

## **Forever Active Monthly Member Newsletter – December 2019**

Welcome to the last newsletter of 2019. We have had another busy year and were very pleased to present our annual report at the Winter Forum and AGM on 28<sup>th</sup> November. We would like to thank everyone who took the effort to attend the event at the Cambridge Central Library and a special thanks to Mike Tabrett for his great introduction to T'ai Chi. If you would like to read a copy of the annual report, please visit [www.forever-active.org.uk](http://www.forever-active.org.uk)

We would like to start our newsletter with a big thank you to all instructors who work so hard to deliver classes throughout the year on behalf of Forever Active. Without their commitment, expertise and energy there would not be a Forever Active programme of classes to offer. As we reach the festive season many classes will be closed. If you have not been to a class for a few weeks and would like to check whether your regular class is still running, please visit [www.forever-active.org.uk](http://www.forever-active.org.uk) for a full list of 'Christmas Class Closure'.

We are pleased to receive the news from Trumpington Waitrose that Forever Active has been selected for their 'Green Token' scheme in January 2020. We are therefore asking that if you shop at that Waitrose or go to the local Forever Active classes, to please look out for the boxes in store and support our charity with your green token after you have finished at the checkout.

### **New classes for January**

We are pleased to bring you news of two new sessions starting in January as detailed below and are currently finalising details for a few others.

Exercise to Music, Mondays 10-11am at the Christ the Redeemer Church Hall, Newmarket Road, Cambridge CB5 8RS (starting 20<sup>th</sup> January) parking is available. Contact Carrie Holbrook for further details tel: 07538 056624

Walking Netball (in partnership with Let's Get Moving at South Cambs DC) Mondays 2-3pm at Milton Community Centre (outside courts) Coles Road, Milton CB24 6BL (starting 20<sup>th</sup> January) parking is available. Contact Carolyn Pallon for further details tel: 07578 338086

**Watch this space or visit [www.forever-active.org.uk](http://www.forever-active.org.uk) for possible new classes planned for 2020**

Newnham Strength and Balance Class

Girton Strength and Balance Class

Haddenham/Wilburton Strength and Balance class

Trumpington Walking Netball session

Waterbeach/Landbeach Yoga class

Outdoor Functional Fitness circuit class at the Abbey Pool

**Wishing all our members, instructors and partners a very Merry Christmas and a prosperous New Year.**

**Please note: You have received this email if you are a member or partner organisation of Forever Active. If you would prefer not to receive a monthly newsletter, please email your details to: [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk)**

(Please print this out for a class member if you know that they do not have access to email)