

# Grassmarket Community Project - FREE\* Weekly Programme

**Term: Mon 7 Jan 2019 to Fri 5 Apr 2019**

|              | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  | Sunday   |
|--------------|---|--|--|--|---|---|--|
| Kitchen      | 10am-2pm<br><b>Kitchen &amp; Café</b><br>With: <b>Chris</b>                     | 10am-2pm<br><b>Kitchen &amp; Café</b><br>With: <b>Chris</b>                                    | 10am-2pm<br><b>Kitchen &amp; Café</b><br>With: <b>Chris</b>            | 10am-2pm<br><b>Kitchen &amp; Café</b><br>With: <b>Chris</b>                | 10am-2pm<br><b>Kitchen &amp; Café</b><br>With: <b>Chris</b>     | 9.30-3pm<br><b>Walking Group</b><br><br>(twice monthly) |  |
| Workshop     | 10am-4pm<br><b>Woodwork</b><br>With: <b>Tommy/Susan</b>                         | 10am-4pm<br><b>Woodwork</b><br>With: <b>Tommy/Susan</b>  | 10am-4pm<br><b>Woodwork</b><br>With: <b>Tommy/Susan</b>                | 10am-4pm<br><b>Woodwork</b><br>With: <b>Tommy/Susan</b>                    | 10am-4pm<br><b>Woodwork Drop In</b><br>With: <b>Tommy/Susan</b> |   |  |
| Robert Burns | 11am-1pm<br><b>Reading &amp; Writing</b><br>With: <b>Nick</b>                   | 11am-1pm<br><b>Tartan Skills</b><br>With: <b>Juan &amp; Agnes</b>                              | 11am-1pm<br><b>IT Skills</b><br>With: <b>Maria</b>                     | 11am-1pm<br><b>Creative Writing</b><br>With: <b>Isela/Jess</b>             | 11am-1pm<br><b>IT Open Session</b><br>With: <b>Jennifer</b>     |   |  |
| Elsie Inglis | 10am-5pm<br><b>Tartan Enterprise</b><br>With: Agnes, Anne, Jean (Ed 7 if avail) |  | 11am-1pm<br><b>Open Book</b><br>With: <b>Jess</b>                      | 11am-4pm<br><b>Women's Group</b><br>With: <b>Tanya</b>                     | 11am-1pm<br><b>Guitar Lessons</b><br>With: <b>Akin</b>          |   |  |
| Other        |   |  | 11am-3pm<br><b>Herb Garden</b><br>With: <b>Trudi/Kirkyard</b>          |  | 10am<br><b>Swimming</b><br>With: <b>Nikki</b>                   |   |  |
| EI           | 1pm-2pm <b>Lunch</b>  | 1pm-2pm <b>Lunch</b>   | 1pm-2pm <b>Lunch</b>   | 1pm-2pm <b>Lunch</b>   | 1pm-2pm <b>Lunch</b>  | <b>Pack lunch on walk</b>                               |  |
| Robert Burns | 2-4pm<br><b>IT Skills</b><br>With: <b>Maria</b>                                 | 2pm-4pm<br><b>Photography</b><br>With: <b>Ewan</b>   | 2pm-4pm<br><b>Discussion Group</b><br>With: <b>Demi</b>                | 2-4pm<br><b>Costume Photos</b><br>With: <b>George</b>                      | 2pm-4pm<br><b>Art &amp; Craft</b><br>With: <b>Iztiar</b>        |   | 1-4pm<br><b>Cooking Class</b><br><br>with: <b>Jamie</b><br>Kitchen |
| Elsie Inglis | 10am-5pm<br><b>Tartan Enterprise</b><br>With: Agnes, Anne, Jean (Ed 7 if avail) | 2.30pm-3.30pm<br><b>Stretching &amp; Core</b><br>With: <b>Iona</b>                             | 2pm-4pm<br><b>Music</b><br>With: <b>Akin</b>                           | 11am-4pm<br><b>Women's Group</b><br>With: <b>Tanya</b>                     | 2-5pm<br><b>Computer Gaming</b><br>With: <b>Connor</b>          |   |  |
| Robert Burns |   | 4pm-6pm<br><b>Table Tennis</b><br>With: <b>Steven</b>  | 4pm-5pm<br><b>Yoga</b><br>Start 30 Jan<br>With: <b>Stacey</b>          |  |   |   |  |
| Other        | 2pm-3pm<br><b>Walking Group</b><br>With: <b>Tanya</b><br>Café                   | 4pm-7pm<br><b>Cooking Class</b><br>With: <b>Jamie</b><br>Kitchen                               | 5pm-6.30pm<br><b>Choir</b><br>With: <b>Morgan</b><br>Elsie Inglis Room | 5pm-8pm<br><b>Drama</b><br>With: <b>Raised Voices</b><br>Robert Burns Room |   |   |  |
|              | 4pm-6.30pm<br><b>Benefit Support</b><br>With: <b>Gillian</b><br>Café            | 5pm-6pm<br><b>Mindfulness</b><br>12/19/26 Feb 5 Mar<br>With: <b>Hannah</b><br>Robert Owen Room |  |  |   |   |  |
| Other        |   | 6:30-7:30pm<br><b>InterSci</b> (science discussion)<br><b>Amelia/Rob. Burns</b>                |  |  |   |   |  |

\*FREE for members. Membership is free.

For more info ask at reception or phone 0131 225 3626 or email [join@grassmarket.org](mailto:join@grassmarket.org)