



# MAY AT

# THE NOOK



| MONDAY   | TUESDAY                                   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY                     | SUNDAY |
|--|---|--|---|--|------------------------------|--------|
|  |   |  |   | 1<br>Canva and connect: mind mapping with Canva (10.30-12.30)<br>Women's personal safety course (11.30-1.30) | 2                            | 3      |
| 4<br>Rhythmic release: movement and meditation (11.30-12.30)   | 5<br>The art of relaxation workshop (1-2) | 6<br>Young women and tolerance workshop (10-11)<br>Tote bag screen printing (2-3)  | 7<br>Walk and talk (12-1)<br>Craft café (1.30-3)  | 8<br>Women's personal safety course (11.30-1.30)<br>Victims' rights information station (10-11.30)           | 9                            | 10     |
| 11<br>Home Energy Scotland (11-2)<br>Warmth and wellbeing: lower bills, greener living workshop (11-12)<br>Men's gambling support drop-in (1-2.30) | 12  | 13<br>Craft club drop-in (2-3.30)  | 14<br>Women's gambling support drop-in (10-12)<br>Walk and talk (12-1)<br>Gaelic language taster (1.30-2.30)  | 15<br>Canva and connect: create to relax (10.30-12.30)<br>Women's personal safety course (11.30-1.30)        | 16                           | 17     |
| 18<br>Menopause Café (12.30-2)<br>LGBT community learning: IDAHOBIT and LGBTQ+ Solidarity (6-7)  | 19<br>Confidence building workshop (1-2)  | 20<br>Young women and grounding techniques workshop (10-11)<br>Glasgow Women's Aid- info stall (11-1)<br>Neurodiversity café (5.30-6.30) | 21<br>Chest, Heart, and Stroke health check drop-in (11-3)<br>Walk and talk (12-1)<br>Creative writing (1.30-2.30)  | 22<br>Women's personal safety course (11.30-1.30)  | 23                           | 24     |
| 25   | 26  | 27<br>Dementia café (10.30-12)<br>Chest, Heart, and Stroke health check drop-in (11-3)   | 28<br>Grief café (10-11.30)<br>Creative writing (1.30-2.30)<br>Women's gambling support drop-in (10-12)<br>Walk and talk (12-1)<br>Baby loss café (5.30-6.30) | 29<br>Women's personal safety course (11.30-1.30)  | 30<br>Men's group (11-12.30) | 31     |



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