

This week at Drylaw Neighbourhood Centre

On Monday take a walk on the wild side...

Tamsin Grainger invites anyone to join her on Monday morning at 10am to embark on a Walk of Chance.

The walk will begin at Drylaw Neighbourhood Centre and the route will be decided by using Thread and Word's prompts and a giant dice.

She will lead an EASY walk locally. Tamsin said: "Instead of deciding in advance, chance will lead us and we will Walk Towards an Interesting Sound.

"Everyone is welcome; we will adapt our location to suit the group's needs and always stay safe. Please wear comfy shoes, wet weather gear, and bring some water and a sense of fun with you."

- Date: Monday 21st Oct
- Time: 10-12, lunch 12-12.30
- Meeting point: Drylaw Neighbourhood Centre, 67b Groathill Rd North.
- Level of walking: EASY
- Lunch: 12- 12.30 at Drylaw NC

You might also like to join Tamsin at the Neighbourhood Centre for Chi Gong on 23 and 30 October from 11am to noon. No booking required.

More information [on the website here](#) or call 0131 315 4989.



Chi Gung

**Wednesday 23rd October
11am - 12pm**

