

July 2017

MON Drop-In 2-8pm	TUES No Drop-In	WED Drop-In 10-8pm	THUR Drop-In 2-8pm	FRI Quiet Drop-In 2-5pm	SAT	SUN
					1 10 – 4 Drop-In Cinema Trip (Kim/Stew)	2
<p>3 6–7.30 Music Group (Stew) 6.30-8 Girls' Group</p> <p>10 – 4.30 INCHCOLM ISLAND BOAT TRIP, LIMITED SPACES (sail from 1215, 1 ½ hours on the island. £17.80pp) Rach/Graeme</p>	<p>4 No Drop-In 10 – 12 Tuesday Morning Womens Group (over 35) 4 – 6 Table Tennis 5.30 – 7 LDG (Relationships)</p>	<p>5 11.30 – 1 LDG (Relationships) 1–3 Girls' Group 4-7 Gaming Group (Kim) 6–8 Art & Crafts Group</p>	<p>6 2-4 Thursday Discussion Group (Closed) 5.30 Film Night (Arrival)</p> <p>12 – 3 ROUNDERS AT THE MEADOWS Maff/Ant</p>	<p>7 3–5 Pool Drop-In</p> <p>10 – 3 WALK FROM PORTOBELLO TO MUSSELBURGH ENDING WITH ICE CREAM IN LUCAS Stew/Graeme</p>	8	9
<p>10 3 - 5 Book Group (Maff)</p> <p>KARAOKE @ SUPERCUBE, LIMITED SPACES, £4pp Kim/Stew</p>	<p>11 No Drop-In 10 – 12 Tuesday Morning Womens Group (over 35) 4 – 7 RPG (Closed) 5 - 8 Snooker Club (Stew) 5.30 – 7 LDG (Lifestyle)</p> <p>CINEMA TRIP – Spider Man (time to be confirmed) Kim</p>	<p>12 11.30 – 1 LDG (Lifestyle) 1–3 Girls' Group 3.30 5-a-side football (Ant, Graeme) 6–8 Art & Crafts Group</p>	<p>13 2-4 Thursday Discussion Group (Closed) 6-8 Scrabble & Chess Club (Maff) 6 - 7 Relaxation Group (Kim)</p> <p>12 – 3.30 RUNNING GROUP AT ARTHUR'S SEAT Ant/Maff</p>	<p>14 3–5 Pool Drop-In</p>	<p>15 10 – 4 Drop-In Walking Group (Maff/Andy)</p>	16
<p>17 4.30 Tai Chi Taster (Andy) 6–7.30 Music Group 6.30-8 Girls' Group</p> <p>10 – 5 ABBOTSFORD HOUSE, LIMITED SPACES, £9.60/£8.95 or £5/£4.50 (Maff)</p>	<p>18 No Drop-In 10 – 12 Tuesday Morning Womens Group (over 35) 1 – 4 Video Editing (Stew) 6 - 7 Badminton (Andy)</p>	<p>19 1–3 Girls' Group 4-7 Gaming Group (Ant) 6-8 Art & Crafts Group</p> <p>10 – 5 DEER PARK FIFE, LIMITED SPACES, £8.50/£5.70 (Andy/Kim)</p>	<p>20 2-4 Thursday Discussion Group (Closed) (Andy) 5.30 Film Night (Film still to be confirmed) 6 - 8 Photography Group</p>	<p>21 3–5 Pool Drop-In</p> <p>11 – 2.30 WALK FROM CARGO, FOUNTAINPARK TO CHESSER (2 miles). Choice of a bus back or walk back the water of Leith to town (3 miles). Rach/Ant</p>	<p>22 10 – 4 Drop-In Activity still to be confirmed (Graeme/Rach)</p>	23

<p>24 6 – 8 Quiz Night</p> <p>11 – 4 TANTALLON CASTLE, LIMITED SPACES (£6/£4.50) (Andy/Graeme)</p>	<p>25 No Drop-In 10 – 12 Tuesday Morning Womens Group (over 35) 4 – 7 RPG (Closed) 6 – 8 Creative Writing</p> <p>1 – 5 ICE SKATING AT MURRAYFIELD, (£5.50 entry £1.80 skate hire) (Andy/Ant)</p>	<p>26 1–3 Girls' Group 1 – 5 (play 2 – 4) Pool League (Ant) 6 – 7.30 Coffee, Cake & Chat (Andy/Ant) 6–8 Art & Crafts Group</p>	<p>27 Midday Gourmet Club (Rach) 2-4 Thursday Discussion Group (Closed) (Andy) 6 – 8 Scrabble & Chess Club (Rach) 6 - 7 Relaxation Group (Kim)</p>	<p>28 3–5 Pool Drop-In</p> <p>10 – 5 ALPACA TREKKING, LIMITED SPACES £10pp (Rach/Ant)</p>	<p>29</p>	<p>30</p>
<p>31</p> <p>TRIP TO INVERNESS ONE STOP SHOP (bus pass numbers must be given to staff beforehand to book tickets) Andy, Graeme</p>						

LDG – Late Diagnosis Group. If you are interested in a closed group or if you would like more information please speak to a member of staff or call 0131 220 1075.