

FOREVER

Active

January – July 2011



Exercise sessions for the over 50 age group
and those returning to a more active lifestyle
www.forever-active.org.uk

FOREVER Active

Become a member of the Forever Active sessions and enjoy the benefits of an active lifestyle.

Forever Active sessions are suitable for the over 50 age group as well as for people wanting to return to a more active lifestyle. There are a variety of different sessions on offer, which cater for a wide range of abilities.

Contact us

Helen Robbins,
Forever Active Coordinator
on 01223 457532 or e-mail:
helen.robbs@cambridge.gov.uk
www.forever-active.org.uk

A big thank you to all the organisations who have supported the Forever Active Scheme. Further details on grants and funding received can be found on the website: www.forever-active.org.uk

Thank you to Alex Orrow, who volunteered his time to take photos for the brochure – www.alexorrow.co.uk



Contents

	page
Information for participants	
Why should I exercise	3
Preparing for your session	6
Booking your session	7
Equipment you can purchase	7
Class Passes	8
Membership	8
Comments and complaints	9
Forever Active staff	9
A Key to the classes	10
Mobility classes	10–11
Activities for the active 50+	
Aqua Aerobics	15, 16
Badminton & Tennis	14, 15
Dancercise	13
Egyptian Dance NEW	17
Exercise to Music	12, 13, 14, 15, 16
Forever Fit Ball	17
Golf	14
Mighty Movers	16
Pilates	13, 14, 16, 17
Racketball NEW	12
Rowing	12
Swimming NEW	14
T'ai Chi	11, 16
Table Tennis	15, 16
Ten Pin Bowling	14
Tennis & Badminton	14, 15
Yoga	13, 17
Zumba Gold NEW	17
Other features	
Exercise Referral Schemes	5
Car Share Scheme	6
The Forever Active Forum	9
Falls Prevention	10
Bikeability	15
Walking opportunities	11, 16, 19
Arts & Entertainment	18
Volunteering to help	19
Membership form	20

Why should I exercise?

The health benefits of exercise

- ★ Helps to improve your mood
- ★ Helps with weight loss and maintenance
- ★ Helps you to sleep better
- ★ Helps to reduce high blood pressure
- ★ Helps to prevent or manage diabetes
- ★ Helps to increase mobility and strength
- ★ Reduces some risks associated with accidental falls
- ★ Helps to improve balance
- ★ Helps with osteoporosis by developing bone density
- ★ Helps with arthritis
- ★ An ideal opportunity to meet new friends

How much should I be doing?

For general health benefits, adults of all ages should do at least 30 minutes of moderate activity a day on at least five days a week.

'Moderate' means any activity that leaves you feeling warm and breathing more heavily than usual. You don't have to be out of breath or work up a sweat. Activities that improve strength, co-ordination and balance are particularly beneficial as we get older.

Why 30 minutes?

Any increase in activity is good, but research shows that 30 minutes on five or more days a week is the amount needed to keep the lungs, heart, muscles and bones in good working order. You can split time into three or four sessions.



Specific recommendations for the 50+ age group:

The American College of Sports Science recommends that, in addition to moderate intensity aerobic activity, as we get older, exercises to help improve our strength and balance are extremely beneficial to our health and well being.

It is recommended that muscle strengthening is performed on at least two days of the week and should work all major muscle groups including the legs, hips, back, abdomen, chest, shoulders and arms.

Exercises for each muscle group should be repeated 8 – 12 times per set. As the exercises become easier increase the weight or do another set.

Exercises should be performed to the point at which it is difficult to do another repetition.

Types of muscle strengthening exercises include:

- ✦ Exercises using bands, weight machines, hand held weights.
- ✦ Callisthenic exercises (body weight provides resistance to movement).

These types of exercise will be worked on in Forever Active classes and can also be achieved during everyday activities – for example digging, lifting and carrying as part of gardening.

It is recommended that balance exercises are practiced on at least three days of the week to reduce the risk of falls as we get older. Exercises will help both to maintain and to improve balance.

Balance exercises include:

- ✦ Backward walking
- ✦ Sideways walking
- ✦ Heel walking
- ✦ Toe walking
- ✦ Standing from a sitting position.

Balance exercises are practiced within Forever Active classes.

The Exercise Guidebook and DVD sold by the Forever Active Forum includes strength and balance exercises for you to do at home in, addition to the Forever Active classes you attend (see page 7).

What's stopping you?

"I don't have the time!"

Make physical activity your priority and plan some time every day, even if it's just a few minutes

"I'm too tired"

Once you start being more active, you will have more energy and feel less tired and more relaxed.

"I'm getting too old"

You're never too old to make a

start and you may feel the benefits sooner than you think!

"I have no one to do it with"

If you join one of the classes you'll meet new people to exercise with.

"I've never been the sporty type"

You don't need to be sporty - there are many other activities like exercise classes and walking.

"I might injure myself"

Start slowly and work at your own pace. There is no need to over do it. It is unlikely you will get injured by moderate intensity activity.

"My health isn't good enough"

Physical activity can help with most health conditions. See below.

Please Note: You are strongly advised to consult with your doctor prior to taking part in any new physical activity programme, especially if you have a medical condition. Participants take part in the activity organised by the Forever Active scheme at their own risk. It is the participants responsibility to inform the Instructor of any health changes.

Award Winners!

Forever Active was awarded with the 'Power of Sport Award' at the 2010 Living Sport, Celebration of Sport awards evening. The award was for Forever Active's contribution to providing exercise and sporting opportunities for the 50+ age group in the City.



Forever Active Coordinator Helen Robbins, Jenny Hays, administrator for Forever Active, Juliet Moynan, Forever Active Volunteer Coordinator and Simon Hannah, Exercise specialist for the Falls Prevention service, collecting the award.

start-up

EXSite

For more information please contact the Start-up team on 01223 457532

Exercise referral schemes in Cambridge

The Start-up exercise referral scheme, together with it's sister scheme ExSite, provide tailored programmes for individuals who have a medical condition, disease or disability such as arthritis, osteoporosis, back pain, diabetes or coronary heart disease. To use the scheme you must be referred by a health professional (eg your GP, practice nurse, physiotherapist, occupational therapist or dietician).

The sessions within this leaflet which are most suitable for exercise referral clients are marked with the Start-up logo.

Preparing for your session

What to wear?

Suitable clothing: you don't have to wear a tracksuit, but loose, comfortable clothing is required. Jeans and skirts are usually only suitable for chair based classes.

Suitable footwear: trainers are ideal (especially for the sports sessions and exercise to music classes). Alternatively wear any well fitting, soft shoes.

For ladies we recommend a sports or other fully supportive bra for maximum support and comfort. For water-based classes wear an old bra under your swimsuit. This ensures support in the water to prevent tissue damage and help prevent back pain. (NB the bra may become discoloured.)

What to bring with you?

A drink: water, or fruit squash or juice for diabetics

A towel: bring a small towel in case of perspiration.

A light snack recommended for diabetics in case of low sugar levels.

Inhalers: asthmatics should bring inhalers in case of an emergency.

GTN sprays: participants with angina should bring these to all sessions in case of an emergency.

Money: don't forget your fee!

Other points to consider:

Don't eat anything for at least one hour before exercise.

Refuel and rehydrate: replenish your body with a healthy snack and drink plenty of water afterwards.

It is common to experience delayed muscle soreness for a day or two after exercise. Perform some light stretches and keep active to alleviate soreness.

Paperwork for the session:

You will be required to complete a medical form to return to your instructor. They will keep a copy and send another to the Forever Active Coordinator (so we have your details in the event of a class cancellation). All information will remain strictly confidential, but would be given to a medical professional in the event of an emergency. You will also be asked to sign the class register.

Other Information

Booking your session

For many sessions it is possible to just turn up and join in. However, due to the limited spaces available on some sessions these must be booked in advance. These sessions are marked **B** in the leaflet.

Cancellation

Occasionally sessions may have to be cancelled due to unforeseen circumstances or lack of interest. Where possible we will try to contact you to inform you of such a cancellation.

If you are planning to attend a session for the first time we recommend that you contact the Forever Active Coordinator on 01223 457532 to confirm the details of the class.

If you cannot attend a session you have booked for, please let us know at least 24 hours in advance, otherwise you will still be liable to pay the fee (unless due to illness).

Equipment you can purchase

Resistance bands are used in many sessions including chair based exercise, exercise to music and pilates classes. You may purchase your own resistance band from us. They come in pink, purple and green depending on strength (ask your instructor what's best for you).

The Forum have also produced guidebooks for chair-based participants and for the more active 50+ exercises – very useful if you want to practice at home.

Resistance Bands

£3.00 each

Exercise Guidebook:

£7.00 A4 size or £5.00 A5 size

Forever Active Stress Ball:

£3.50

Forever Active polo shirts

£12.99

These excellent quality polo shirts come in raspberry pink or black. The Forever Active logo is embroidered on the chest in the Forever Active logo colours and 'Forever Active' is written across the shoulder blades in black or pink font.

Ladies sizes are available from size 8 – size 18. Men's sizes are available from size S to size 3XL.

NEW Forever Active DVD

Includes the following exercise sections, for all abilities:

- ★ Warm Up
- ★ Stamina
- ★ Strength and toning – seated
- ★ Strength and toning – standing
- ★ Balance
- ★ Floor based exercises
- ★ Adapted mat based Pilates
- ★ T'ai Chi
- ★ Cool down

The cost of the DVD is £8.99

Contact Helen on 01223 457532 for more details or for an order form.

CARe 2 SHARE

Friends of Forever Active has launched a car share initiative to help people who are unable to get along to Forever Active sessions.

Volunteer drivers are in place to help by giving lifts to those who have difficulty in getting to sessions by public transport or other means.

For more details contact Juliet Moynan, Volunteer Coordinator
tel: 01223 457532 email: favolunteers@cambridge.gov.uk



Class Passes

These passes can be used for any of the classes within the mobility section and most classes within the Active 50+ section with the exception of classes at Chesterton Sports Centre. Only Forever Active members may purchase passes.

Passes for Mobility classes:

12 sessions pass for £25

Passes for Active 50+ classes:

12 sessions pass for £30 (excludes classes at Chesterton Sports Centre)

Please note: the 12-session pass must be used within 3 months of being purchased. You must be a Forever Active member to purchase a pass.

Please send a cheque for the amount to the 'Forever Active Forum' with a covering note as to which class pass you would like. Your pass will then be sent to you in the post.

Membership

Participants who become members will receive the benefits highlighted below. The scheme is also open to non-members.

Membership costs:

£12.50 for the year (year runs from 1st Sept to 31st August - cost reduced to £7.50 if joining after 1st March). Please see the back of the brochure for a membership form.

Please note: Forever Active remains a non profit making organisation most sessions are funded by external grants and fundraising. Membership fees will help to support existing sessions and to further develop the scheme.

Membership benefits:

- Priority booking for classes at Chesterton: book up to 7 days in advance (non-members 5 days).
- Reduced fees on selected sessions.
- Full membership of the Forever Active Forum: you will receive agendas and minutes and can attend and vote at meetings.

- Able to purchase class passes (see above for more details).

Please see the Membership Form at the back of this brochure, or call the Sports Development Team on 01223 457532. All members will be issued with a Forever Active membership card.

Comments & complaints

We welcome feedback, as this can help us to improve the scheme.

To make a comment or complaint please contact the Forever Active Coordinator by telephone, letter or email or you are welcome to attend the Forever Active Forum.

Forever Active Staff

Exercise instructors are all qualified up to a minimum of Level 2 on the Register of Exercise Professionals and, in addition, have attended over 50s training workshops which focus on training staff about safe and effective exercises for the over 50 age group.

The sessions in the programme which have a Start-up logo next to them are led by an instructor who has completed the Exercise Referral qualification to Level 3.

Sports Coaches all have a National Governing Body coaching qualification in their particular sport.

The Forever Active Forum

If you would like to have a say on the type of exercise sessions available in Cambridge for the over 50's then come along to our Forum. Meetings are held twice a year. The aims of the Forum are:

- ★ To provide a broad range of exercise and sporting opportunities for local residents aged 50+ as part of the Forever Active Scheme.
- ★ To fundraise to support the work of the group.
- ★ To provide members with the opportunity to give feedback and suggestions related to the scheme
- ★ To promote the organisation within the local community.
- ★ To identify and provide training for Instructors and staff.
- ★ To link with key partners to develop physical activity for over 50's.
- ★ To identify and address access issues to facilities and activities.
- ★ To ensure that all members receive fair and equal treatment

Full members receive agendas, minutes and up to date project information. If you would prefer just to receive information about events and activities you can register as an associate member.

To register as a member, to see minutes of previous meetings or a copy of the Forum's constitution, please contact Helen on 01223 457532.



A key to the classes

Level 1 – Chair-based

These sessions are all seated with no standing exercises. These sessions usually take place within sheltered housing schemes or care homes.

Level 2 – Chair-based +

Predominantly seated exercises, but will include some optional standing exercises.

See pages 10-11

Level 3 – Strength & Balance

Mainly strength and balance exercises (ALL Otago evidence-based exercises). Some seated strength work may be included.

See pages 10-11

Level 4 – Strength & Balance +

A mixture of seated, standing and floor-based exercises.

See pages 10-11

Level 5 – Active 50+ sessions

For the more active person.

See pages 12-19

Start-up classes **start-up**

Classes marked with this symbol are led by an instructor qualified to Level 3 on the Register of Exercise Professionals. They are recommended for people on an Exercise Referral Scheme.

For advice as to which class would be suitable for you please call Helen Robbins on 01223 457532

Mobility Classes

Level 2–4 or equivalent classes for those with mobility problems.

Sessions cost £2.50 for Forever Active Members and £3.00 for non-members.

MONDAYS:

Chair-based + (Level 2)

Venue: Dunston Court, Wulfstan Way

Time: 2.00pm – 3.00pm **start-up**

Strength & Balance (Level 3/4)

Venue: Arbury Community Centre

Time: 1.30pm – 2.30pm

TUESDAYS:

Chair-based + (Level 3/4)

Venue: Barnwell Baptist Church,
Howard Road

Time: 10.00am – 11.00am

Strength & Balance + (Level 4/5)

Venue: Meadows Community Centre,
St Catharine's Road

Time: 12.15pm – 1.15pm **start-up**

Falls Prevention

The local Falls Prevention Service in Cambridge City and South Cambridgeshire encourages healthy, active ageing, whether you're fit and active, have mobility problems, or are worried about falling. It offers both practical advice and exercise resources that help maintain independence.

Contact Simon Hanna
on 01223 885070

WEDNESDAYS:

Chair-based + (Level 2)

Venue: Litchfield Hall, Litchfield Road

Time: 11.00am – 12.00noon

Notes: Class starts on 2nd September

Strength & Balance (Level 3/4)

Venue: Petersfield Active Ageing Group
St Matthew's Church Hall

Time: 11.00am – 12.00noon

Strength & Balance (Level 3)

Venue: Meadows Community Centre,
St Catharine's Road

Time: 1.30pm – 2.30pm

Strength & Balance + (Level 4)

Venue: St Mark's Church, Newham

Time: 12.45 – 1.45pm

THURSDAYS:

T'ai Chi Class

Venue: Litchfield Hall, Litchfield Road

Time: 11.30am – 12.30am

Notes: mainly seated T'ai Chi exercises with some optional standing.

Strength & Balance + (Level 4)

Venue: Hills Road Sports Centre

Time: 11.15am – 12.15noon **start-up**

Chair-based + (Level 2)

Venue: St Paul's Centre, Hills Road

Time: 11.00am – 12.00noon

Strength & Balance (Level 3)

Venue: Ross Street Community Centre

Time: 10.00am – 11.00am

NEW: Class starts on 20 January

FRIDAYS:

Strength & Balance (Level 3)

Venue: Trumpington Village Hall

Time: 10.30am – 11.30am

Strength & Balance (Level 3)

Venue: Cherry Hinton Village Centre,
Colville Road

Time: 12.15noon – 1.15pm

Chair-based + (Level 2)

Venue: Meadows Community Centre
St Catharine's Road

Time: 1.00pm – 2.00pm **start-up**

T'ai Chi Class

Venue: Church of the Good Shepherd,
Mansel Way

Time: 2.00pm – 3.00pm

Notes: This class is a mixture of seated and standing T'ai Chi exercises.



Walk With Me

Supported walking project

This project offers people who have had a fall, or are at risk of falling, the opportunity to have a volunteer take them out for a supported walk each week. This could be a walk down the road or to the local shop.


This scheme is ideal for people who are unable to go for a walk alone and cannot access Forever Active classes. If you think it would be suitable for you, contact the Falls Prevention Service on 01223 885070 for a referral.


Activities for the active 50+


These level 5 classes are recommended for adults who would like a more active, standing and floor based exercise session.

Don't forget Forever Active members are able to purchase a 12-session pass at a discount rate equivalent to just £2.50 a session (not valid for classes at Chesterton).

Key to symbols

 FREE tea, coffee or other refreshment provided after the class.

 Venue has a café where participants can purchase refreshments.

 Booking is essential



MONDAYS:

Racketball

A fun and easy to learn game, played on a squash court. A short handled racket and bouncy ball make it easy for beginners.

Venue: Leys Sports Centre

Time: 10.00am – 11.00am

Cost: £3 member; £3.50 non-member

NEW: Starts 24th January for an initial 6 weeks. Spaces limited - call 01223 457532 to book

Rowing

All abilities. Begin on land with rowing machines, then take to the water! Exercise and enjoy fresh air and river scenery. Tea and coffee available afterwards.

Venue: Lady Margaret Boat Club (access via Victoria Ave or Trafalgar Rd)

Time: 11.30am – 1.30pm

Cost: £4.00 (plus £1 annual club membership fee due at the first session to cover insurance)

Notes: Run by Camrowers rowing club

To book: There's a waiting list for this popular session – call Kate Merrington on 01223 363386 to get on the list – you'll be contacted when a space is free.

Exercise to Music

An all-round, total body workout to improve fitness, coordination, strength and flexibility.

Venue: Chesterton Sports Centre

Time: 3.15pm – 4.15pm

Cost: £3 member; £3.50 non-member

MONDAYS (continued):

Fitness Pilates

Strengthens weak areas and stretches tight muscles, enhancing good posture and correct body alignment. Focuses on core stability (abdominals and back) to support the spine and the way we move.

Venue: Chesterton Sports Centre, Gilbert Road, Cambridge

Time: Beginners: 12.00noon – 1.00pm

Advanced: 1.00pm – 2.00pm

Improvers: 2.00pm – 3.00pm

Cost: £3 member; £3.50 non-member

To book: Contact Chesterton Sports Centre on 01223 576110

Pilates

Venue: Trumpington Pavilion (west side of King George V Playing Field at junction of Anstey Way, Paget Rd and Foster Rd)

Time: 11.15am – 12.15pm

Cost: £3 member; £3.50 non-member (pay instructor, not at reception)

TUESDAYS:

Fitness Pilates

See Monday's class for details.

Venue: Chesterton Sports Centre, Gilbert Road, Cambridge

Time: Intermediate/advanced:

11.00am – 12.00noon

Beginners: 1.45pm – 2.45pm

Cost: £3 member; £3.50 non-member

To book: Contact Chesterton Sports Centre on 01223 576110

TUESDAYS (continued):

Exercise to Music

See Monday's class for details.

Venue: Kelsey Kerridge Sports Centre

Time: 10.00am – 11.00am

Cost: £3 member; £3.50 non-member (pay instructor, not at reception)

Exercise to Music

See Monday's class for details.

Venue: Cherry Hinton Village Centre, Colville Road

Time: 9:45am – 10.45am (NEW TIME)

Cost: £3 member; £3.50 non-member

Notes: For further information contact the Cherry Hinton Village Centre on 01223 576412

Dancercise

A fun class, which will teach you different styles of dance, whilst improving your fitness. All abilities welcome.

Venue: Chesterton Sports Centre

Time: 2.45pm – 3.45pm

Cost: £3 member; £3.50 non-member

Yoga

Relax body and mind, strengthen your back, improve your flexibility and enjoy a feeling of well-being through Hatha Yoga. Suitable for all and ideal for people suffering or recovering from bad backs, stiff hips or overall low flexibility.

Venue: Trumpington Village Hall

Time: 10.00am – 11.00am

Cost: £3 member; £3.50 non-member

TUESDAYS (continued):**Ten Pin Bowling** 

You will be bowled over with this fun session for all abilities. 'Alley cats' will be on hand to offer advice and help with scoring.

Venue: Cambridge Leisure Park

Time: 2.00pm – 3.00pm

Cost: £3.00 per game incl. shoe hire. Discounted parking available.

Notes: Term time only. Anyone aged 50+ can play a game at Tenpin for £3, weekdays before 6.00pm.

Tennis and Badminton 

Enjoy taking part in these racquet sports in a relaxed environment. Equipment is provided for the session. Sessions take place in term time only.

Venue: David Lloyd Health Club

Time: 11.00am – 12.00noon

Cost: £2.50 member; £3 non-member

Notes: There will be a facilitator at these sessions each week. Term time only.

WEDNESDAYS:**Golf** 

Unlimited rounds of golf. All abilities welcome

Venue: Cambridge Lakes Golf Course

Time: 10.00am onwards

Cost: £6.50 per session, unlimited golf (including equipment hire)

Notes: Free coaching with Bob Barnes by arrangement. Contact Bob on 01223 324242 to book.

WEDNESDAYS (continued):**Over 50's Swimming** 

Suitable for people who want to swim lengths as well as for those who want a relaxing swim.

Venue: Chesterton Sports Centre, Gilbert Road, Cambridge

Time: 9.00am – 10.00am

Cost: £2.00

Swimming at Parkside 

Facilitated session in the Dive Pool.

Venue: Cambridge Parkside Pools

Time: 2.00pm – 4.00pm

Cost: Leisure Card rates apply
Meet in the café area before getting changed. A refundable £1 coin is required for the lockers. Leisure cards must be produced to be eligible for reduced rate entry.

Exercise to Music  

All abilities - see Monday for details

Venue: Chesterton Sports Centre, Gilbert Road, Cambridge

Time: 10.00am – 11.00am

Cost: £3 member; £3.50 non-member

Fitness Pilates

See Monday's class for details.

Venue: Cherry Hinton Village Centre, Colville Road

Time: 12.00noon - 1.00pm

Cost: £3 member; £3.50 non-member

Pilates   **start-up**

See Monday's class for details.

Venue: Abbey Pool, Whitehill Road

Time: 10.45am – 11.45am

Cost: £3.00

WEDNESDAYS (continued):**Aqua Aerobics**   **start-up**

A workout for people of all fitness levels using the natural resistance of the water. You do not need to be able to swim.

Venue: Chesterton Sports Centre, Gilbert Road, Cambridge

Time: Session 1: 2.00pm – 2.45pm
Session 2: 2.45pm – 3.30pm

Cost: £3 member; £3.50 non-member

To book: Contact Chesterton Sports Centre on 01223 576110

Exercise to Music  **start-up**

An evening class for people working in the day. A total body workout to improve fitness, muscular strength and flexibility, bone strength and general health.

Venue: St Andrews Hall, Chesterton

Time: 6.00pm – 7.00pm

Cost: £3 member; £3.50 non-member



New and improved cycling proficiency scheme based on the National standard – designed to give participants the skills and confidence to ride on today's roads.

- Boost your cycling confidence
- Learn to ride or improve your skills
- Train individually or with a friend
- Friendly, qualified Instructors
- Bike loans available

The cost is only £5 per hour per person.

For more information call 0345 0455212 or visit the website www.cambridgeshire.gov.uk/cycling

WEDNESDAYS (continued):**Exercise to Music** 

See Monday's class for details.

Venue: The Leys Sports Centre

Time: 10.00am – 11.00am

Cost: £3 member; £3.50 non-member

Notes: Organised by the Leys Sports Centre as part of Forever Active

THURSDAYS:**Lunchtime Badminton and Table Tennis** 

Venue: Chesterton Sports Centre, Gilbert Road, Cambridge

Time: 12.30pm – 1.30pm

Cost: £2.50

Notes: Equipment is provided

Exercise to Music

See Monday's class for details.

Venue: Chesterton Sports Centre

Time: 10.00am – 11.00am

Cost: £3 member; £3.50 non-member

Long-Term Condition Classes

These classes focus on improving the skills needed so that everyday tasks can be managed sufficiently. They especially suit people who have mobility, respiratory or cardiac problems.

If you are interested in attending one of these sessions please contact the Start-up scheme on 01223 457532

THURSDAYS (continued):**Table Tennis** 

An excellent way to improve your hand to eye coordination! All abilities are welcome to join in.

Venue: Kelsey Kerridge

Time: 2.00pm – 3.00pm

Cost: £2.30 including equipment hire

T'ai Chi

Simple exercises to help us understand core principles of posture, breathing and coordination so you'll be able to move and balance more easily, relieve stress and increase well being.

Venue: Abbey Pool, Whitehill Road
(Multi-purpose room)

Time: 3.30pm – 4.30pm

Cost: £3 member; £3.50 non-member
(pay instructor, not at reception)

Fitness Pilates  **start-up**

For all abilities

See Monday's class for details.

Venue: Browns' Field Community Centre

Time: 2.15pm – 3.15pm

Cost: £3 member; £3.50 non-member

Notes: Access via Green End Road or Kendal Way.

FRIDAYS:**Exercise to Music**

See Monday's class for details.

Venue: Trumpington Village Hall,
Trumpington Road

Time: 9.30am – 10.30am

Cost: £3 member; £3.50 non-member

FRIDAYS (continued):**Mighty Movers**  **start-up**

Venue: Meadows Community Centre,
St Catharine's Road

Time: 12.00noon – 1.00pm

Cost: £3.00

Aqua Aerobics  **start-up**

Venue: Abbey Pool, Whitehill Road

Time: 2.00pm – 3.00pm

Cost: £3 member; £3.50 non-member

Notes: No need to book - just turn up.
Pay at the Abbey reception.

Exercise to Music  **start-up**

Venue: Abbey Pool, Whitehill Road

Time: 10.00am – 11.00am

Cost: £3 member; £3.50 non-member
(please pay the instructor, not at reception)

Nordic Walking

Nordic walking - walking using poles - is good for those with arthritic or neurological conditions that make unsupported walking difficult.

Wandelbury Country Park

Wednesdays 2pm (not so speedy group)

Wednesdays 3.00pm (speedy group)

Contact Oliver Gynn, International
Nordic Walking Association Instructor
on 0794 783 5522 or 01638 742003

**FRIDAYS (continued):****Forever Fit Ball** 

Toning up has never been so much fun! Stability balls at the ready go! Ideal for people of any age or ability who have never been to a Fit Ball class before. Helps to strengthen the core – a strong back and abdominal muscles improves posture and balance, making carrying out everyday tasks easier.

Venue: Chesterton Sports Centre

Time: 10.00am – 11.00am

Cost: £3 member; £3.50 non-member
Places are limited to 10 per class so please book early to avoid disappointment.

Yoga  **B**

As we get older our muscles tighten. This class addresses tight muscles and weak areas to re-align the body and achieve good posture.

Venue: Chesterton Sports Centre,
Gilbert Road, Cambridge

Time: 11.00am – 12.00noon

Cost: £3 member; £3.50 non-member

Egyptian Dance  **B**

A fun dance class based on Middle Eastern dance moves.

Venue: Chesterton Sports Centre,
Gilbert Road, Cambridge

Time: 12.00noon – 1.00pm

Cost: £3

NEW: Class starts on 18 March

SATURDAYS:**Pilates**  **start-up**

See Monday's class for details.

Venue: Abbey Pool, Whitehill Road in
the multi purpose room.

Time: 11.00am – 12.00noon

Cost: £3 member; £3.50 non-member
(pay instructor, not at reception)

Zuma Gold **B**

Zumba Gold is designed for people over the age of 50. This low impact class is easy to follow, Latin inspired dance fitness party that keeps you in the groove of life!

Venue: St Paul's Centre, Hills Road

Time: 10.30am – 11.30am

Cost: £2.50 per session

NEW: Class starts on 22 January

To book a place or for further information contact Marta on 07914 493352 or email marta.maj@eepco.co.uk

Supported by the Dancing for Fun and Better Health project.



Arts, Cultural & Entertainment For the Young at Heart!

The Arts and Entertainments department at Cambridge City Council organise lots of arts and leisure events for Senior Citizens to enjoy all year round. New members are invited to attend the range of activities which are on offer:

Tea Dances

Once a month at the Cambridge Guildhall – a chance to dance the afternoon away with good friends and wonderful music.

Tours

Cambridge City Council regularly organises day trips out for local senior citizens to places of historical interest. Recent trips have included Bletchley Park, Hemmingford Grey, Kew Gardens and The Greenwich Observatory.

Talks and Exhibitions

A full programme of talks and exhibitions involving local historians, authors and more.

Cream Tea Cruises

Regular trips down the River Cam aboard the Riverboat Georgina.

Films

A full programme of lunchtime archive shows at the Cambridge Arts Picturehouse.

The Annual Mayor's Day Out

25 years and counting! An annual trip for senior citizens to the seaside complete with show.

For more information on all events for senior citizens please call 01223 457555 or log on to www.cambridge.gov.uk/seniorcitizens



Volunteering to help

The Forever Active scheme has received funding from the Department of Health for the 'Friends of Forever Active' project. Volunteers will be given training and support where required and expenses will be covered.

Opportunities with Friends of Forever Active are varied and can be adapted to suit your skills and experience. Roles include:

- ✳ Leaflet distribution and promotion
- ✳ Giving talks to community groups
- ✳ Assisting with classes
- ✳ Becoming an activity leader or gym buddy
- ✳ Becoming a walks leader (see page 11 and below)
- ✳ Being a volunteer driver (see page 6)

If you can give a few hours – or just a few minutes – each week your support will be much appreciated and will make a real difference. For more details about how to get involved please contact Juliet Moynan, Volunteer Coordinator – email: favolunteers@cambridge.gov.uk tel: 01223 457532.

We would LOVE to hear from you!



Come and join a health walk in Cambridge

Health walks are particularly suited to those who are new to exercise or are returning to a more active lifestyle. Health walks are planned throughout 2011, starting at various different locations within the City.

Routes are planned to take place in the Abbey, Kings Hedges, Trumpington, Chesterton and Cherry Hinton wards, where possible taking place within and around local green spaces and areas of beauty. Routes will vary in length of between 1 - 5 miles.

For details of walks around Cambridge contact Cambridge City Council's Sports Development Service on 01223 457532 or visit www.cambridge.gov.uk/getactive

Alternatively, find walks by visiting www.wfh.naturalengland.org.uk/walkfinder



walk 4 life

Volunteer walks leader opportunities are also available (see above)

Forever Active Membership Form

1st September 2010 – August 31st 2011

See page 8 for full details of membership costs and benefits.

Name:

Date of birth:

Address:

Postcode:

Telephone:

Email:

Membership Card Number:

(previous members only)

Please list the Forever Active sessions you currently attend:

Signed:

Date:

Please return this form with the correct fee to:

Helen Robbins, Forever Active Coordinator, Sports Development Service,
Hobson House, 44 St Andrews Street, Cambridge, CB2 3AS.

PLEASE NOTE: The annual membership fee is now £12.50, reduced to
£7.50 if you join after the 1st March 2011

Payment can be made by cheque. Please make cheques payable to the
'Forever Active Forum'

Once your membership application has been processed you will be sent
your membership card in the post.