

# WEEKLY TIMETABLE AT UPPERTUNITY

Enjoy fun activities each week, try something new and spend time with friends!  
Spaces must be booked in advance. Get in touch to find out what's available.

## MORNING SESSIONS

| Tuesday                                                                                                                                                                                                          | Wednesday                                                                                                                                      | Thursday                                                                                                                                       | Friday                                                                                                                             |
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| <b>Pick &amp; Mix</b><br><b>10am-12pm, £5</b><br>A changing mix of creative, crafty and active activities. Try something different and have fun.                                                                 | <b>Scribbles</b><br><b>10am-12pm, £5</b><br>A social and therapeutic arts group where different senses are stimulated and explored             | <b>Freestyle</b><br><b>10am-12pm, £5</b><br>A social group where we explore new creative projects, and experiment with art                     | <b>Moving on Upp</b><br><b>10am-12pm, £5</b><br>An active group offering activities including dance, yoga and ball sports          |
| <b>Unique Beats</b><br><b>10am-12pm, £5</b><br>An active art group where we play drama games, create characters, write scripts, and have fun                                                                     | <b>Freestyle</b><br><b>10am-12pm, £5</b><br>A social and creative group where we take part in different creative projects every week           | <b>Upp Skills</b><br><b>10am-12pm, £5</b><br>A hands-on workshop changing every 4 weeks. Explore a new skill each block. See website           | <b>Doodles</b><br><b>10am-12pm, £5</b><br>A social and creative based art group, where we learn to design and create different art |
|                                                                                                                                | <b>Shine Time</b><br><b>10am-12pm, £5</b><br>An expressive group exploring music, movement, singing, drama games, and confidence building.     |                                                            | <b>Grow Curious</b><br><b>(Garden Volunteering)</b><br><b>10am-12pm</b><br>Help tend to the gardens at Dudhope Castle              |
| <b>Mix it Upp Cooking</b><br><b>10am-12pm, £5</b><br>Try new recipes and build confidence in the kitchen in a supportive, hands-on environment                                                                   | <b>Mix it Upp Cooking</b><br><b>10am-12pm, £5</b><br>Try new recipes and build confidence in the kitchen in a supportive, hands-on environment | <b>Mix it Upp Cooking</b><br><b>10am-12pm, £5</b><br>Try new recipes and build confidence in the kitchen in a supportive, hands-on environment | <b>Unique Rhythm</b><br><b>10am-10:50am, £3</b><br><b>11am-11:50am, £3</b><br>A music & singing group, led by Ed, Face the Music   |
| <b>Lunch Club</b><br>Bring your own lunch or choose something tasty from our menu (toasties, soup and pies). Come along, eat together and enjoy some social time!<br>12:00-12:45pm   Last food orders at 12:30pm |                                                                                                                                                |                                                                                                                                                |                                                                                                                                    |

