



Aberdeen

AUTUMN UPDATE 2011

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New F&S Leaders

In August **Erin Samson** (right) and **Faye Simpson** (centre of second picture) performed their **Diploma Jym** classes which were filmed and sent to Sweden as part of their final examinations to become leaders.

Both put on wonderful displays and have been awarded their Diplomas by **F&S** in Sweden.

CONGRATULATIONS!



Erin Samson



Faye Simpson (centre) with mentors: Aileen Adam (left) and Jackie Leiper

The Golden Games

This inaugural event was aimed at increasing the number of over 60's participating in sports and exercise. A range of activities was offered over 2 days in June based at the **Aberdeen Sports Village**. **F&S** offered a Senior Exercise class on both days; taken by **Gunilla Smith** with support from **Jackie Richardson** and **Jackie Leiper**.

Pictured right is **Gertrude Adam**, seated, having a well earned seat and cup of tea after her weekly Senior Basic class at Ruthrieston West Church, Aberdeen. Gertrude is our *oldest* active **F&S** member!

The programme also included a **Viking Hiking** walk led by **John Greig**. Grateful thanks to existing **F&S** members who showed their support. Plans are afoot to hold the Games next year, when it is hoped to attract more people.



FREE TASTER SESSIONS
for Seniors (Age 60+)
On Tuesdays 20th & 27th September
from 10-11am

In September Aberdeen Sports Village will play host to Taster Sessions lead by **Gunilla Smith**

Aberdeen Sports Village,
Linksfield Rd, Aberdeen

ALL WELCOME

Information on our website or phone Gunilla Tel 01224 319377

START as you mean to go on!

Jackie Richardson is starting a new class at the Beacon Centre, Bucksburn. Starting at 11.00am on Wednesday 12th October 2011; the class will run for 6-8 weeks. It's a **'START'** class and means just that. It's for people who want to start getting more exercise into their lives.

'START' is not for our existing members - but if our people could direct anyone towards this class who they think would benefit from it - that would be great! It's the first **'START'** class to be held in Aberdeen.

Anyone who would like to come along should phone Jackie first, on 01224-648171.

VIKING HIKING NEWS



HISTORY ON THE HOOF

This year the 6 walks were well attended and a total of **£380** raised and divided between **CLAN** and **Help for Heroes** again. Many thanks to all **F&S** members who supported **John Greig** (far right in picture)

ALL ARE WELCOME to all our Viking Hiking walks. Full details on F&S web site, or contact **John Greig** by 'phone on 321088 or email jagreig@btinternet.com

ANOTHER SUCCESSFUL RAMBLE

The famous Lairig Ghru pass through the Cairngorms was the venue for the second of this years Viking Hiking 'long' walks, with 33 **F&S** members and guest walkers enjoying the 20 miles mid spectacular scenery and pleasant weather conditions ending with a BBQ at the Hilton Hotel, Coylumbridge. Unfortunately Loretta Davie tripped and broke her wrist, although she bravely completed the last seven miles smiling. We all wish Loretta a speedy recovery. Despite the mishap "**Where is it to be next year?**" was enthusiastically asked. So watch this space.....

Thank you Aileen

Aileen Thompson has been **Host** to **Kathleen MacKinnon**, since she started as a leader.

Sadly due to ill health Aileen has had to retire. We wish her all the best for the future.



MY MALMÖ EXPERIENCE

During August, our Chairman: **Jenny Chapman** was fortunate to spend a few days in the south of Sweden at the invitation of **Gunilla Smith**. The two travelled to Malmö, in order to be inspired by the **F&S** set up there. They took part in a variety of classes, and experienced how their association is run.

Jenny says she was overwhelmed by the wonderful facilities within the different **F&S** premises; the space available for classes; the gym equipment; the changing rooms which all include showers and a sauna, and everyone she met was so welcoming and friendly. Luckily the weather stayed dry for the visit! It is hoped that more of *our* leaders might visit Malmö next year and benefit from "a most inspiring experience".

New VH Leaders and a New Place to Walk

Thanks to our plea last Update for new Viking Hiking leaders we very proudly introduce **Karen Riley** and **Pamela Forrest**.

Karen has started a brand new walk, in Danestone. Thankfully it stayed dry for the first walk, in early August. Karen was very pleased at the turn out - considering rain had been non stop that day.

Walks meet at Tesco's Recycling at 7pm, although they may stop over the winter - we'll keep you posted via the web!



Sue Ties the knot!

F&S leader, **Sue Taylor** married her Spanish boyfriend, Daniel. at Drum Castle in July.
CONGRATULATIONS



Susanne Bags 'em all! Leader, **Susanne Johnston** is, as she says herself, a serious walker. Impressively, she has already climbed all the 'Munros' in Scotland and as we go to press was off to Rum, to complete her last 'Corbett'. We *all* have our strengths and abilities. Can any of our members beat Susanne though?

UP TO DATE INFORMATION ON OUR WEBSITE
www.fsaberdeen.co.uk

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