

GCP Centre-Based Activities



MONDAY

11am-1pm - Tartan Skills (with Marta) (*Starts 26th*)
3-4pm - Guitar Skills (with Tomas)

TUESDAY

2-4pm - Discussion (with Chris & Chloe)

WEDNESDAY

11am-1pm - Reading & Writing (with Nick)
2-4pm - Wellbeing (with Chloe)
7.30pm - GCP Picture House: <http://grassmarket.org/listings/>

THURSDAY

11am-1pm - IT Skills (with Munirah & Chloe)
2-4pm - Art & Crafts (with Chloe)

FRIDAY

11am-1pm - IT Skills (with Kathy & Chloe)
2-4pm - Art & Crafts (with Chloe)

Co-Vid 19 Guidelines when in the GCP Centre

- Keep 2m social distance, wear mask & use hand-gel dispensers
- One at a time for using the toilet (toilet sanitised after each use)
- Group size limited to four members per activity
- Follow both downstairs and upstairs one-way systems
- If upstairs, you can only use the fire exit to go downstairs

Outdoor Activities



TUESDAY 10-11am - Walking (South) (with Mike in Meadows)
WEDNESDAY 11am-1pm - Herb Garden Group (with Trudi & Tom)
THURSDAY 10-11am- Walking (North) (with Chris in Victoria Park)

Online Activities



<http://grassmarket.org/zoom/>

MONDAY

11am-1pm - Scottish History (with Nick)
6-7pm - Intersci Chat (with Amelia & Sophie)
7.15pm - Cinema Chat (with Rohan & Ewan)

TUESDAY

11am-1pm - Guitar (with Tomas)
4pm-6pm - Cooking (with Catherine) (*Starts 27th*)
5-6pm - Mindfulness & Meditation (with Urzula & Hannah) (*Starts 27th*)

WEDNESDAY

11.30am-12.30pm Open Book (with Jess)
2-4pm - Art (with Judit)
5-6pm - Choir (with Morgan) (*Starts 28th*)

FRIDAY

11am-1pm - Creative Writing (with Isela & Jess)

Zoom Log-in details for each group available at:

<http://grassmarket.org/planC>