

MONDAY

Nelson Hall Mother & Baby Group	10.15 - 11.45 am	Gray Room
Advice from Health Visitors and weighing for babies 0-6 months <i>For more information:</i> phone 0131 667 8838		

German Intermediate	1.00-3.00 pm	Gray Room
Adult Education language class Term starts: 22 nd Sept 2008 for 24 weeks <i>For more information:</i> Adult Education - www.edinburgh.gov.uk/adultcourses		

Scottish Slimmers	7.00-8.00 pm	Gray Room
More than just a slimming class... <i>For more information:</i> See posters in Centre, or Group secretary		

Wu Tao Kwoon – Tai Chi	7.00-8.30 pm	Hall
Traditional Yang family, with an introduction to Tai Chi Chuan principles and history.		

TUESDAY

Mondial Language classes	9.30 – 12noon	Meeting Room
Spanish, French and Italian classes for all ages and levels set in a fun filled environment. <i>For more information:</i> visit www.mondiallanguages.com		

Relaxation, Meditation & Affirmation	10.00-12.00 pm	Hall
Adult Education Class. Term starts: 30 th Sept 2008 for 10 weeks <i>For more information:</i> Adult Education - www.edinburgh.gov.uk/adultcourses		

Visible Ink Writers Group	7.00 – 9.00 pm	Gray Room
Friendly and informal writing group which welcomes all writers. <i>For more information:</i> visit their website: www.visible-ink.co.uk		

Mondial Language classes	6.30-9.00pm	Meeting Room
Spanish, French and Italian classes for all ages and levels set in a fun filled environment. <i>For more information:</i> visit www.mondiallanguages.com		

WEDNESDAY

Music for All	10.00 – 12.00 pm	Hall
<p>"Our Land" focusing on the music of Scotland - restarts 24th Sept The workshops are especially focused to welcome people with a learning disability, though open to all. Music For ALL is a partnership project between Columcille Development Projects, Drummond Adult Education, St Brides and Goodtrees, with courses running in 4 places each term.</p>		
Interior Design Techniques	10.00 – 12.00	Gray Room
<p>Adult Education Art Class Term starts: 24th Sept for 10 weeks <i>For more information:</i> Adult Education - www.edinburgh.gov.uk/adultcourses</p>		
Drawing and Painting Flowers	1.00 – 3.00 pm	Gray Room
<p>Adult Education Art Class Term starts: 24th Sept for 18 weeks <i>For more information:</i> Adult Education - www.edinburgh.gov.uk/adultcourses</p>		
Southside Community Council	7.00 – 9.00 pm	Gray Room
<p>2nd Wednesday of each month: except July & August Community Council meetings – public welcome</p>		
Zen Treasures Kung Fu	7-9pm	Hall
<p>The Zen Treasures school is part of the Shaolin Wahnam Institute and is dedicated to teaching and restoring authentic Shaolin Arts. All ages and abilities, from teenagers upwards, are welcome. <i>For more information:</i> contact Mark on 07969 559 660.</p>		

THURSDAY

Local History Group	10.00 – 12.00 pm	Gray Room
Southside museum volunteers		

Yoga: Hatha Post Beginners	10.00 – 12.00 pm	GP 1
Adult Education Class Term starts: 25 th Sept for 10 weeks <i>For more information:</i> Adult Education - www.edinburgh.gov.uk/adultcourses		

Pain Association Scotland	2.00 – 4.00 pm (3 rd Thursday of each month)	Gray Room
A professionally led training and support group for all forms of chronic pain. <i>For more information:</i> Call 0800 783 6059		

Yoga/Pilates	6.45 – 7.45 pm	Hall
A perfect weekly workout to maintain and develop structural fitness, grace, suppleness and strength. Cost £30 for 5 classes, or £8 pay as you come		

Mondial Language classes	6.30-9.00pm	Meeting Room
Spanish, French and Italian classes for all ages and levels set in a fun filled environment. <i>For more information:</i> visit www.mondiallanguages.com		

FRIDAY

Gaelic Intermediate	10.00 – 12.00 pm	Gray Room
Adult Education Language Class. Term starts 26 th Sept for 18 weeks <i>For more information:</i> Adult Education - www.edinburgh.gov.uk/adultcourses		