

## \*\*HAPPY NEW MEMBERS ACTIVITY TERM\*\*

Welcome back this week to a new member activity term, which runs from **Monday 7 January to Friday 5 April 2019**. We have some great new activities – see below for more information. The mid-term break will be Monday 11 to Friday 15 February. We will remind everyone of these dates and let you know what will be on during that week nearer time.

If you are new to the Project, or have not been for some time, and would like to know more about our activities and how to join in please call us on 0131 225 3626, email [info@grassmarket.org](mailto:info@grassmarket.org), or speak to a member of staff.

**TRY SOME NEW ACTIVITIES** – sign up at reception or call 0131 225 3626.

**Please remember:** Job Skills and Spanish classes are not running this term.

**Next walking group:** Saturday 19 January 2019 with Tommy. Meet 9:30am at the Grassmarket Centre. Please wear appropriate clothing.

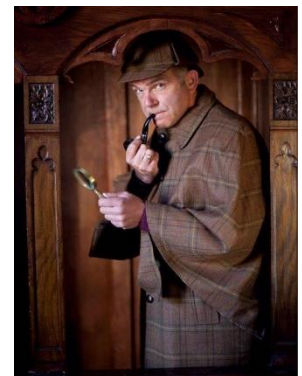
**InterSci: Science Discussion – Tuesday, 6:30-7:30pm**



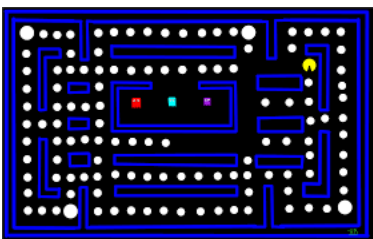
Some taster sessions were held before Christmas and those that came absolutely love it, whether they had a science background from school, work, general interest – or absolutely none at all. The discussion is friendly and will look at various interesting topics. Find out a little more, enjoy an entertaining discussion, about what science reveals about the world around us.

**Period Costume Photography – Thursday, 2-4pm**

Come and have a laugh and make friends at this fantastically fun new activity. Get in character! Enjoy dressing up (like Tommy!) in period costumes and have your photo taken by professional photographer, George. This is a great opportunity to get out of the house and socialise in a relaxed, friendly atmosphere, and meet some new community friends.



**Computer Gaming Group – Friday 4-6pm**



This new session allows members to have a go at some of the latest computer games. Come and hang out with Connor and others in the Robert Burns room for some great gaming action on the big screen. A variety of games will be on offer; some involve light physical movement.

## IT Skills – Monday, 2-4pm, Wednesday 11am-1pm, Friday, 11am-1pm



IT Skills has been expanded to three sessions a week, including two sessions with our IT tutor Maria. Mondays: you can learn something new about a particularly IT tool and how it can help you. Wednesdays: you can focus on learning particular things you need to improve your individual skills. Friday: this is an opportunity for you to use the IT facilities, send emails or visit websites to help manage your affairs.

## New Cooking Groups

Want to eat healthier for cheaper? Why not join Jamie in one of our Cooking Groups!



### Cooking Group – Introduction

Starts **Tuesday 15<sup>th</sup> Jan** - every Tuesday, 4pm-7pm for six weeks. Basic introduction to healthy cooking and budgeting skills.

### Cooking Group – Advanced

Starts **Sunday 20<sup>th</sup> Jan** - every Sunday, 12.30pm-4pm for five weeks. Builds on the knowledge and skills from basic introduction course.

Please sign up at reception or email Graham ([graham@grassmarket.org](mailto:graham@grassmarket.org)) / call 0131 225.

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## COMMUNITY CINEMA: COMING UP:

Pick up a copy of our Grassmarket Community Picture House programme and enjoy some:

### FREE BIG SCREEN BIG SOUND FILMS & FILM RELATED EVENTS

**Monday 14 January, 7:15pm**

**Isle of Dogs**



Atari is the son of a despotic Japanese politician. When Atari's pet dog becomes the first to be quarantined on Trash Island – due to an outbreak of dog flu – he seeks to challenge the bigoted reactionism of his father and the political elites. Stop-motion animation, in English and Japanese.

**Monday 21 January, 7:15pm**

**Dirt Road to Lafayette**



**Followed by a Q&A with director Kenneth Glannan.**

If you have a soft spot for folk music and musical Americana, this beautiful road movie is a ride worth taking. Murdo, a young Scots boy, has followed his stern father to Northern Alabama to reconnect with family. Whilst there he discovers his love of music and is taken under the wing of local icon, Queen Monzee-ay.