



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 23 rd January	Burns Supper: Haggis, Neeps, Tatties and a feast of poetry & songs Art with Fraser
Thursday 24 th January	Robert Blomfield's Edinburgh Street Photography exhibition Meet 2.30pm in the Café at the City Art Centre
Sunday 27 th	Cooking: Vegetable risotto Playing board games
Wednesday 30 th	Massage with Elaine Cooking: Aubergine bake Quiz
Thursday 31 st	Meet 2.30pm at the Cameo Cinema Tollcross to see: Mary Queen of Scots
Sunday 3 rd February	Mindfulness Cooking: vegetable Pasta bake
Wednesday 6 th February	Bingo Cooking: Harissa chickpea and tomato stew with baked Halloumi
Thursday 7 th	Visit to the Vaults, historic walking tour, meet 1.45 at the Mercat Cross

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



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	on the Royal Mile. (Names in advance to Jane)
Sunday 10 th	Cooking: pies and mash Mindfulness
Tuesday 12 th	Visit to the Chocolate tree and charity shops of Tollcross Meet 2.30pm at the Cameo Cinema
Wednesday 13 th	Cooking: Macaroni Cheese Quiz Creative session with Fraser
Sunday 17 th	Cooking: Shepherds pie, meaty or veggie Relaxation
Wednesday 20 th	Massage with Elaine Cooking: Spinach pie Board games
Thursday 21 st	Trip to the Botanic Gardens Looking for signs of Spring Meet 2.30pm at the East Gate
Sunday 24 th	Gentle movement & relaxation Cooking Stovies Veggie or Meaty

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Wednesday 27 th	Cooking: Pizza various toppings Creative activity with Fraser
Thursday 28 th	Visit Portrait Gallery Queens Street to see BP portrait Award Meet 2.30pm in Foyer
Sunday 3 rd March	Cooking: Vegetable lasagne Mindfulness and relaxation
Wednesday 6 th March	Bingo Cooking: vegetable stew with fennel and tomato
Thursday 7 th	Robot exhibition at the Royal Museum Meet 2.30pm at the entrance on the corner of Chambers street and George IV Bridge

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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