

December 2018 - Highland One Stop Shop Activity Calendar

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3 Pre-Diagnosis Group Drop-in: 12-2pm Cinema Club @ Eden Court: "Fantastic Beasts: The Crimes of Grindlewald" @ 2:15pm	4 Drop-in: 12-4:30pm Pool Group: 12:30-2pm @ The 147 Club	5 Drop-in: 12-4:30pm Craft Session: 2-4pm	6 Coffee Club @ Velocity Café: 11-12 Inverness College Spectrum Support Group: 12-1pm Room 108	7 Employment Group:11-12 Drop-in: 12-4:30pm Lunch Club: 12:30-2pm @ Wild Pancakes Coffee and Cake Club:3-4pm	8	9
10 Sports and Fitness Club @ Aquadome @ 10:15-1pm Skye Drop-in: 2:30-4:30pm YMCA Portree	11 Drop-in: 12-4:30pm Lunch Club: 12:30-2pm @ The Auctioneers	12 Drop-in: 12-4:30pm Movie Matinee: 2-4pm	13 Inverness College Spectrum Support Group: 12-1pm Room 108	14 Drop-in: 12-4:30pm Pool Group: 12:30-2pm @ SoBar Coffee and Cake Club:3-4pm	15	16
17 Caithness Drop-in: 5:30- 7:30pm Stepping Stones Thurso Cinema Club @ Eden Court: "Suspiria" @ 12:15pm Pre-Diagnosis Group Drop-in: 12-2pm	18 Drop-in: 12-4:30pm Pool Group: 12:30-2pm @ The 147 Club	19 Drop-in: 12-4:30pm Craft Session: 2-4pm	20 Coffee Club @ Velocity Café: 11-12 Lochaber Drop-in: 2-4pm Caol Community Centre	21 Drop-in: 12-4:30pm Christmas Party: 1-4pm	22	23
24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28 Drop-in: 12-3pm	29	30
31 New Year's Eve	1 January 2019 New Year's Day	2	3 Coffee Club @ Velocity Café: 11-12	4 Drop-in: 12-3pm	5	6



highlandoss@aiscotland.org.uk You can find us at 1/1a Friar Street, Inverness. IV1 1RJ



Or you can phone us on: 01463 717649

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Arts & Crafts: This is open to anyone to come along during our Drop-in's, to try a range of different crafts we have or bring along your own and teach us!

Coffee & Cake Chit Chat Club: This group is open to all our service users, you are welcome to come along with a parent, carer or support worker to join us have coffee, cake and general chit chat in a light hearted way. This group will meet weekly on a Friday afternoon.

Creative Writing: This monthly group will allow you to explore your writing skills, for example short stories, poetry and scripts.

Drop-in sessions: These are times when adults can come into Friar Street to have a cup of tea/coffee, meet others to chat or to take part in activities such as computer games, and the use of computers as well as space to read or just to relax.

Gourmet Group: A monthly opportunity to experience the flavours of Inverness, dining at local restaurants. Suggestions welcomed.

Lunch Club: A weekly chance to meet up and eat out together in Inverness.

1:1 appointments: This is an opportunity to come in and privately speak with a member of staff about any issue which may have been on your mind, if you feel you would benefit from a 1-1 appointment please contact any member of staff and we will be happy to arrange a suitable appointment with you.

Pool Group: We go along to a local Pool Hall each week to play Pool, in a fun light-hearted way.



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