

Open Community Activities

April programme



Wednesday 5th	11am Gardening 10-12pm Out & About Social meet up
Thursday 6th	12.30 Wellbeing Lunch
Friday 7th	1-3pm Community Livingroom <i>No Mahjong</i>
Monday 10th	<i>The community hub is closed</i>
Wednesday 12th	11am Gardening
Thursday 13th	12.30 Wellbeing Lunch
Friday 14th	1-3.30 Rugby & Sport Reminiscence <i>No Community Livingroom</i> 2-4pm Mahjong
Saturday 15th	10.30am-3.30pm Spring Fair
Monday 17th	10-12pm Chinese beginner taster 1.30-3.30 Chinese Calligraphy
Wednesday 19th	11am Gardening 10-12pm Out & About Social meet up
Thursday 20th	12.30 Wellbeing Lunch
Friday 21st	1-3pm Community Livingroom 2-4pm Mahjong
Monday 24th	9-10.50am Chinese Etiquette 11-1pm Chinese Embroidery 1-3pm Crochet
Wednesday 26th	10-11am Easy Dancing 11am Gardening
Thursday 27th	12.30 Wellbeing Lunch
Friday 28th	1-3pm Community Livingroom 2-4pm Mahjong

Our open community activities are free and open for anyone to join.

There are limited spaces available so please get in touch to book your space.



Get in touch

Please get in touch with Malin if you would like to know more or attend any of these activities.

Malin Wollberg
Service Coordinator
0131 357 1277
07549 193298
wollbergm@ericliddell.org

* Please see next page for activity details

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Easy Dancing

Seated exercise with Felicity. Relaxed, fun and open to all!

Wellbeing Lunch

The Wellbeing lunch is a two-course meal prepared by our fantastic community café chef. This meal is open to anyone and is a great opportunity for people to come together, meet others and find out more about the different activities that happen in the building.

Community Livingroom

Join us for a cosy afternoon in with friends, games, tea & cakes, sandwiches and lots of cheer. A no strings attached get together welcoming all.

Gardening

The garden project hope to be outdoors, weather permitting, to develop the outdoor space at the hub to be sensory and dementia friendly.

Crochet

An open group where members can bring their crochet, knitting, mending, whatever they want to do while spending time together. There is no pressure to do anything, this is an opportunity to get together, socialise, share stories and perhaps, have some fun!

Mahjong

Mahjong, one of the most popular games in the world! Developed in 19th century China, it's a fun tile-based table game. In honour of Chinese New Year, why not have a go at learning how to play from our talented instructor and join a friendly group of beginner players.

Rugby & Sport Reminiscence

Join us for an afternoon at Boroughmuir Rugby Club. This is an opportunity to come together over some tea and cakes, meet others with similar interests and share memories of your favourite sport. Transport there and back will be provided!

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Out & About Social meet up

Coffee and chat at the Eric Liddell Community welcoming all!

Spring Fair

Annual Spring Fair at the Eric Liddell Community. Art & Craft stalls, face painting, cake decorating and many more...

Chinese Beginner Taster

In this taster class, the students can learn Mandarin as a beginner. They can learn Pinyin and some basic characters in the daily dialogue. After this lesson, the students would have the ability and interest to explore further in Chinese language and culture.

Chinese Calligraphy

This course will start with an introduction to Chinese calligraphy and the art of Chinese painting. The course will cover the basic strokes, the rules for stroke order for writing common words, and the common techniques related to Chinese brushes. In this course you will learn how to use brushes to draw objects with Chinese cultural characteristics, such as bamboo or swallows.

Chinese Business Etiquette

This course will serve as a useful guide to those who are interested in conducting business in/with China. With an understanding of Chinese business etiquette and cultural implications, students would be able to communicate effectively with Chinese businessmen as well as Chinese people

Chinese Embroidery

In this course, the students can learn one of the greatest Chinese culture, the Chinese embroidery. Students can learn many Chinese embroidery rules such as long and short needles. And the teacher will also teach them how to make the double-side embroidery, which is the embroidery work that looks identical from both sides. After this class, the students can make their own work.

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