Thursday 16th April, 6.30pm to 8.00pm

For this session we're going to be framing and mounting photos, so please bring along your favourite photos from the March Architecture Outing or any other time. All Welcome.



Recipe of the Month

Hula Hoop Salmon (taken from the Number 6 Recipe Book)

Ingredients

2 salmon fillets

1/2 jar pesto sauce

One bag of hula hoops (other types of crisps can be used though hula hoops are good as they are particularly crunchy)

Put half the hula hoops into a bowl and crush roughly with end of a rolling pin. Mix in pesto sauce. Spread hula hoop/pesto mixture thickly onto salmon fillets. Grill for around 189-20 minutes. Serve with new potatoes and salad.

If you liked this recipe, why not purchase Number 6's Curious Kitchen recipe book? Please contact Karina if interested.

Updates

Gourmet Club Next meeting: Thursday 16th April. Meet at No6 at 12 midday. Venue to be decided. Please see posters at No6 for review of 'Songkran' reviewed in March.

Badminton Next Session: Tuesday 21st April, 6pm to 8pm at Meadowbank. Meet at Number 6 at 5.15pm and take the bus down to Meadowbank, or alternatively meet the group there. All welcome.

Yoga Next Session: Tuesday 21st April, 7-8pm. Please contact Karina or Stewart if you're interested in coming along.

Xbox360 and PS2 Gaming Group

April dates: Wednesday 8th and Wednesday 22nd, 4-7pm. Please contact Stewart for more details.

Five-a-side Football

This month it will be Wednesday 8th April and Wednesday 22nd April, around 4.30pm.

If interested, please talk to Matthew or Andy.

Quiz Night

Monday 27th April. 6-8pm.

There'll be a new quiz-master, a mix of rounds, and wee prizes for the



LOST & FOUND

If you have lost something recently, you might have left it at Number 6. We have a box where we keep found items. There's gloves, hats, a back pack etc. Speak to Veronica if you think something of yours might have been left here.