

FREE Activity Programme for Members – Monday 6th Jan to 12 April 2020

For more info ask at reception, call **0131 225 3626** email info@grassmarket.org or text **07860 021 262**

rm	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 Meet at reception
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	
Rob. Burns	11am-1pm Read & Writing With: Nick	11am-1pm Tartan Skills Marta/Agnes	11am-1pm IT Skills With: Maria/Judit	11am-1pm Creative Writing With: Isela/Jess	11am-1pm IT Drop-in Session With: Marco/Judit	*This activity takes place twice most months on a Sat or Sun. Check for dates at reception or call 0131 225 3626.
Elsie Inglis	10am-4pm Tartan Enterprise (Ed 7 if available)		11am-12:45pm Open Book With: Jess		11am-12:45pm Guitar Lessons With: Akin	
Other			11am-3:30pm Herb Garden With: Trudi Meet at reception			
	1-2pm Lunch	1-2pm Lunch	1-2pm Lunch	1-2pm Lunch	1-2pm Lunch	Packed lunches
Rob. Burns	2-4pm IT Skills With: Judit/Maria	2-4pm Photography With: Michael [Feb 4 th start]			2-4pm Art & Craft With: Judit/Jody	
Other	4:30-6:30pm Benefit Support With: Gillian, Anne, Agnes, Suzanne -café	4-5:45pm Table Tennis With: Steven Robert Burns Rm	2-4pm Music With: Akin Elsie Inglis Room		2-4pm Computer Games With: Connor & James Elsie Inglis Room	
Other	6-7pm InterSci With: Amelia [Jan 20 th start]	5-6pm Mindfulness* Hannah/Urzula Robert Owen	5-6:30pm Choir With: Morgan Elsie Inglis Room			
Other	6.30-9pm Cooking Class With: Michael [Feb 3 rd start]					

SIGN-UP NOTES:

Sign-up for activities at reception or call 0131 225 3626. Activity sign-up sheets available up to 2 weeks in advance. Lunch sheets only available on the day and you must sign-up before 11am. ***Mindfulness and walking group** are regular, but not every week. Check dates with reception.

Please arrive on time. Late comers are allowed at an activity leader's discretion up to 15 mins late. To minimise disruption for others, if you arrive more than 15 mins late you will not be able to join activities, except those marked "Drop-in", you are welcome to come and go from these.

Shaded activities (black boxes) must be booked in advance with the appropriate member of staff there is not a sign-up sheet for these activities.

Many activities are run by volunteers, who are occasionally unable to attend. If this happens GCP team will ensure activities go ahead wherever possible – ensure we have your up to date contact details and you check you phone/emails on the day. Thanks