

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
BR – Blue Room 2 nd floor RR – Red Room 2 nd floor ART – Art Room 1 st floor TR – Training Room 1 st floor CAF – Café ground floor				1 3-5 Pool Drop-In	2 10-4 Drop-In Walk: Granton Walled Garden	3
4 4-8 West Lothian Social Group (film: SOLO; food: Harvester) 6-8 Music Group (CAF) 6:30-8 Girls' Group (RR)	5 10-12 Tuesday Morning Women's Group (over 35) 3-3:30 LDG. Overview. 4-6 Table Tennis (TR) 6:30-7:30 Peer Support Group (ART)	6 1-3 Girls' Group 4-7 Gaming Group (TR) 6-8 Art & Crafts (ART)	7 2-4 Thursday Discussion Group (Closed) 5:30 Film Night—THE GREATEST SHOWMAN!	8 3-5 Pool Drop-In	9	10
11	12 10-12 Tuesday Morning Women's Group (over 35) 3-4:30 LDG. What is Autism? 4-7 RPG (Closed) (ART) 5-8 Snooker Club	13 1-3 Girls' Group 3-5 Book Group (RR) 4:30-5:30 5-a-Side football 6-8 Art & Crafts (ART)	14 2-4 Thursday Discussion Group (Closed) 6-8 Scrabble (ART) 6-7 Relaxation Group (TR)	15 3-5 Pool Drop-In	16 10-4 Drop-In Cinema Trip (Jurassic World: Fallen Kingdom)	17
18 6-8 Music Group (CAF) 6:30-8 Girls' Group (RR)	19 9:45-4 Photography Group (Bo'ness and Kinneil) 10-12 Tuesday Morning Women's Group (over 35) 3-4:30 LDG. Childhood to adulthood. 4-5 New Faces Group (Hyan) 4-6 Chess Club (TR) 6-7 Badminton 6:30-7:30 Peer Support Group (ART)	20 1-3 Girls' Group 4-7 Gaming Group (TR) 6-8 Art & Crafts (ART)	21 2-4 Thursday Discussion group (Closed) 5:30 Film Night—PACIFIC RIM: UPRISING	22 3-5 Pool Drop-In	23 10-4 Drop-In Walking Group: Cramond to Leith	24
25 4:30-5 Tai Chi 6-8 Quiz Night	26 1-4 Video Editing 3-4:30 LDG. Social Dysfunction 4-7 RPG (Closed) (ART)	27 1-3 Girls' Group 2-4 Pool League 6-7.30 Coffee, Cake, & Chat 6-8 Art & Crafts (ART)	28 Midday Gourmet Club (Quattro-Zero) 2-4 Thursday Discussion Group (Closed) 6-8 Scrabble (ART) 6-7 Relaxation Group (TR)	29 3-5 Pool Drop-In	30	

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:	Every Wednesday, 6—8pm In the Art Room!
Badminton:	3 rd Tuesday of every month, 6—7pm at Craiglockhart Leisure Centre. <u>Meet at Number 6 at 5pm</u> to get the bus, or at Craiglockhart for 5:50pm.
Book Group	2 nd Wednesday, 3-5pm. See newsletter for further details for this month.
Chess Club	3 rd Tuesday of every month, 4-6pm.
Coffee, Cake, and Chat	4 th Wednesday of every month. This relaxed, informal discussion groups meets at 6—7:30 in the Training Room to discuss current affairs or meet new people.
Film Night:	1st & 3 rd Thursday, 5:30pm . See newsletter for further details for this month.
Gaming Group:	1st & 3rd Wednesday of every month, 4—7pm .
Girls' Groups:	Meets on the 1st and 3rd Mondays of every month from 6.30pm—8pm , and every Wednesday from 1pm—3pm .
Gourmet Club:	Meets on the 4th Thursday . Depending on your choices, you'll need between £15—£25 to cover the cost. See newsletter for further details for this month.
Music Group:	1st and 3rd Monday of every month, from 6—8pm .
Photography Group:	3rd Thursday of every month . Normal meeting time 6—8pm . However, check newsletter as times can change, depending on what is covered.
New Faces	Meets 3rd Tuesday, 4—5 . For anyone registered Number 6 in the last year. Mingle with staff, learn more about the service, and meet people newly registered with us.
Pool League:	4th Wednesday, 2—4 . Maff runs the pool league, which takes place at the Ballroom, Morningside.
Quiz Night:	4 th Monday of every month, 6—8pm .
Relaxation:	2 nd & 4 th Thursday, 6—7pm . New members welcome!
Scrabble & Chess:	2 nd & 4 th Thursday, 6—8pm .
Snooker Club:	2 nd Tuesday, 5—8pm . Held at the Corn Exchange World of Sports.
Table Tennis:	1 st Tuesday, 4—6pm in the Training Room.
Video Editing Group:	3 rd Tuesday, 1—4pm .
Tai Chi	4 th 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.