



	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Kitchen	10am-2pm Kitchen & Café With: Kevin/Chris	10am-2pm Kitchen & Café With: Kevin/Chris	10am-2pm Kitchen & Café With: Kevin/Chris	10am-2pm Kitchen & Café With: Kevin/Chris	10am-2pm Kitchen & Café With: Kevin/Chris	9:30am-3pm Walking Group* With: Jonny/ Tommy
Woodwork	10am-4pm Woodwork With: Tommy	10am-4pm Woodwork With: Tommy/ Susan	10am-4pm Woodwork With: Tommy/ Susan	10am-4pm Woodwork With: Tommy/ Susan	10am-4pm Woodwork - Drop In Session With: Tommy	Meet at reception <i>*This activity takes place twice most months on a Sat or Sun. Check for dates at reception or call 0131 225 3626.</i>
Rob. Burns	11am-1pm Reading & Writing With: Nick	11am-1pm Tartan Skills With: Juan/Agnes	11am-1pm IT Skills With: Maria	11am-1pm Creative Writing With: Isela/Jess	11am-1pm IT Open Session With: Joel	
Elsie Inglis	10am-5pm Tartan Enterprise (Ed 7 if available)	11am-12:45pm Drama With: Jeremy/ Mark	11am-1pm Open Book With: Jess	11am-4pm Women's Group With: Louise Last session 2 May	11am-1pm Guitar Lessons With: Akin	
Other			11am-3pm Herb Garden With: Trudi Meet at reception		10am Swimming With: Itziar Meet at reception	
E. Inglis	1-2pm Community Lunch	1-2pm Community Lunch	1-2pm Community Lunch	1-2pm Community Lunch	1-2pm Community Lunch	
Rob. Burns	2-4pm IT Skills With: Maria	2-4pm Photography With: Ewan/Joel	2-3:30pm Discussion Group With: Amy/Joel	2-4pm Costume Photos & Films With: George	2-4pm Art & Craft With: Itziar	Sundays 1-4pm Cooking Class With: Jamie
Elsie Inglis	10am-5pm Tartan Enterprise (Ed 7 if available)	2-2:45pm Stretch & Core With: Lorraine	2-4pm Music With: Akin	11am-4pm Women's Group With: Louise Last day 2 May	2-5pm Computer Gaming With: Connor	
Other	2-3pm Walking Group With: Itziar Meet at reception	4-6pm Table Tennis With: Stephen Robert Burns	4-5pm Yoga With: Stacey Robert Burns	SIGN-UP NOTES: Sign-up for non-shaded activities at reception or by calling 0131 225 3626. Activity sign-up sheets available up to 2 weeks in advance. Lunch sheets available on the day and sign-up for lunch must be done before 11am. *Mindfulness, InterSci and walking group are regular, but not every week. Check dates with reception. Shaded activities must be booked in advance with the appropriate member of staff there will not be a sign-up sheet for these activities.		
Other	4-6:30pm Benefit Support With: Gillian In the café	5-6pm Mindfulness* With: Hannah Robert Owen	5-6:30pm Choir With: Morgan Elsie Inglis			
Other	6:30-9:30pm Cooking Class With: Jamie In the kitchen	6-7pm InterSci* With: Amelia Robert Burns				

Many of our activities are run by volunteers or one member of staff, who very occasionally cannot attend. The GCP team will ensure activities go ahead wherever possible. It may be necessary to change the nature of the activity or planned activity when this happens.