

MON Drop-In 2-8pm	TUES Quiet Drop-In 10-5pm	WED Drop-In 10-8pm	THUR Drop-In 2-8pm	FRI Drop-In 12-5pm	SAT	SUN
ART – Art Room, 1 st floor TR – Training Room 1 st floor RM1 – Room 1, 2 nd floor RM2 – Room 2, 2 nd floor				1 2-3 & 3.30-4.30 LDG Session 8 3-5 Pool Drop-In	2 10-4 Drop-In Walking Group (Maff/Kim)	3
4 11-1 Knitting & Nattering (ART) 2-4 Woolly Women (Closed) 6-8 Music Group (ART) 6-8 Girls' Group (RR)	5 10-12 Tuesday Morning Women's Group (closed) 4-7 RPG (Closed) (ART) 4.30 – 5.30 LDG Introduction 6:30-7:30 Peer Support Group (ART)	6 1-3 Girls' Group 3-6 Gaming Group (TR)	7 2-4 Thursday Discussion Group (Closed) 4.30-7.30 Curry Club (Lancers, Stockbridge, limited spaces) 5:30 Film Night (Ocean's 8)	8 3-5 Pool Drop-In	9	10
11 11-1 Knitting & Nattering (ART) 2-4 Woolly Women (Closed) 4-5 New Faces Group (RM1) 4-6 Table Tennis (TR)	12 10-12 Tuesday Morning Women's Group (closed) 1-4 Video Editing 4-7 RPG (Closed) (ART) 4.30 – 6 LDG Session 1 6-7.30 Pizza Night	13 1-3 Girls' Group 4:30-5:30 5-a-Side Football 6-8 Art & Crafts (ART) 6.30-7.30 LDG Introduction	14 2-4 Thursday Discussion Group (Closed) 6-7 Relaxation Group (TR) 6-8 Scrabble (ART)	15 2-3 Service User Forum 2-4 Cult Movie Club (Tod Browning, Freaks, 1932) 3-5 Pool Drop-In	16 10-4 Drop-In Cinema Group (Captain Marvel) 10.30-12 Chess (Ant/Graeme)	17
18 11-1 Knitting & Nattering (ART) 2-4 Woolly Women (Closed) 6-8 Music Group (ART) 6-8 Girls' Group (RR)	19 10-12 Tuesday Morning Women's Group (closed) 2-3.30 Book Group (RM 1) 4.30 – 6 LDG Session 2 6-7 Badminton 6:30-7:30 Peer Support Group (ART)	20 1-3 Girls' Group 3-6 Gaming Group (TR) 6-7.30 Coffee, Cake & Chat (TR) 6.30 – 8 LDG Session 1	21 2-4 Thursday Discussion Group (Closed) 5:30 Film Night (Hotel Transylvania 3)	22 3-5 Pool Drop-In 3-5 Darts (Ballroom, Morningside)	23 10-4 Drop-In Modern Art Gallery, Modern Two (Andy Warhol and Eduardo Paolozzi Exhibition) (Rachel/Andy)	24
25 11-1 Knitting & Nattering (ART) 2-4 Woolly Women (Closed) 4:30-5 Tai Chi (TR) 6-8 Quiz Night (ART) 6-8 West Lothian Group (Hot Flame Restaurant, Livingston Outlet)	26 10-12 Tuesday Morning Women's Group (closed) 12-3 Photography Group (Lochend Park & Loch) 4-7 RPG (Closed) (ART) 4.30 – 6 LDG Session 3	27 1-3 Girls' Group 2-5 Pool League 6-8 Art & Crafts (ART) 6.30 – 8 LDG Session 2	28 Midday Gourmet Club (Mr Nick's, Ocean Terminal) 2-4 Thursday Discussion Group (Closed) 6-7 Relaxation Group (TR) 6-8 Scrabble (ART)	29 3-5 Pool Drop-In	30	31

Regular Activity Groups

- 5-a-Side Football:** **2nd 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:** **2nd & 4th Wednesday of every month, 6—8pm** In the Art Room!
- Badminton:** **3rd 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:** See newsletter for further details for this month.
- Chess Club:** **3rd Tuesday of every month, 4-6pm.**
- Coffee, Cake, and Chat:** **3rd 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.
- Curry Club:** **1st 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 £10 - £20.
- Film Night:** **1st & 3rd Thursday, 5:30pm.** See newsletter for further details for this month.
- Gaming Group:** **1st & 3rd Wednesday** of every month, **3—6pm.**
- Girls' Groups:** **Meets on the 1st and 3rd Mondays of every month** from **6pm—8pm**, and every Wednesday from **1pm—3pm.**
- Gourmet Club:** Meets on the **4th Thursday.** Depending on your choices, you will need between £15—£25 to cover the cost. See newsletter for further details for this month.
- Knitting & Nattering:** **Meets every Monday, 11 – 1pm.** A group for people that enjoy knitting, crocheting, sewing and nattering. This is not a group to learn these skills. Please bring along a project you are working on and your own supplies. Some supplies will be provided.
- Music Group:** **1st and 3rd Monday** of every month, from **6—8pm.**
- Photography Group:** **4th Tuesday of every month.** Normal meeting time 12noon. **Check Newsletter for up to date information**
- New Faces:** For anyone registered Number 6 in the last year. Mingle with staff, learn more about the service, and meet people newly registered with us.
- Pizza Night:** **2nd 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:** **4th Wednesday, 2 -5pm.** Maff runs the pool league, which takes place at the Ballroom, Morningside.
- Quiet Room:** A room will be booked each weekday throughout the month for people to use as a quiet place to sit, read and have the opportunity to be around others without any pressure to talk but quiet conversation would be allowed. There will be some guidelines for using the space that people will need to follow.
- Quiz Night:** **4th Monday of every month, 6—8pm.**
- Relaxation:** **2nd & 4th Thursday, 6—7pm.** New members welcome!
- Scrabble:** **2nd & 4th Thursday, 6—8pm.**
- Table Tennis:** **2nd Monday, 4—6pm** in the Training Room.
- Video Editing Group:** **3rd Tuesday, 1—4pm.**
- Tai Chi:** **4th Monday, 4:30—5.** Andy Horseman runs this introduction to Tai Chi!

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