

# PROGRAMME - August 2018



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<b>Monday 30<sup>th</sup> July</b>	<b>Porty Paths</b> <i>Health Walk in Portlethen followed by coffee and chat in Community centre</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday 31st July</b>	<b>Meet &amp; Eat</b> <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
<b>Wednesday 1<sup>st</sup> August</b>	<b>Social Horticulture</b> <i>Connecting with nature to improve wellbeing</i>	10.30am	Meet at Pillar Office
	<b>Active Minds</b> <i>For women looking to improve their mental and physical wellbeing.</i>	1.00-3.00pm	Swimming
<b>Thursday 2<sup>nd</sup> August</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday 3<sup>rd</sup> August</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement

<b>Monday 6<sup>th</sup> August</b>	<b>Porty Paths</b> <i>Health Walk in Portlethen followed by coffee and chat in Community centre</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday 7<sup>th</sup> August</b>	<b>Meet &amp; Eat</b> <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
<b>Wednesday 8<sup>th</sup> August</b>	<b>Social Horticulture</b> <i>Connecting with nature to improve wellbeing</i>	10.30am	Meet at Pillar Office
	<b>Active Minds</b> <i>For women looking to improve their mental and physical wellbeing.</i>	1.00-3.00pm	Outdoor games
<b>Thursday 9<sup>th</sup> August</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday 10<sup>th</sup> August</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement

<b>Monday 13<sup>th</sup> August</b>	<b>Porty Paths</b> <i>Health Walk in Portlethen</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday 14<sup>th</sup> August</b>	<b>Meet &amp; Eat</b> <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
<b>Wednesday 15<sup>th</sup> August</b>	<b>Social Horticulture</b> <i>Connecting with nature to improve wellbeing</i>	10.30am	Meet at Pillar Office
	<b>Active Minds</b> <i>For women looking to improve their mental and physical wellbeing.</i>	1.00 – 3.00 pm	Drama Workshop
<b>Thursday 16<sup>th</sup> August</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday 17<sup>th</sup> August</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement

<b>Monday 20<sup>th</sup> August</b>	<b>Porty Paths</b> <i>Health Walk in Portlethen</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday 21<sup>st</sup> August</b>	<b>Meet &amp; Eat</b> <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
<b>Wednesday 22<sup>nd</sup> August</b>	<b>Social Horticulture</b> <i>Connecting with nature to improve wellbeing</i>	10.30am	Meet at Pillar Office
	<b>Active Minds</b> <i>For women looking to improve their mental and physical wellbeing.</i>	1.00 – 3.00 pm	Outdoor Chill Skills
<b>Thursday 23<sup>rd</sup> August</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday 24<sup>th</sup> August</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement

<b>Monday 27<sup>th</sup> August</b>	<b>Porty Paths</b> <i>Health Walk in Portlethen</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday 28<sup>th</sup> August</b>	<b>Meet &amp; Eat</b> <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
<b>Wednesday 29<sup>th</sup> August</b>	<b>Social Horticulture</b> <i>Connecting with nature to improve wellbeing</i>	10.30am	Meet at Pillar Office
	<b>Active Minds</b> <i>For women looking to improve their mental and physical wellbeing.</i>	1.00 – 3.00 pm	Evaluation & Feedback session
<b>Thursday 30<sup>th</sup> August</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday 31<sup>st</sup> August</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement