

**MON**  
Drop-In 10-8pm

**TUES**  
Quiet Drop-In  
10-5pm

**WED**  
Drop-In 10-8pm

**THUR**  
Drop-In 10-8pm

**FRI**  
Drop-In 10-5pm

**SAT**

**SUN**

<p>ART – Art Room, 1<sup>st</sup> floor TR – Training Room 1<sup>st</sup> floor RM1 – Room 1, 2<sup>nd</sup> floor RM2 – Room 2, 2<sup>nd</sup> floor</p>					<p><b>1</b> 10-4 Drop-In Walking Group – Granton to Crammond (Kim/Stew)</p>	<p><b>2</b></p>
<p><b>3</b> 11-1 Yarn, Fibre &amp; Needlecraft Group (ART) 3-5 Music Group (TR) 6-8 Girls' Group (RR)</p>	<p><b>4</b> 4.30 – 6 LDG 4 6-8 Peer Support Group (TR)</p>	<p><b>5</b> 1-3 Girls' Group 3-6 Gaming Group (TR) 6.30 – 8 LDG 3</p>	<p><b>6</b> 1-2.30 LDG, Intro 1 2-4 Thursday Discussion Group (Closed) 4:30 Curry Club (Golden Ambal, Albert Place) 5:30 Film Night (Rocketman)</p>	<p><b>7</b> 1-3 Peer Support Group (ART) 3-5 Pool Drop-In</p>	<p><b>8</b></p>	<p><b>9</b></p>
<p><b>10</b> 11- Yarn, Fibre &amp; Needlecraft Group (ART)</p>	<p><b>11</b> 4-7 RPG (Closed) (ART) 4.30 – 6 LDG 5 6-7.30 Pizza Night 6-8 Peer Support Group (TR)</p>	<p><b>12</b> 1-3 Girls' Group 4:30-5:30 5-a-Side football 6-8 Art &amp; Crafts (ART) 6.30 – 8 LDG 4</p>	<p><b>13</b> 1 – 2.30 LDG 2 2-4 Thursday Discussion Group (Closed) 6-7 Relaxation Group (TR) 6-8 Scrabble (ART)</p>	<p><b>14</b> 10.30-1.30 Bus Group (meet at Craighall Road at 11am) 1-3 Peer Support Group (ART) 3 – 4 LDG 1, Intro 3-5 Pool Drop-In</p>	<p><b>15</b> 10-4 Drop-In Cinema Group – Birds of Prey: And the Fantabulous Emancipation of one Harley Quinn (Graeme/Karina)</p>	<p><b>16</b></p>
<p><b>17</b> 11-1 Yarn, Fibre &amp; Needlecraft Group (ART) 3-5 Music Group (TR) 6-8 Girls' Group (RR)</p>	<p><b>18</b> 1-4 Video Editing 2-3.30 Book Group (RM1) 4.30 – 6 LDG 6 6-7 Badminton 6-8 Peer Support Group (TR)</p>	<p><b>19</b> 1-3 Girls' Group 3-6 Gaming Group (TR) 6-7.30 Coffee, Cake &amp; Chat (ART) 6.30 – 8 LDG 5</p>	<p><b>20</b> 1-2.30 LDG 3 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (Aladdin)</p>	<p><b>21</b> 1-3 Peer Support Group (ART) 1-3 Current Affairs Group (RM1) 3 – 4.30 LDG 2 3-5 Pool Drop-In</p>	<p><b>22</b></p>	<p><b>23</b></p>
<p><b>24</b> 11-1 Yarn, Fibre &amp; Needlecraft Group (ART) 4:30-5 Tai Chi (TR) 6-8 Quiz Night (ART)</p>	<p><b>25</b> TBC - Photography Group 4-7 RPG (Closed) (ART) 4.30 – 6 LDG 7 6-8 Peer Support Group (TR)</p>	<p><b>26</b> 1-3 Girls' Group 2-5 Pool League 6-8 Art &amp; Crafts (ART) 6.30 – 8 LDG 6</p>	<p><b>27</b> Midday Gourmet Club (Las Iguanas) 1-2.30 LDG 4 2-4 Thursday Discussion Group (Closed) 6-7 Relaxation Group (TR) 6-8 Scrabble (ART)</p>	<p><b>28</b> 1-3 Peer Support Group (ART) 3 – 4.30 LDG 3 3-5 Pool Drop-In</p>	<p><b>29</b></p>	

## Regular Activity Groups

- 5-a-Side Football:** **2<sup>nd</sup> Wednesday of every month** at the Corn Exchange. Leave Number 6 at 3:30, or meet the group at the World of Football at 4:15.
- Art & Crafts Group:** **2<sup>nd</sup> & 4<sup>th</sup> Wednesday of every month, 6—8pm** In the Art Room!
- Badminton:** **3<sup>rd</sup> Tuesday of every month, 6—7pm** at Craiglockhart Leisure Centre. Meet at Number 6 at 5pm to get the bus, or at Craiglockhart for 5:50pm.
- Book Group:** **3<sup>rd</sup> Tuesday of every month, 2 – 3.30pm.** Up to date details are in the Newsletter of which book the group are reading.
- Coffee, Cake, and Chat:** **3<sup>rd</sup> Wednesday of every month.** This relaxed, informal discussion groups meets at **6—7:30** in the Art Room to discuss current affairs or meet new people.
- Current Affairs Group:** This is a group for people that would like to discuss current affairs. We will buy a range of newspapers on the day. The group will have the chance to read through them and discuss any interesting articles.
- Curry Club:** **1<sup>st</sup> Thursday of every month.** This group will meet once a month and visit different curry houses in Edinburgh. Depending on what you order, you will need between £15 - £20.
- Film Night:** **1<sup>st</sup> & 3<sup>rd</sup> Thursday, 5:30pm.** See newsletter for further details for this month.
- Gaming Group:** **1<sup>st</sup> & 3<sup>rd</sup> Wednesday** of every month, **3 -6 pm.**
- Girls' Groups:** **Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of every month** from **6pm—8pm**, and every Wednesday from **1pm—3pm.**
- Gourmet Club:** Meets on the **4<sup>th</sup> Thursday.** Depending on your choices, you will need between £15—£25 to cover the cost. See newsletter for further details for this month.
- Music Group:** **1<sup>st</sup> and 3<sup>rd</sup> Monday** of every month, from **3-5pm.**
- Peer Support Group:** This group creates a relaxed support network for late diagnosed adults, run by late diagnosed adults. The Peer Support group is a great opportunity to learn from each other.
- Photography Group:** **4<sup>th</sup> Tuesday of every month.** Normal meeting time **12 -3pm.** However, check newsletter as times may change, depending on what is covered.
- Pizza Night:** **2<sup>nd</sup> Tuesday, 6 – 7.30pm.** Meeting at Pizza Hut, Hanover Street at 6pm. Depending on what you order, you will need between £10 - £20.
- Pool League:** **4<sup>th</sup> Wednesday, 2 -5pm.** Maff runs the pool league, which takes place at the Ballroom, Morningside.
- Quiz Night:** **4<sup>th</sup> Monday of every month, 6—8pm.**
- Relaxation:** **2<sup>nd</sup> & 4<sup>th</sup> Thursday, 6—7pm.** A chance to relax and unwind listening to a guided imagery script for the first half hour. The group then enjoy herbal teas and a chat. New members always welcome!
- Scrabble:** **2<sup>nd</sup> & 4<sup>th</sup> Thursday, 6—8pm.** An opportunity to play a couple of games of Scrabble. New members welcome!
- Table Tennis:** **1<sup>st</sup> & 3<sup>rd</sup> Saturday at 2pm** in the Training Room.
- Video Editing Group:** **3<sup>rd</sup> Tuesday, 1—4pm.**
- Tai Chi:** **4<sup>th</sup> Monday, 4:30—5.** Andy Horseman runs this introduction to Tai Chi!
- Yarn, Fibre & Needlecraft Group:** **Meets every Monday, 11 – 1pm.** Knitting and nattering is a weekly fibre arts based group open to anyone, you don't need to have any experience or equipment just an interest and some enthusiasm. We are currently able to teach people how to spin yarn, knit, crochet and weave but if anyone is interested in hand or machine sewing, tapestry or cross stitch we can accommodate that. Equally, if you have some experience (or a project on the needles) just come along and jump in where you are.
- Closed group:** This means that the group is full at this time. If you would like more information about a closed group please contact Kim.

**Please let a staff member know if you intend to join a group for the first time.**