



Aberdeen

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www.fsaberdeen.co.uk

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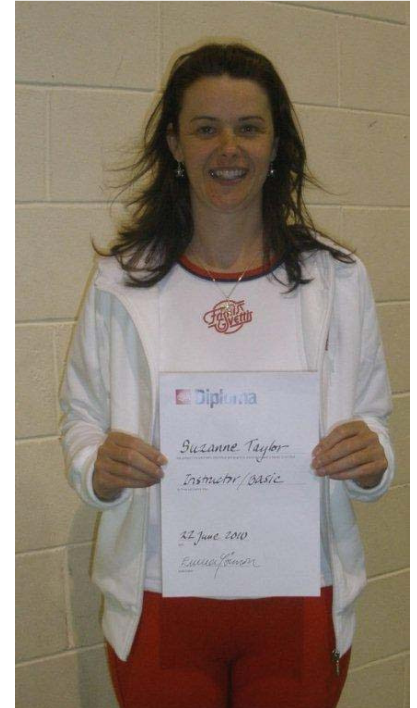
In this issue: Suzanne Taylor... 50+ Festival... New Gazebo... Memorabilia... Viking Hiking News... Happy Birthday John Greig!

New Leader: Suzanne Taylor

Suzanne Taylor recently passed her Diploma Jym and is now our second fully qualified leader for 2010. It has not all been plain sailing for Suzanne; as an injury last Autumn, meant that she couldn't take her Diploma as planned on January. It takes extra effort to carry on in times of adversity and to knuckle down alone when it would be all too easy to give up – so it is *especially* pleasing that Suzanne has made it! **CONGRATULATIONS SUZANNE!**

A big thank you to all of you who have encouraged and supported Suzanne along the way – in particular to **Rosey Leiper** who put a lot of time and effort in to helping her put together her programme.

AND NOW... Suzanne is starting a brand new **F&S BASIC** class, on **Monday 23rd August at 5.30pm**. It will be held in the **Queens Cross** church hall. Why not give it a try or tell a friend about it?



F&S in the Public Eye!

Coming up during September/October is Aberdeen's **50+ Festival**. Lord Provost of Aberdeen, Peter Stephen said:

"There is such a fantastic selection of interesting and fun things to do and see during the festival, so everyone 50-years-old and over has the opportunity to get out and about, try new things and meet new friends."

(Source: www.agcc.co.uk/launch-of-50-festival-programme/)

Friskis&Svettis is providing the following demos:

- 1. Wednesday 15th September, Bon-Accord Shopping Centre, between 1 - 3pm.**
- 2. Wednesday 22nd September, Union Square Shopping Centre, between 1 - 3pm.**

Free participation will be offered in **SENIOR** classes and **VIKING HIKING** walks for new recruits, during the Festival. This is a wonderful opportunity for us to promote our association and encourage the wider Aberdeen community to find out more about what we have to offer.



The National Osteoporosis Society held an awareness evening at the Treetops Hotel, on Tuesday 24th August. Several F&S leaders attended, to hear specialists talking about how to manage Osteoporosis, and how to look after your bones.

This event aimed to promote how the condition is both treatable – *and* preventable. The evening was free of charge, very informative and with excellent refreshments.

Visit our Website – Updated regularly

www.FSAberdeen.co.uk

VIKING HIKING

ADVANCE NOTICE; Allan Copland and John Greig are organising the next long walk. It is planned for Glen Tilt on September 11th. See John or Allan for more info!

NEWS: Our June Ramble at Glen Tanar Estate was enjoyed by 10 VH enthusiasts and ended with a discussion on the need to share transport.

We decided that on all future Rambles, members and guests intending to walk should inform John Greig of their travel arrangements 2 days before the date of the walk.

Also those willing to offer car places or requiring a lift should inform John, so that efforts can be made to cut down on the number of cars - especially single occupancy. However, please do not be put off by the 2-day deadline, as every effort will be made by John to accommodate those wishing to attend. Hopefully this will encourage more folk to come on these Rambles, There is no difficult terrain - and they are good fun!

Look out for details of forthcoming Rambles on the F&S website or contact **John Greig** on 01224 321088. (E-mail John at: jagreig@btinternet.com.) These walks of around 8 miles in length occur on the last Thursday of each month. All F&S members, relatives, friends and guests are welcome.

Join us for a longer walk in the countryside at a relaxed pace - nothing too strenuous.

Happy Birthday John!

John Greig's 70th birthday surprise after the Viking Hiking walk, on Thursday 1st July at Hazlehead.



New F&S Gazebo



Our new gazebo was on show at the **Aberdeen Sports Council's Fun Day**, in Duthie Park. No great surprise that the weather wasn't great! However **Jackie Leiper, Jackie Richardson** and **Gunilla Smith** performed a couple of demos. Lots of people joined in, including men in kilts and a dinosaur!



Memorabilia: Now we are 5!

"Aberdeen achieves F&S status!"

In the April 2005 edition of the Update came the announcement that after a lot of hard work, 'Swedish Style Exercise – A Fresh Approach' was now officially accepted under the umbrella of **Friskis&Svettis**. It was fantastic to be finally recognised as a fully accredited association.

Two **F&S** Educators came over from Stockholm, in February 2005. Emma Jönsson and Maria Jakobsson were very impressed by our already high teaching standards and the quality of our Aberdeen Association.

In 2005 **F&S** was a big family of some 300,000 members across Europe. Please note that **F&S** is now an even *bigger* family, with just over 500,000 members – just five years later! If we could just get that sort of growth in F&S Aberdeen

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www.fsaberdeen.co.uk

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