



forest - Jim Lambie

Shadow dance

buttercups

Jellyfish, Silver Sands

planting a wishing tree

SEASONS Activities
 For info call Jane 07831 091412
 Or go to www.seasonsedinburgh.co.uk

Sunday 17 th March	Cooking: Spaghetti bolognaise Playing board games Mindfulness session
Wednesday 20 th March	Cooking: burgers meat and veggie with salads Healthy eating session Gentle seated exercise
Thursday 21 st March	Trip to the Cameo Cinema to see "Green Book" meet 12.30pm at the Cameo
Sunday 24 th	Cooking: Aubergine bake relaxation
Wednesday 27 th March	Cooking: Vegetable soup with crusty bread Bingo
Thursday 28 th	Trip to the NEW Collective gallery on Calton Hill meet 2.30pm outside Howies restaurant
Sunday 31 st March	Mindfulness Cooking: vegetable Pasta bake
Wednesday 3 rd April	Elaine massage therapy Cooking: Burritos veggie and chicken Trivial pursuit

Programme may vary. Your ideas and suggestions are always welcome!



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Thursday 4 th April	Dippy on tour! Trip to the Kelvingrove museum meet at St Andrew's Square bus station at 11.25am
Sunday 7 th April	Cooking: stir fry with noodles Mindfulness session Card games
Tuesday 9th April	Visit to Gladstone's Land meet 2.30pm outside Deacon Brodie's Tavern
Wednesday 10 th April	Cooking: Cooking: Harissa chickpea and tomato stew with Halloumi Quiz night

SEASONS group meets at Lochend Neighbourhood Centre, 1 Marionville Court, Lochend Rd South, EH7 6BR on Sundays 4-7pm and Wednesdays 5.45 -8.30pm. You can catch the 19, 34 or number 49 bus. (the extension on the side of the Big Yellow building!)

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