**This is a programme of activities in the community centre for adults.**

**The session will start with a light lunch of soup, sandwiches, cake, tea or coffee.**

**After lunch choose which activity you would like to try**



 **Royston Wardieburn Community Centre**

**11 Pilton Drive North Edinburgh, EH5 1NF**

**0131 552 5700**

 **FREE**

**7 week programme for adults**

 **Programme Details**

**Each Session starts with light lunch 12noon – 1.00pm Activities Start 1.00pm – 2.30pm**

**Week 1 - Wednesday 13th April 12noon-2.30pm**

Welcome/Introduction/Consultation meeting

**Week 2 - Wednesday 20thApril 12noon-2.30pm**

Social History Film – share your memories with others

Flower arranging – create a beautiful display

Dominoes, Cards, Carpet Bowls, Badminton, Read, Chat

**Week 3 - Wednesday 27th April 12noon-2.30pm**

Social History Film – share your memories with others

Flower arranging – create a beautiful display

Dominoes, Cards, Gentle Exercise, Read, Chat

**Week 4 - Wednesday 4th May 10am – 4.00pm**

Trip to Kelvingrove Gallery, Glasgow (Places limited)

**Week 5 – Wednesday 11th May 12noon-2.30pm**

Social History Film – share your memories with others

Hand/Foot Massage – relax and enjoy

Dominoes, Cards, Carpet Bowls, Badminton, Read, Chat

**Week 6 - Wednesday 18h May 12noon – 2.30pm**

Social History Film – share your memories with others

Picture Making – Create your own picture

Dominoes, Cards, Line Dancing, Read, Chat

**Week 7 – Wednesday 25th May – 10am – 4pm**

Trip to the Kelpies or Bo’ness Railway or People Palace

(Places limited. Weather permitting)

