

Pilmeny Women's Positive Health Group

November - December 2019 PROGRAMME



Day: **MONDAYS**
 Venue: **NO 15 BUCHANAN STREET**
 Times **1.00PM – 3.00PM**



DATE	PROGRAMME	TUTOR
Monday 4 th November 2019	Baked Potato	Parveen
Monday 11 th November 2019	Games afternoon	Parveen
Monday 18 th November 2019	Christmas Craft/cooking	Claire O'Brien/ Parveen
Monday 25 th November 2019	Trip Out Slip on your dancing shoes and head to the Museum of Edinburgh, where over a hundred years of footwear are explored in a new exhibition	Museum of Edinburgh, 142-146 Cannongate, until 20 December 2019 Parveen
Monday 2 nd December 2019	Pamper/Nails session	Kim /Parveen
Monday 9 th December 2019	Christmas Quiz	Parveen
Monday 16 th December 2019	Christmas Lunch out – Toby Carvery, Silverknowes	Parveen
Monday 23 rd December 2019	No Group	Christmas break
Monday 30 th December 2019	No Group	Christmas break
Monday 6 th January 2020	Group restart – Social Afternoon	Social afternoon