


TRIPS & OUTINGS


**BISCUIT FACTORY, NELSON, PLUS
BOUNDARY MILL, COLNE**
Thursday 13th December
Leaving Cardigan Centre 9.45 a.m.
Leaving Colne 3.00 p.m.

Uummm Lancashire!!!! No excuse this year for not doing your Christmas shopping! Well – apart from shortage of cash! The Farmhouse Biscuit Factory shop has lovely tins of biscuits for £3.99 plus smaller tubes and packs. Onto the Boundary Mill for lunch, then more shopping over the two floors of the Mill where you are bound to find tempting ideas for gifts.

Reserve your seat as soon as possible.
COST: £7 transport only 


THE NEW INN, WETHERBY
Monday 14th January
Leaving Cardigan Centre 10.15 a.m.
Leaving Wetherby 1.45 p.m.

There are plenty of shops around in Wetherby for you shoppers. For those of us who are sick to death of shopping, enjoy a gentle stroll in the pretty market town (this is NOT a Market Day so it will be quieter) and then enjoy a nice lunch at The New Inn Pub.

Reserve your seat from 17th December
COST: £5 transport only 


MYSTERY TRIP
Thursday 21st February
Leaving Cardigan Centre 10.00 a.m.
Leaving Destination 2.30 p.m.

All we can tell you is that you will end up at a nice venue for lunch!

Reserve your seat from 31st January
COST: £5 transport only 

**VICTORIA GARDEN CENTRE,
FEATHERSTONE**
Friday 14th March
Leaving Cardigan Centre 10.00 a.m.
Leaving Featherstone 2.30 p.m.




Hurray! Time to start thinking about plants and being out of doors again! Not only plants here though. There are crafts and household items too, plus a restaurant to save you cooking later.

Reserve your seat from 15th February.
COST: £5 transport only 

A deposit is required to confirm your seat. To make payment easier, please remember that Neil is at Marlborough Towers alternate Mondays and at Kendall Carr alternate Thursdays. Liz is at St Michael's Church Hall every Tuesday morning and someone is at Headingley Community Centre each Thursday (11 -12.30). If you wish to pay by cheque your cheques must be made payable to **The Cardigan Centre**.

Walking guide

The shoe symbols provide an indication of how much walking is involved. We provide wheelchair places for all our trips and volunteers to push.

 Little walking involved.
 Some walking involved
 More walking involved.

For more information and to book your place call OAP on 274 9154.

Out & About with Older+Active

OAP organises a variety of trips and activities, which we publicise through this news-sheet. The Notice Board section highlights activities and events organised by other agencies.



सक्रिय बुजुर्ग लोग Bollywood Films بوڑھوں کا سماج

On the last Thursday of the month, Older Active People screen a matinee performance of a Bollywood film. IN DECEMBER THERE WILL BE NO SCREENING. Films start at 11.30a.m and usually finish by 2.30pm. Some may be longer. Tickets cost £2.50 for adults and £1 for children on the door. You are welcome to bring snacks. For a small donation, tea & coffee are provided by OAP volunteers.

OAP tries to get the latest releases, so confirmation is often near to the date of the screening. To receive up-to-date details of the films we are screening, contact us on 274 9154 and we will post you details nearer the time.

Winter films are as follows:

31st January:
Om Shanti Om

28th February:
Heyy Babyy

Notice board

Chair Based Exercise At Our Lady of Lourdes

Join us every 2nd Thursday,
3.00 – 4.45 pm

An opportunity to socialise
Get a little gentle exercise
Play some whist and bingo
And have a cup of tea and a chat

For further details contact
Kathleen Clarke on 278 0657
Or, Active 4 Life on 278 3779

Little Shop of Horrors Meets Christmas

Fri 14th and Sat 15th December
Wrangthorne Hall,
7. 00pm – 9.00pm

Cost £3 adults and £1 children
All the fun of pantomime plus prize
bingo, mince pies and sherry

Come along and support this
fundraising event for Unity Day.

*In Loving
Memory*

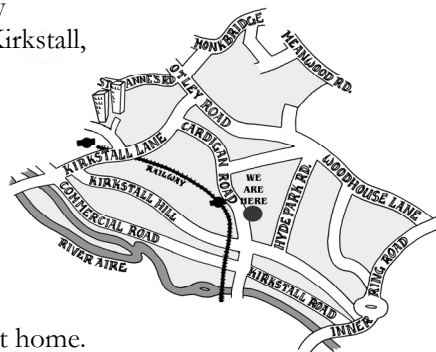
Ivy Goodrick: 1912 – 2007

Ron Senior: 1927 – 2007

Joining Older Active People

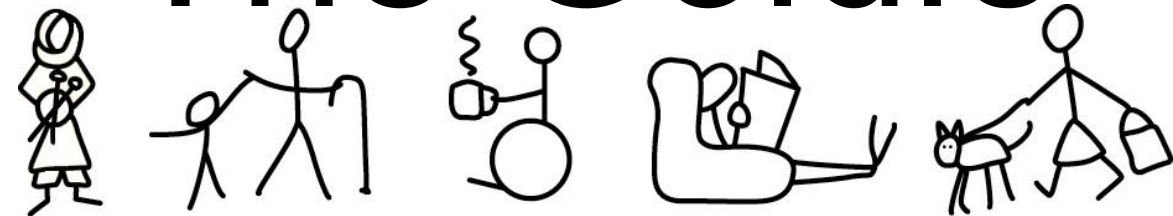
The map on the right shows the area covered by Older Active People, which is roughly Burley, Kirkstall, Little Woodhouse, Hyde Park and Headingley.

If you live within these boundaries and are aged 55+ you will be able to become a member of OAP for free. If you would like to join, drop in to our office at the Cardigan Centre, 145-149 Cardigan Road, Leeds, LS6 1LJ Or alternatively, telephone us on: 274 9154 and a member of staff will arrange to visit you at home.



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The Goldie

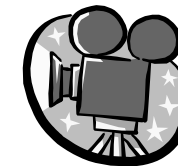


The news - sheet for Older Active People

Coming together as a community to improve the quality of life for local older people.

Inside pages: Invites to Christmas & New Year activities...

THE CINEMA IN THE MERC



Our Winter Cinema trips to The Cottage Road Cinema began again on Thursday 15th November, when several of our members were picked up from home in the Mercedes (Minibus) and whisked off to enjoy Elizabeth: The Golden Age.

We are running this project a bit differently this year. We are keeping a list of all the people who have expressed interest in cinema visits, and will telephone them as soon as we know the name of the film to be shown to ask if they would like to go along. If people can manage to get to the cinema on their own, we will arrange a meeting place, otherwise we will pick them up from home in the Merc (mini-bus).

The cost of the transport is £1 each way. Some members of the Group enjoy a drink in The Three Horse Shoes after the film sometimes, and may even go for a meal if everyone agrees. Both The Three Horse Shoes and The New Inn do very reasonably priced meals.

These special matinee performances, programmed with the older viewer in mind, are always on a Thursday.

If you would like to be included on the list to be contacted, please call us on 274 9154. Your Merc awaits you!

ARE YOU INTERESTED?

Following the amazing success of our Talent Show in October, several of the participants expressed an interest in forming a small troupe to visit local Sheltered Housing Schemes and Care Homes. The troupe could provide contact with OAP members who have moved into care.

As well as performing, members of the group would also need to make time for planning and rehearsing. Speaking of which, if you know of a space where we can rehearse for free, then please get in touch. Similarly, if you are able to play the piano, particularly songs from the 1940's – 1960's, we would love to hear from you. We have one lady who has kindly offered her skills, but it would be good to have a reserve. To join the group or for further details call 274 9154

FREE LIGHTBULBS



Yorkshire Electricity have provided OAP with a supply of low energy light bulbs.

Low energy light bulbs save energy and money as they use approximately one fifth of the electricity of a 'normal' light bulb and last up to ten times longer. Please call in at the office to collect your light bulbs. Alternatively, we will deliver when we are next in your locality.

SEASONS GREETINGS FROM EVERYONE AT OLDR ACTIVE PEOPLE