

May 2017						
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
1 6–8 Music Group 6.30-8 Girls' Group	2 10 – 12 Tuesday Morning Womens Group (over 35) 4 – 6 Table Tennis (Graeme) 4 - 7 RPG (Closed)	3 1–3 Girls' Group 4-7 Gaming Group (Andy) 6–8 Art & Crafts Group	4 2-4 Thursday Discussion Group (Closed) 5.30 Film Night (The Accountant)	5 3–5 Pool Drop-In	6 10 – 4 Drop-In Cinema Trip (Kim/Rach)	7
8 3 - 5 Book Group (Maff)	9 10 – 12 Tuesday Morning Womens Group (over 35) 5 - 8 Snooker Club (Stew)	10 11.30 – 12.30 LDG (Introduction) 1–3 Girls' Group 4.30 5-a-side football (Andy, Ant) 6–8 Art & Crafts Group	11 2-4 Thursday Discussion Group (Closed) 6 - 8 Scrabble & Chess Club (Rach) 6 - 7 Relaxation Group (Kim)	12 3–5 Pool Drop-In	13	14
15 4.30 Tai Chi Taster (Andy) 6–8 Music Group 6.30-8 Girls' Group	16 10 – 12 Tuesday Morning Womens Group (over 35) 1 – 4 Video Editing (Stew) 4 - 7 RPG (Closed) 5.30 – 6.30 LDG (Introduction) 6 - 7 Badminton (Andy)	17 11.30 – 1 LDG (Childhood) 1–3 Girls' Group 4-7 Gaming Group (Ant) 6–8 Art & Crafts Group	18 5.30 Film Night (Rogue One. A Star Wars Story) 6 – 8 Photography Group	19 3–5 Pool Drop-In 11.15 - 5Social Group – Sailing at South Queensferry (Free, limited spaces)	20 10 – 4 Drop-In Walking Group (Maff/Stew)	21
22 4 – 5 New Faces Group (Maff) 6 – 8 Quiz Night 6 – 8 West Lothian Group, Chiquito Livingston 6.30 – 7.30 LGBT+ Group	23 10 – 12 Tuesday Morning Womens Group (over 35) 5.30 – 7 LDG (Childhood) 6 – 8 Creative Writing	24 11.30 – 1 LDG (Sensory Issues) 1–3 Girls' Group 1 – 5 (play 2 – 4) Pool League (Ant) 6 – 7.30 Coffee, Cake & Chat (Andy) 6–8 Art & Crafts Group	25 Midday Gourmet Club (Stew) 2-4 Thursday Discussion Group (Closed) 6 – 8 Scrabble & Chess Club (Maff) 6 - 7 Relaxation Group (Kim)	26 3–5 Pool Drop-In	27 10 – 4 Drop-In NMS Exhibition: The Tomb: Ancient Egyptian Burial (free admission) (Graeme/Ant)	28
29	30 10 – 12 Tuesday Morning Womens Group (over 35) 4 - 7 RPG (Closed) 5.30 – 7 LDG (Sensory Issues)	31 1–3 Girls' Group 6–8 Art & Crafts Group				

LDG – Late Diagnosis Group.

Groups and activities are open to newcomers unless they are listed as closed. If you would like any more information regarding groups or activities please call 0131 220 1075.