

# October 2025 Highland One Stop Shop Activity Calendar

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1 <sup>st</sup> 12-3pm HOSS goes to Roller Bowl for one last visit before they close	2 <sup>nd</sup> 11am Coffee Club @ Eden Court 11:45am Cinema Club @ Eden Court - Downtown Abbey	3 <sup>rd</sup> 12-4pm: Drop-in  2-3pm Coffee and Cake Chit Chat Club	4 <sup>th</sup>	5 <sup>th</sup>
6 <sup>th</sup>	7 <sup>th</sup> Sutherland Drop-in 10.30am @ Highlife Highland, Brora  12-4pm: Drop-in	8 <sup>th</sup> 1-3pm Pool Group @ The Chieftain Hotel  2-3:30pm Pre-diagnosis Drop-in session  4-6pm Evening Drop-in session	9 <sup>th</sup> 11am Coffee Club @ Roots	10 <sup>th</sup> 12-4pm: Drop-in  2-3pm Coffee and Cake Chit Chat Club	11 <sup>th</sup>	12 <sup>th</sup>
13 <sup>th</sup> 12-1pm Aviemore Coffee Club @ The Hub	14 <sup>th</sup> Ross-shire Drop-in 11am @ Capstone Café, Alness  12-4pm: Drop-in	15 <sup>th</sup> 12:30-2pm Lunch Club @ Platform 8	16 <sup>th</sup> 10am Coffee Club @ Roots	17 <sup>th</sup> 12-4pm: Drop-in  2-3pm Coffee and Cake Chit Chat Club	18 <sup>th</sup>	19 <sup>th</sup>
20 <sup>th</sup> 4:30-6:30pm Caithness Drop-in session with Kirsten @ Stepping Stones 1-3pm Lochaber Drop-in session @ Kilmallies Community Centre, Corpach	21 <sup>st</sup> 12-4pm: Drop-in	22 <sup>nd</sup> 1-3pm Pool Group @ The Chieftain Hotel  12:30-2pm Transitions Drop-in	23 <sup>rd</sup> 10am Coffee Club @ Roots	24 <sup>th</sup> 12-4pm: Drop-in  2-3pm Coffee and Cake Chit Chat Club	25 <sup>th</sup>	26 <sup>th</sup>
27 <sup>th</sup> 12-1pm Aviemore Coffee Club @ The Hub  4-5pm Aviemore Autistic Youth Group @ The Hub	28 <sup>th</sup> 12-4pm: Drop-in	29 <sup>th</sup> 12:30-2pm Lunch Club @ Blacksmiths	30 <sup>th</sup> 11am Coffee Club @ Eden Court 12 Cinema Club @ Eden Court - A House of Dynamite	31 <sup>st</sup> 12-4pm: Drop-in 1-3pm Halloween Party including Karaoke for a fun filled afternoon		



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We are constantly adapting our service to change the way we offer support to our service users if you have any suggestions please get in touch.

We continue to provide Drop-in sessions that all registered service users are welcome to attend on Tuesday's and Friday's between 12-4pm.

We have our Lunch Club between 12:30-2pm  
meeting on alternate Wednesdays to our Pool group which meets at  
The Chieftain Hotel between 1-3pm.

Please check the Calendar to see which venue we are meeting at each week.

Please remember that you can still get in touch with the staff if you need any help or support and we can arrange 1-1 appointments in person or phone/Skype appointments.

We run occasional Zoom coffee clubs as well as our in person Drop-in sessions.

Please be aware that we can only have Zoom groups with approximately 5 people at any time, so it is always best to book a place in the Zoom groups with the individual member of staff.



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