

November 2019

Midlothian Weekly Calendars for Older People

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British Red Cross Community Coordinators t: 0131 654 0340

Bonnyrigg/Lasswade/Poltonhall

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

M

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

08:30—09:30 Aerobics for 50+ at the Lasswade Centre

10:30-12:00 AW Kurling in Lasswade Centre

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M **11:00—13:00** Bonnyrigg Stroke Group at Our Lady of Consolation

12:00—14:00 AW Pilates for all at the Lasswade Centre (2 classesx1hr)

13:00-15:00 Senior Citizens at Our Lady of Consolation

P
M **13:15—15:45** Sequence Dancing at the Pitcairn Centre

15:00-15:45 MAC Aqua wellbeing Lasswade Centre.

E
V **18.30** OAP Club at the Bonnyrigg Rose Social Club (1st Monday)

E
N **19:30—21:00** Church Guild at Cockpen Church Hall (Fortnightly Oct to Apr)

Information hub about local organisations in Lasswade

1

Library

9:00-10:00 MAC Supervised Gym Sessions, Lasswade Centre

From 9:30 Bonnyrigg Senior's Forum Shoppers Bus

10:00—11:30 AW Tai Chi at the Pitcairn Centre

10:00—11:30 50+ Group at the Lasswade Centre

10:30 Active Gardeners at the Community Hospital

12:00-13:00 AW Beginners Tai Chi at the Pitcairn Centre

12-13:00 New Seated Pilates at the Lasswade centre

13:00—14:00 AW Seated Pilates/ Yoga for all at the Lasswade Centre

13:30—15:30 Afternoon Badminton at the Pitcairn Centre

14:00—16:00 The Tuesday Club at St Leonard's Hall

14:00-15:30 Gardening Club at Midlothian community Hospital

19:00—21:00 Scottish Country Dancing at Our Lady

19:15—21:15 Kevock Choir at the Lasswade Centre

19:30-20:30 Walking hockey at Lasswade Centre

19:30—22:00 Senior's Badminton at the Pitcairn Centre

10:00-12:00 Art Class/Group Guide Hall St Leonard's

09:30—10:30 Healthy Hearts 50+ at the Lasswade Centre

09:30—10:30 Aqua Aerobics at the Lasswade centre

10:30—11:30 Aqua Aerobics at the Lasswade centre

11:00-12:00 MAC Mac Swimmers, Lasswade Centre

13:00—15:00 Tai Chi at the Pitcairn Centre

18:30—20:30 PHAB Club at the Lasswade Centre

19:00—21:00 Lothian Family History Society at the Lasswade Library (Speaker/Talk every 2nd Wednesday)

19:30 Scottish Women's Rural at the Masonic Hall (1st Wednesday)

19:30—21:30 Local History Society at the Pitcairn Centre (3rd Wednesday)

18:30-20:00 VM Transform Activities Group Moorfoot Court (biweekly)

From 9:30 Bonnyrigg Senior's Forum Shoppers Bus

10:00—16:00 Coffee/Tea and filled rolls at Pitcairn Centre .

MAC Lasswade Drop In Session 10.00-11.30.

10.00—11.30 MAC lasswade Drop In Session.

12:00—13:00 Pilates at the Lasswade centre.

12:00-14:00 MAC (2 x 1 hour class) Level 1 & 2 circuit, Lasswade Centre

13:00—14:00 Seated Pilates/Yoga at the Leisure Centre

13:30-2:30 The Thursday friendly hour Loudon Hall Bonnyrigg parish church

13:30-15.30 "Knit & Natter" Cockpen Church Hall, Dundas Street.

19:00—20:00 Adult Reading Group at the Library (1st Thursday)

19:00-21:00 Bonnyrigg Senior Social Club at Bonnyrigg Social Club (Oct-Apr)

19:30-21:30 Trefoil Women's Guild (One evening per month)

09:00-10:00 Yoga at the Lasswade Centre

10:30-11:30 Yoga at the Lasswade Centre

13:30—15:45 Carpet Bowls at the Pitcairn Centre

19:00-21:00 *NEW* Bonnyrigg Rose Community Reach Out at Poltonhall Pavilion last Friday of month

Saturday

10:00—12:00 Coffee Morning at the Pitcairn Centre

Sunday

14:00 AW Bonnyrigg walks meets at the Ladbrokes, Polton Street

14:00-16:00 Lasswade Library Senior Social Group free .

Dalkeith/Woodburn

Information hub about local organisations in Dalkeith Library

For more information on any of the activities below please contact the Community Coordinators e; communi-

M onday

T uesday

W ednesday

T hursday

F riday

<p>A M</p>	<p>9:00-13.30 St John's and King's Park Church, Dalkeith community café Term time. 9.30-11.30 Grandparents and Toddlers at Woodburn Primary 10:00-1:00 The Krafty Crew at Dalkeith Art centre. Women only 10:00-3:00 Grassy Riggs drop-in for older people and their carers café available 10.30-12.00 Grassy Riggs Dominoes/Card Group 10:30-12:00 Carers Session at Dalkeith Library (1st Monday month) 11:30-13:00 VM computer club Grassy Riggs</p>	<p>10:00-11:30 WWHAM at the Cowden Pavilion 10:00-3:00 Grassy Riggs drop-in for older people and their carers café available 10:30-12:00 This is your Life memory group @ Grassy Riggs 12:00-14:30 Alzheimer Scot D Café at the Baptist Church (2nd and 4th Tuesdays) light lunch.</p>	<p>10:-12:00 VM computer club Grassy Riggs 10:00-3:00 Grassy Riggs Drop-in 10:30-12:00 Vocal Courses see info page or call 0131 663 6869 10:30-11:30 Dalkeith Library Hearing Aid repair clinic 1st Wednesday of every month.</p>	<p>10:00-3:00 Grassy Riggs drop-in 10:30-12:00 AW Ballroom Dancing at Dalkeith Masonic Hall (off until 29th Aug) 10:30-12:00 Sporting Memories group Dalkeith rugby club 11:30-14:00 Grassy Riggs LGBT social meet up . 11:30 Walk & Talk at The Grassy Riggs</p>	<p>9:30-11:45 Art Class at St Nicholas Church Hall 10:00-1200 Grassy Riggs Carers drop-in morning. 10.30-12.00 Whitehill Lodge Social/Activity Morning. 11:00-13:00 Knit & Natter at Crystalmount</p>
<p>P M</p>	<p>13:00- Grassy Riggs Bereavement & life skills group for men 65+ 13:15-15:15 Craft Class at the Dalkeith Welfare Hall 14:00-16:00 Oasis fellowship group at the Baptist church (Sept to May) 14:00-15:00 Bingo at Crystalmount 14:30-16:30 LGBT café at Dalkeith Welfare Hall 15.30-16.30 AW Complete Beginners Line Dancing Class Dalkeith Art Centre. 16:30-17:30 AW Line Dancing at Dalkeith Arts Centre</p>	<p>13:00-15:00 Macular Degeneration/ Visual Impairment support group 1st Tuesday of each month Grassy Riggs. 13:30 AW Walking Group meets at St Nicholas Church 13:30-16:30 Health in Mind Wellbeing group at Dalkeith Rugby Club 14:00-15:30 Café Connect at the Dalkeith Welfare Hall (last Tuesday) 14:00-16:00 'Breathe Easy support group for people affected by a lung condition. at MVA (1st Tuesday)</p>	<p>13:30-16:00 Probus Group at St Nicholas Church shop (2nd Wednesday, October- March) 13:45-16:00 Bingo Social at the Dalkeith Welfare</p>	<p>12:00-15:00 Aim High Develop skills in using a computer. 14 Woodburn Avenue. 13.30-15.30 Vocal Carer Craft Group. 30/1 Hardengreen Estate, Dalhousie Road, Dalkeith. 14:00-15:00 Men's 50+ Pool Club at Corner Pocket Pool Lounge</p>	<p>12:30-13-30 MAC+ class level 1-3 Dalkeith Arts Centre 13:40-16:00 Whist at the Dalkeith Welfare Hall (knowledge of game required) 14:00-16:30 The Krafty Crew at Dalkeith Art centre. Women only. 14:30-15:30-AW Walking Rugby, Dalkeith RFC</p>
<p>E V E N I N G</p>	<p>19:00-21:00 Health in Mind Midlothian Depression & Anxiety Support Group last Monday of every month next-The Coffee Shop, St.Nicholas Buccleuch Church. 19:30-21:00 Dalkeith History Society at the Baptist church (2nd Monday)</p>	<p>19:00-18:30 Adult Reading Group at the Library 19:00-21:00 Old Time Dancing at the Dalkeith Miners 19:30-21:00 History Society at St Nicholas Church (every 2nd Tue)</p>	<p>19:00-20:30 Bingo at Crystalmount 19:00-21:00 Creative Writing Group at the Library (fortnightly)</p>	<p>19:30-21:30 The Dalkeith Singers at St Nicholas Church Hall 19:30 Oct-Apr Dalkeith Horticultural Society first Thursday of the month at the Bowling pavilion Kings Park. 18:30-20:00 VM Transform Group Activities Crystalmount (bi weekly)</p>	<p>Saturday 14:00-18:00 Claire's safe haven for ladies St Nicholas' Church Cafe Dalkeith Holticultural Society 10.00am Annual coffee morning-Kings Park Church. Sunday</p>
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Danderhall

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

Monday

Tuesday

Wednesday

Thursday

Friday

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09:30 – 10:30 MAC+ Class L1-3
Danderhall Leisure Centre
10:30-11:00 MAC drop in session Danderhall Leisure Centre
10:00—12:00 Men’s Group at the Community Centre

10:00—12:00 Coffee Morning at Newton Parish Church

11:00 AW New walk and talk session leaving from Danderhall Leisure centre

10.00—12.00 Men’s Group at the Community Centre

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12:15—14:15 Lunch Club at the Danderhall Miners’ club (transport available)

13:30-14:30 Midlothian Memories Reminiscence Group at Danderhall Library .

14:00 Cinema Club at Danderhall Library 2 PM last Wednesday of the month.

14:30—15:30 Braw Book Group at the Library (last Thursday)
13:30—14:30 Creative Collaborators, Adult Craft Group at the Library.

14:00—16:00 SWRI at the Community Centre (3rd Thursday)

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Gorebridge

Information hub about local organisations in Gorebridge Library

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

M onday

T uesday

W ednesday

T hursday

F riday

10:30-12pm Braw Blether carers group at Gorebridge library 4th&18th November

9-11:30 Recycle Coffee Morning in Gorebridge Parish Church

9.30—11.00 Women's Health Organisation at Gorebridge Parish Church

10:00—11:00 Circuit Training at the Leisure Centre

9.00—12.00 Crafty Parents in Gorebridge Primary School

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10:00-11:00 Circuit Training at the Leisure Centre.

10:00—12:00 Coffee morning in Emily Court

9:30—12:00 Kinship Carers in the Parish Church Hall

10:00- 12:00 Community Café in the Parish Church Hall

11:00-12:00 MAC Supervised Gym Sessions, Gorebridge Centre

10:00—11:15 Yoga at the Leisure Centre

13:00-14:00 Zumba Gorebridge Leisure centre.

11:15-12:15 Seated Pilates at the leisure centre.

10:00—11:00 Relaxation Class at the Leisure Centre

13:30—16:00 AW Carpet Bowls at Gorebridge Leisure Centre

13:00 Over 50s Forum in the Gorebridge Parish Church Hall (2nd Tuesday)

12:00 – 14:00 Gorebridge Lunch Club in the Parish Church

14:30—16:00 AW New Age Kurling at the Leisure Centre

13:30—16:00 AW Carpet Bowls at Gorebridge Leisure Centre

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13:00 AW Gorebridge short and long health walks meet at the Arniston Rangers Car Park
13:30-15:00 MAC+ Walking Football Gorebridge Centre

13:45—14:45 Zumba Gold at Gorebridge Leisure Centre

15:00-16:30 MAC+ Walking Football Gorebridge Centre

14:00-15:00 Bingo at Emily Court

14:00-14:45 New Highland Hustle Gorebridge Leisure centre.

14:00-15:00 Zumba at Gorebridge Leisure Centre

14:00-16:00 Beacon Tea Dance cost £3 tea/coffee, scone.

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19:00—21:00 Borthwick Pipe Band in Stobhill Primary School

19:00—21:00 Good Neighbours at the Birkenside Pavilion

18:00 Adult Reading Group at the Library (last Thursday)

Saturday

19:00 – 21:00 Fish and Chips in Birkenside Pavilion

19:00-20:00 Spiritualist Group at Arniston Miners club in Gorebridge

19:00—21:00 Borthwick Pipe Band in Stobhill Primary School

Sunday

19:00—21:00 Busy Bees craft group St Margaret's Church Hall, Lady Brae, Gorebridge.

Howgate

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Monday

Tuesday

Wednesday

Thursday

Friday

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10:00—12:00 Bridge Club at
Howgate Village Hall

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12:30—15:30 Art for all at
Howgate Village Hall

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19:00—22:00 Bridge Club at
Howgate Village Hall

18:15—19:15 Pilates at How-
gate Village Hall
19:30 SWRI at Howgate Village
Hall MONTHLY.

18:00-19:00 Pilates
Also
19:05-20:05 Pilates at
Howgate Village Hall

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Loanhead

Information hub about local organisations in Loanhead Library

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

M onday

T uesday

W ednesday

T hursday

F riday

A M	<p>11:00—12:00 AW Dance for Health at the Miners Club</p> <p>11:00-12:00 Aqua Aerobics The Loanhead Centre</p>	<p>9:00-10:00 MAC Supervised Gym group Lasswade Centre</p> <p>9:15-10:15 Healthy hearts Loanhead centre</p> <p>10:30-11:30 Aqua Aerobics The Loanhead Centre</p> <p>11:15—12:15 Yoga at the Loanhead Centre</p> <p>11:00-1:00 Lunch Club at The Link</p>	<p>10:00-11:00 AW Advanced Tai Chi at the Loanhead Miners</p> <p>10:30-11:30 Aqua Aerobics The Loanhead Centre</p> <p>11:00—12:30 VM Loanhead Computer Club at the Library</p>	<p>10.00 AW Walking Group Loanhead Leisure Centre</p> <p>10:30—11:30 Healthy Hearts 50+ at the Loanhead Centre</p> <p>11:30-14:00 *Movies with afternoon Tea at The Link*</p>	<p>10:00—12:00 Tea and Chat at the Parish Church Hall</p> <p>10:30-11.30 Pilates the Loanhead Centre</p> <p>10:30-11:30 MAC Supervised Gym Group Loanhead</p> <p>11:30-12:30 MAC+ Class Level 2-3The Loanhead Centre</p>
	P M		<p>12:30—1:30 AW Line Dancing at Loanhead Centre</p> <p>13:30-15.00 AW New Age Curling The Loanhead Centre</p> <p>13:30-15:30 Braw Blether at Loanhead library 12th November.</p>	<p>12:00—13:00 Gentle Yoga Loanhead centre</p> <p>13:00—16:30 Tea Dance at the Miners</p> <p>14:00—16:00 AW Walking Football at Bayne Memorial Hall</p>	<p>11:30—14:00 Lunch Club at the Parish Church</p>
E V E N I N G	<p>19:00 Scottish Women’s Rural at the Miners (last Monday)</p> <p>20:30 Bingo at the Miners</p>	<p>18:00-21:00 Roslin Men’s Shed meet at Midlothian Training Services Workshop 8 Borthwick Avenue Loanhead.</p> <p>18:30—19:30 Adult Reading Group at the Library (last Tuesday)</p>	<p>18:00-21:00 Roslin Men’s Shed meet at Midlothian Training Services Workshop 8 Borthwick Avenue Loanhead.</p> <p>18:30-20:30 Craft Group atThe Link</p> <p>19:00-21:00 Reiki natural healing at Loanhead Miners</p> <p>20:30 Guitar Club at Masons Arms</p>	<p>18:00-20:00 Loanhead Dolphins Swimming for all ages and physical, sensory, learning disability's</p> <p>19:00 Country and Western Night at the Miners (fortnightly)</p> <p>19:00 Dominoes at Hawthorn Gardens</p> <p>20:30 Bingo at the Miners</p>	<p>Saturday</p> <p>19:30 Band and Bingo at the Miners</p> <p>Sunday</p> <p>13:30 Bingo at the Miners</p> <p>19:30 Bingo at the Miners</p>

Mayfield/Easthouses

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

M onday

T uesday

W ednesday

T hursday

F riday

A M	<p>9:15-10:15 Yoga at Newbattle community Campus</p>	<p>9:00-12:00 Mayfield Community Men's Shed at Unit 3 McSENCE Business Park 10:00—12:00 Coffee Social in Mayfield and Easthouses Church Hall 10:30-12:00 VM Computer club at Newbattle Community Campus (Not on 3rd September)</p>	<p>9:00– 10:00 Yoga at Newbattle Community Centre 9:30—11:30 Grandparents Support Group at Mayfield Primary 11:15-12:15 AW 50+ Badminton at Newbattle community campus</p>	<p>10:30-11:30 Pilates at Newbattle community campus 14:30-15:30 Yoga at Newbattle Community Centre</p>	<p>9:00-12:00 Mayfield Community Men's Shed at Unit 3 McSENCE Business Park 10:30-12:00 Newbattle Memories Group,meets Newbattle Library Newbattle Campus. 11:45-12:45 Zumba Gold at</p>
P M	<p>13:00-15:30 AW Indoor bowling at Newbattle Community Centre 13:00-14:30 Salisbury View lunch Club fortnightly (pre-booking previous Friday essential) 13:00-1345 Aqua Aerobics at Newbattle Community Campus 13:00-16:00 Carpet bowling club and social at the Leisure Centre 13:3014:30 Zumba Gold at Newbattle community campus 16:16-17:15 Beginners Pilates Newbattle community campus</p>	<p>13:45—16:00 Coffee afternoon at Salisbury View 13:00– 13:45 Aqua Aerobics at Newbattle Community Campus</p>	<p>12:45-13:30 Aqua Aerobics at Newbattle Community Campus 13:00-14:00 Boccia Coaching (for people with a disability) at Newbattle community campus 13:00-14:00 MAC Supervised Gym Group Newbattle community campus 14:30-15:30 Pilates at Newbattle community campus 14:30-15:30 Walking Netball at Newbattle Community Centre 15:30-16:45 Yoga at Newbattle Community Centre</p>	<p>13:45—16:00 Coffee afternoon at Salisbury View 15:00—16:30 AW Can't Help Singing Group at Newbattle community campus 13:00-15:30 AW Indoor bowling at Newbattle Community Centre</p>	<p>11:30—13:30 MAEDT lunch club at Mayfield Community Club.</p>
E V E N I N G	<p>16:30—20:30 Community Well-being Project in Sure Start (Orchard Centre) 19:00 Mens Fellowship at Mayfield/Easthouses Church until May and the Bowling Club in the Summer (fortnightly)</p>	<p>18:30 'In Stiches' Knitting Group at Newbattle community campus</p>	<p>18:30—20:00 Bingo every Wednesday (and Sunday) at Salisbury View 19:30 Newbattle Women's Guild at Mayfield/Easthouses Church (2nd &3rd Wednesday in Oct-March)</p>	<p>19:00—21:00 Adult reading group at the Library (last Thursday) 20:00—22:00 Old Time Dancing at Easthouses Social Club</p>	

Newtongrange/Newbattle

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

Monday

Tuesday

Wednesday

Thursday

Friday

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10:30—11:30 MAC seated Pilates Newtongrange Leisure Centre
10:45—11:15 Seated exercise class at St Anne's
11:30-12:30 MAC Stroke group Newtongrange Leisure Centre
12:00-13:00 Zumba Gold Newtongrange Leisure Centre

10:00-12:00 Art Groups at Newbattle Community Centre
10:30-12:00 VM Computer club Newbattle community Campus

11:00-12:00 MAC Supervised Gym Group Newtongrange Leisure Centre

10:30-11:30 Yoga at Newtongrange Leisure Centre
11:00- Walk and Talk from Newtongrange Library

09:15—10:15 MAC Pilates Newtongrange Leisure Centre
10.30 – 11.30 MAC Balance & Relaxation Newtongrange Centre.
10:30-12:00 Newbattle Memories in Library at Newbattle Library.

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13:00—15:00 Easy Does it Group at The Dean Tavern
13:30-14:30 MAC Dancers, low level fun dance class, Newtongrange Centre

13:30-15:30 Dressmaking at Newbattle Community Centre
14:00—16:00 Men's carpet bowls at the Newbattle Community Centre
15:00-16:30 The Warblers singing for lung health—Except first Tuesday of the month £4/2 (or what you can afford) St Anne's sheltered housing Newtongrange
16:45-17:45 Yoga at Newtongrange

13:00—14:00 MAC Supervised gym group Newbattle Community Campus
13:00--15:00 (2 x 1 hour-classes) MAC Level 2-3 circuit, Newtongrange Leisure Centre
14:00-15:00 Friendship Group at the Newtongrange Church

14:30-16:00 AW New Age Kurling at Newbattle Community Centre.

12.00—13.00 Seated Pilates/yoga at Newtongrange Leisure Centre
13:00—14:15 Pilates for All at Newtongrange Leisure Centre
14:15—15:30 Yoga for All at Newtongrange Leisure Centre

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19:00-21:00 Archery at Newbattle Community Centre

18.30-19.30 "In stitches knitting & crochet group weekly Newbattle Library.
19:00 Adult Reading Group at Newtongrange Library (1st Tuesday of the month)

17:00—18:00 Rough and Ready Choir at Newbattle Abbey College
19:00-21:00 Dressmaking at Newbattle Community Centre

18.00—19.00 NEW LADIES walking football Saltire soccer centre from 14th November
19:00—21:00 Midlothian Community Artists at Newbattle Community Centre
18.30:20:00 Reminiscence Group , Newtongrange Library.
19.00-20.00 Newbattle Library Words & Wine reading group meet monthly. Last Thursday

19:00-22:00 Archery at Newbattle Community Centre

Pathhead/Cousland

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Monday

Tuesday

Wednesday

Thursday

Friday

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10.30-12.00 Tea, Chat & Drop In Group, Stair Arms Hotel—Pathhead.

10:30—12:00 Community Café at Callander Park Pavilion

The mobile library is in Cousland every Friday morning:

Stuart Park: 11.15am,
The Phone Box: 11.30am,
Dalrymple Gardens: 11.45am.
Southfield Farm Cottages 12.00 - 12.30pm

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14:00 Cousland Majority Group at the Cousland Village Hall (1st Monday)

14:00—16:00 Social group at Callander Park Pavilion (Fortnightly)

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19:00 Cranstoun Women's Rural at the Callander Park Pavilion (4th Monday)

19:00 Cousland Women's Rural at the Cousland Village Hall (3rd Tuesday)

19:15 Pathhead Women's Rural at the Callander Park Pavilion (2nd Monday)

Horticultural Society (Once a month)

19:30-21:00 Fala History Society at Fala village hall (last Thursday)

Saturday
10:30—12:30 Cousland Community Café at the Village Hall (1st Saturday)

Penicuik

Information hub about local organisations in Penicuik Library

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

Monday

Tuesday

Wednesday

Thursday

Friday

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M

9:30—10:45 Yoga at Glencorse
9:45-11:45 Bowling Group at the Town Hall
10:00-12:00 Senior Citizens Bowling Club at Ladywood Leisure
10:00-12:30 Open Table Tennis at YMCA
10:00-12:30 VM Heinsberg House computer Club
11:00—12:15 Yoga at Glencorse
11:00—12:30 MAC Supervised Gym Sessions, Penicuik Centre

9:15-11:30 Evergreens at Beeslack
9:30—11:30 Grandparents Club at Stepping Forward
10:30—12:30 AW New Age Kurling at Penicuik Town Hall
12:00—13:00 Senior Citizen's Lunch at Glencorse

10:00—12:00 AW Table Tennis at Ladywood Leisure Centre
10:00-13:00 Health in Mind Well-being Group at the YMCA
10:30-11:30 NEW Penicuik town hall Hearing Aid repair clinic last Wednesday of every month.
11:00-12:00 Cowan court entertainment group with Duncan Mc Bain.

9:15-11:45 Leisure Pursuits at Beeslack
10:00—11:30 VM Computer Club at Cowan Court
10:00—12:00 Family History Group at Penicuik High School
10:30-13:30 Shared Life at YMCA

9:45 AW Penicuik Walks at St Mungos Church
10:00—12:00 AW Walking Football at Ladywood Leisure Centre

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12:00—13:00 AW Line Dancing at the Town Hall
11:30—13:15 Lunch Club at Cowan Court Transport available
13:30-15:30 Indoor Carpet Bowls Town Hall & Ladywood
13:30-14:30 MAC Spinners, Penicuik Leisure Centre indoor cycle class
14:00-16:00 Monday club Sacred Heart Church companionship & social activities.
15:00—17:00 MAC drop-in session at Penicuik Leisure Centre

12.30-14.30 MAC(2 classes x 1hr) Level 2 & 3 circuits at Penicuik Leisure Centre
13:30—14:30 Pilates at Glencorse
13:30—15:00 Braw Blether at the Library 5th&19th November
14:00-15.30 Alzheimer Scot D'Café at Cowan Court 1st and 3rd Tuesday of the month plwd/carers
15:00—17:00 MAC drop in session at Penicuik Leisure Centre
16:15—17:15 Crafts 4 All at Penicuik Arts Centre (Fortnightly)

13:30—15:30 Penicuik & District Stroke Club at Cowan Court

14:00—15:30 VM Penicuik Computer Club at the Library
13:30-15:30 Golden Girls at Beeslack
14:00—16:00 Probus Club at the (2nd and 4th Thursday)
14:30-15:30 MAC Dancers Penicuik Leisure Centre
14:00—16:15 Tea Dance at Penicuik Bowling Club

13:00-15:00 The Penicuik library film club third Friday of each month.
13:30—15:30 Senior Citizens Social and Bowling Club at Ladywood Leisure Centre
14:00—16:00 Art and Crafts Fellowship at the North Kirk

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19:00—20:30 Craft Group for Adults at the Library (Fortnightly)

19:00—20:30 Yoga at Glencorse
19:00—20:45 Bingo at Ladywood Leisure (Fortnightly)
18:30—21:00 Family History Group at Penicuik High
20:00 Folk Club Shottstown Miners Social Club (Weekly)
20:00—21:45 Country Dancing at Beeslack

18:00—19:15 AW Yoga at the Town Hall
19:00—21:00 Computing Class at Beeslack
19:00—21:00 Kitcat Crafts at Shottstown Miners
19.00—21.00 Bingo at Glencorse (1st Wed)
19:15-20:45 Pilates at Beeslack
19:30—21:00 Community Choir at St.Mungos Church Hall.
19:30 Adult Reading Group at the Library (2nd Wednesday)

19:00—21:00 Writers Group at the Library (Fortnightly)
20:00-22:00 MAC Badminton Group, Penicuik Leisure Centre

Saturday
10:00—14:00 Saturday Open House at Town Hall
Sunday
14:00 The Lost Garden of Penicuik (1st Sunday)
19:30—22:30 Penicuik Cinema at Town Hall

Rosewell

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

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9:00—11:30 Community Coffee Morning at the Community Resource Centre (fortnightly)

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12:00—13:15 Lunch Club at the Community Resource Centre

13:30-15:00 VM Click and Connect Computer club at Rosewell Resource Centre

12:00—13:15 Lunch Club at the Community Resource Centre

13:15—14:30 History Group at the Community Resource Centre (Once monthly)

13:30-15:30 NEWAW** Kurling in Rosewell Church Hall**

13:30 AW Rosewell Walks meet at Rosewell Church Hall

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19:00 Scottish Women's Rural at the Community Resource Centre (1st Monday)

18:00—21:00 Tuesday Group at the Whitehill Welfare (fortnightly)

Saturday

10:00—12:00 Coffee morning at Rosewell Parish Church (every 2nd Saturday)

Roslin/Bilston

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

Monday

Tuesday

Wednesday

Thursday

Friday

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10:30—12:00 Coffee Morning at Bilston Church Hall

10:00—11:00 Coffee Morning at Ross Glen

10.00-12.00
Roslin Men Shed fortnightly at Mustard Seed, 7 Main Street, Roslin.

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14:00-15:30 Roslin D-Café Masonic Hall , tea and a blether.

14:30—16:00 Roslin Craft and Conversation at Ross Glen Court

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19:30- Roslin Historical Society Roslin Pavilion (Meet 2nd Monday of the month)

18:00-- 21:00 Roslin Men's Shed meet at Midlothian Training Services Workshop 8 Borthwick Avenue Loanhead.

19:30 Pentland Hills Chess at Roslin Chapel Guesthouse

18:00-- 21:00 Roslin Men's Shed meet at Midlothian Training Services Workshop 8 Borthwick Avenue Loanhead.

19:15—20:00 Salsa Dance Class at Bilston Miners

18:30 'Litwits' Reading Group at Ross Glen (last Thursday)

20:45—21:45 Pilates at Roslin Community Hall

18:00 Chippy Tea at Ross Glen Court (1st Friday)

18:00 Games Night at Ross Glen (2nd or 3rd Friday)

Friday Evening Roslin Bowling Club ,Bingo and Play Your Card Right 9pm

Saturday

Roslyn Bowling Club Green Opens 2pm all welcome.

Temple/South Midlothian

For more information on any of the activities below please contact the British Red Cross Community Coordinators t; 0131 654 0340 e; community_coordinator@RedCross.org.uk

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19:30 Temple Book Club in Neighbour's houses

14:00—16:00 Carrington Afternoon Club in Carrington Village Hall

16:30—18:00 Temple Highland Dancing in Temple Village Hall

19:00 Scottish Woman Rural Institute in Middleton Village Hall

19:00– 21:00 Line Dancing in Middleton Village Hall

19:30–21:30 Yoga in Temple Village Hall

22nd November 19:30 Temple Village Hall - hosts Shooglenifty - further details to be announced.

19:00-19:30 Moorflix presents
The 3 Oscar and 1 BAFTA winning "Green Book". Tickets £6 adults, £3 children, £15 family. Doors open 7.30pm, film starts at 8.00pm.

Up coming events and Info

Midlothian Libraries Bibliotherapy Service



Braw Blether

Reading Between The Lines



Penicuik 1.30pm – 3.00pm	Loanhead 1.30pm – 3.00pm	Gorebridge 10.30 – 12.00pm
24/09/19	17/09/19	23/09/19
08/10/19	1/10/19	7/10/19
05/11/19	29/10/19	4/11/19
19/11/19	12/11/19	18/11/19

“ It's a way to meet others, and share experiences outside familiar circles ”
“ It's opened my eyes to poetry ”

Braw Blether groups use words for wellbeing - poetry, short stories, song lyrics, local history and more - to spark conversation in a safe, relaxed environment.

You don't need to be a great reader to come along, and you don't need to bring anything with you.

It's **free** for all adults.

For more information contact:

Juliet Ridgway-Tait | Healthy Reading Bibliotherapist

0131 271 6668 07990136846 bibliotherapy@midlothian.gov.uk

or speak to a member of staff at your local library

<https://libraries.midlothian.gov.uk/web/arena/health-wellbeing> <http://midspace.co.uk/service/braw-blethers>

VOCAL events

Carer Craft Group

Weekly on Thursdays; 1.30pm – 3.30pm

Come along and meet with other carers whilst learning new skills and/or showcasing your own talents.

Peer Support for parent carers

Monthly; 10.30am – 1.30pm (lunch included)

Thursday 24th Oct / Monday 25th Nov / Thursday 12th Dec

Facilitated by VOCAL & LCIL this group is for parent to come along and find out practical information, resources available and a great opportunity to meet other carers.

Carer Mindfulness Group

Fortnightly; Wednesday's 6pm – 8pm

2nd Oct / 16th Oct / 30th Oct / 13th Nov / 27th Nov / 11th Dec

Mindfulness is a great tool that can improve your own sense of wellbeing. If you have previous knowledge and already practice mindfulness techniques, why not join our group.

Carer Coffee Mornings with Guest Speakers 10am - 11am

Cuppa & cake, time for you and chance to meet other carers

11am - 12pm Guest speaker will provide info around a specific topic

Tuesday 29th October Social Security Scotland – an overview on Social Security Scotland e.g. plans for paying Carers Allowance and the Carers Allowance Supplement and also brief awareness of the other current devolved benefits timeline for Disability and Cold Weather Payments.

Wednesday 27th November

Crime/Scam Prevention – Midlothian Crime Prevention Officer, from Community Safety Department at Police Scotland will attend to chat to carers about how to protect yourself and provide useful information on how to keep yourself safe!

Dial a Bus Shopping Route Info Please Call 0131 447 1718 To Book

Tuesday	M1	09:00	11:00	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	CAMERON TOLL Via Newbattle Health Centre
	M2	10:00	12:00	Old Craighall - Millerhill - Newton Hilltown - Danderhall	DANDERHALL/ CAMERON TOLL
	M3	13:00	16:15	Penicuik - Auchendinny - Roslin Bilston - Straiton - Loanhead (Every 2 weeks)	GYLE
	M4	13:30	15:30	Newlandrig - Dewartown - Pathhead Ford - Edgehead - Whitehill	TESCO Eskbank
	M5	14:30	16:30	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	TESCO Eskbank Via Newbattle Health Centre
Wednesday	M6	09:00	11:00	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	ASDA Via Newbattle Health Centre
	M7	10:00	12:00	Danderhall - Hilltown - Newton Millerhill - Old Craighall	TESCO Musselburgh
	M8	13:30	15:30	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	STRAITON
	M9	14:30	16:30	Penicuik - Auchendinny Roslin - Bilston - Loanhead	STRAITON
Thursday	M10	09:00	11:00	Roslin - Bilston - Loanhead	STRAITON
	M11	10:00	12:00	Old Craighall - Millerhill - Newton Hilltown - Danderhall	LIDL/MORRISONS/ALDI Gilmerton via Danderhall (usually Morrisons)
	M12	13:30	15:45	Rosewell - Howgate - Pomathorn Penicuik - Auchendinny	CAMERON TOLL
Friday	M13	09:00	11:00	Penicuik - Auchendinny Roslin - Bilston - Loanhead	TESCO Eskbank
	M15	10:00	12:00	Rosewell - Bonnyrigg - Lasswade Eskbank - Newbattle	LIDL/MORRISONS/ALDI Gilmerton (usually Morrisons)
	M16	13:30	15:30	Old Craighall - Millerhill - Newton Hilltown - Danderhall	DANDERHALL/ DALKEITH
	M17	14:30	16:30	Gorebridge - Newtongrange - Easthouses Mayfield - Woodburn - Dalkeith	MORRISONS Dalkeith Via Newbattle Health Centre

Community Garden Projects

Community Food Growing Projects in Midlothian.

Penicuik

The Lost Garden of Penicuik: Upper Walled Garden Penicuik House.
01962677444/info@lostgarden.co.uk

Deanburn Allotments: Deanburn.

Midlothian Council: 01316631103

Glencorse Community Garden: The Glencorse Centre, Firth Road.

Paulo: 01968 6736635

Roslin

Roslin Growers Community Garden: Roslin Village behind the garages.
Chris Yapp: cmyapp@talktalk.net

Gorebridge

Gorebridge Community Garden: Top of McLean Place.

Paul: 08081784261/P.W.Glynn@mondolocofoundation.org

Newbattle

Newbattle Community Leaning Centre Garden, Gardiner Place.
01316636055/jill.ewing@midlothian.gov.uk

Dalkeith

Midlothian Growing Together: Dalkeith Country Park.

Newtongrange

New Shoots Garden Project: Telfie Central.
01316694817/daycentre@redwoods.org.uk

Bonnyrigg

Midlothian Community Hospital Gardens: Bonnyrigg

Michala Bradshaw: 07772886746/0131 5616506

Health in Mind (Rowan & Clear Projects)

Orchard Centre: 01312258508

Bonnyrigg & Sherwood Community Development Trust.

Ann Elliot: 01316637181/annelliotbasc@gmail.com

Cockpen Community Garden & Wild Orchard.

Paul: 08081784261/P.W.Glynn@mondolocofoundation.org

Loanhead

Loanhead Organic Community Garden (The Kabin): Mayburn Walk.

01314402541 daya@loanheadorganicgarden.org.uk

Cousland

Cousland Smiddy Organic Allotments: Old Smiddy, Cousland.

www.cousland.net/conatct.asp

Pathhead

Vogrie Country Park—Allotments & Orchard.

Midlothian Ranger Service: 01875821716

Mayfield

Community Garden (MAEDT)

Sharon Hill 0131 663 5317 /development@maedt.org.uk

Garvald Midlothian Garden Group: McSence Business Park.

Garvald Day Services: 01315162771

Please feel free to contact the Community Co-ordinators for more information on any of these projects.

If you notice something is out of date or we are missing a project in your area please let us know: community_coordinator@redcross.org.uk

Community Cafés and Coffee Socials

<p>Bonnyrigg: Pitcairn Centre</p> <p>Mon, Tue and Fri 10:00-12:00. Thurs 10:00-4:00. Sat 10:00-12:00</p>	<p>Mayfield and Easthouses: Church Hall</p> <p>Coffee Social on Tue 10:00-12:00</p>
<p>Dalkeith: Welfare Hall</p> <p>Café Connect on the last Tue of month 2:00-3:30</p>	<p>Newtongrange: Mining Museum</p> <p>Community Café open daily 10:00-5:00</p>
<p>Dalkeith: Welfare Hall</p> <p>Horizons—Braw Blether café (Drug and Alcohol Misuse Recovery) Fri 1:00—2.30</p>	<p>Pathhead: Callander Park Pavilion</p> <p>Community Café on Tue 10:30-12:00</p>
<p>Dalkeith: Crystallmount</p> <p>Coffee afternoon on Thurs 2:00-3.30</p>	<p>Cousland: Village Hall</p> <p>Community Café on the first Sat of month 10:30-12:30</p>
<p>Dalkeith: St John's and King's Park Church</p> <p>Dalkeith community café 9:00 13:30 Term time.</p>	<p>Penicuik: Community Arts centre</p> <p>Gallery Café on Mon-Sat 10:00-4:00</p>
<p>Dalkeith: St Nicholas Buccleuch Parish Church (April-Oct)</p> <p>Mon-Sat 10:00-4:00</p>	<p>Penicuik: Copper Tree Café Cowan Court</p> <p>Mcsense Social Enterprise Café open daily</p>
<p>Danderhall: Newton Parish Church (Oct-May) and Danderhall Library (June-Sept)</p> <p>Coffee morning on Wed 10:00-12:00</p>	<p>Penicuik: North Kirk</p> <p>Open Door Café on Mon-Fri 10:00-12:00 and 2:00-4:00</p>
<p>Gorebridge: Emily Court</p> <p>Coffee morning on Wed 10:00-12:00</p>	<p>Penicuik: Town Hall</p> <p>Development Trust Open House Café on Sat 10:00-2:00</p>
<p>Gorebridge: Parish Church</p> <p>Community Café on Fri 10:00-12:00 Coffee morning on Tue 11:00</p>	<p>Auchendinny: Glencorse Centre</p> <p>Nest Café on Tue-Fri 10:00-2:00</p>
<p>VOCAL Midlothian</p> <p>28th June Carer coffee morning 10:00-1200</p>	<p>Rosewell: Development Trust</p> <p>Coffee morning on Wed 9:00-11:30</p>
<p>Temple: Village Hall</p> <p>Community Café on the first Sat of month 10:30-12:30</p>	<p>Roslin: Ross Glen Court</p> <p>Coffee morning on Thurs 10:00-11:00</p>
<p>Loanhead: Parish Church</p> <p>Tea and Chat on Fri 10:00-12:00</p>	<p>Bilston: Church Hall</p> <p>Coffee morning on Tue 10:30-12:00</p>

Useful Contact Numbers

	British Red Cross 0131 654 0340		Midlothian Libraries 0131 271 3980
	Midlothian Community Care Forum 0131 663 9471		Ageing Well 0131 561 6506
	Volunteer Midlothian 0131 660 1216		Citizens Advice 0131 660 1636
	Vocal Midlothian/Wee Breaks 0131 663 6869		Health in Mind 0131 663 1616
	Concessionary Bus Passes, National Entitlement and Young Scot cards 0131 271 3148		Rapid Response Falls Service 0131 270 8890
	Blue Badges and Ring & Go Cards 0131 271 3601		Chest, Heart and Stroke Scotland 0131 225 6963
	Dial-A-Ride 0131 447 9949	Dial-A-Bus 0131 447 1718	Enable Scotland 0131 454 1785

Day Centres and Catchment Areas in Midlothian

H owgate	P enicuik	R oslin & Bilston	L oanhead	B onnyrigg & Lasswade	R osewell
	Broomhill	Broomhill The Bungalow St.Davids (Self Travel)	St David's (Self Travel) Highbank The Bungalow	The Bungalow Highbank St David's (Self Travel except Fri)	St David's (Self Travel) Highbank The Bungalow
D anderhall	D alkeith & Woodburn	N ewtongrange & Newbattle	G orebridge	M ayfield & Easthouses	P athhead & Tynewater
Highbank St.Davids (Self Travel)	Highbank The Bungalow St.Davids - Woodburn (Self Travel Dalkeith)	St David's The Bungalow	St David's The Bungalow	St David's The Bungalow	St David's (Self Travel)

Contact Details

St David's Bradbury 57 St David's, Newtongrange, EH22 4LF; 0131 660 1285

Broomhill 7 Bellman's Road, Penicuik, EH26 0AB; 01968 678109

Highbank 70 Eskbank Road, Bonnyrigg, EH22 3ND; 0131 271 3900

Alzheimer's Scotland 3 Edinburgh Road, Dalkeith, EH22 1LA; 0131 654 1114

Wheelchair and Commode Loans—British Red Cross Unit 52 ,Mayfield Industrial Estate, Dalkeith, EH22 4AD – 0131 660 9372

Open: Tuesday 12pm-2pm Fri 10am-12pm