



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 4 th September	Walk in the park Massage with Elaine Making: Quiche, coleslaw and green beans
Thursday 5 th September	Meet Corner of Infirmary street 12.45pm for a 1pm guided tour of Grayson Perry's exhibition at the Doocot gallery. 2pm we will go on to see the Cindy Sherman photography exhibition at Stills Gallery Cockburn street & finish with a Cuppa
Sunday 8 th September	Cooking: Stir fry Card games Listening to music
Wednesday 11 th	Sausages and mash (meaty and veggie) Foraging in the park for brambles Making: apple and bramble crumble Craft activity: Felt apples
Thursday 12 th	Meet 1.30pm at Elm Row for a trip to Newhaven, walk along the promenade and enjoy a fish supper
Sunday 15 th	Making ratatouille Relaxation Board games
Wednesday 18 th	Community meeting with Becky Cooking: Pies and beans Walk in the park



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

Thursday 19 th	Meet 1.30pm entrance to the National Gallery on the Mound for trip to Bridget Riley exhibition
Sunday 22 nd September	Relaxation vegetable pasta bake walk in the park
Wednesday 25 ^h September	Massage with Elaine Making: Veggie curry Quiz
Thursday 26 th	Trip to Stirling (& Castle) TBC Meet 12pm at Waverley Station WH Smith
Sunday 29 th	Cooking Shepherds pie, meaty and veggie Dominoes / scrabble Listening to music
Wednesday 2 nd October	Making: Soup, salad and fairy cakes Art with Fraser
Thursday 3 rd October	Meet 1pm at bust stop on Earlston Place Abbeyhill for trip to Aberlady and the Gosford estate

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!)

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