



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

Wednesday 15 th May	Making: salad selection with cold meats and cheeses Walk in the park Quiz Night
Thursday 16 th May	Visiting St Giles Cathedral meet 2.30pm outside City Chambers
Sunday 19 th May	Baked potatoes with fillings and salad relaxation
Wednesday 22 nd May	Vegetable soup with salad and fruits Snakes and ladders or Scrabble
Thursday 23 rd May	12pm trip to Botanic Gardens Meet East Gate Café (where 23,27 & 8 stop)
Sunday 26 th May	Quiche, potato salad and green beans Walk in the park
Wednesday 29 th May	Cooking: Pizza and salad Massage with Elaine
Sunday 2 nd June	Mindfulness Cooking: Spaghetti with (Veggie or meaty balls in tomato and basil sauce) & salad
Wednesday 5 ^h June	Art with Fraser tbc Cooking: Quiche and salad
Sunday 9 th June	Cooking: stir fry with noodles Mindfulness session Card games
Wednesday 12 th June	11-3.30 Cooking at RBGE Botanic cottage with Franco (from Artlink) & Carmella



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

	<p>5.45pm (Lochend Neighbourhood Centre) making salad selection, Waldorf, potato, feta & meats Music and discussion</p>
Thursday 13 th	<p>Three Bridges Boat Trip with optional stop on Inchcolm Island Meet 12.00pm at WH Smith Waverley Station (Our boat tour departs Hawes pier, South Queensferry at 1pm)</p>
Sunday 16 th June	<p>COMMUNITY DAY at RBGE cottage meet Jane 12pm at East Gate Café</p> <p>4pm (Lochend Neighbourhood centre as usual) Cooking Burgers and salad (M&V) Board Games</p>
Wednesday 19 th June	<p>Community meeting Elaine massage therapy Cooking Fish n chips with peas/ salad</p>
Thursday 20 th June	<p>Trip to Jupiter Artland, Food, stories, apples and more meet Jane and Virginia 11am Waterloo Place</p>

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!)