

Keep Fit

Keep Fit exercises for the elderly are held every Friday morning in the Village Hall from 10.00 to 10.45 a.m. The weekly charge is £2.50.

This group came about because it was felt that the health of the elderly in the Village would benefit from keep fit classes if these could be organised on their behalf. As a consequence, Shirley Wong was approached and initially she held two free experimental sessions in Freeland. Then on 8 September 2006 the group started holding seated exercises for about nine people paying £2 per week. Age Concern agreed to subsidise the cost provided that numbers increased. After about a year Olwen Bradburn took over as the tutor. Numbers have continued to increase and there are now 14 people on the book.

Newcomers (both men and women) are always very welcome. The exercises are never too strenuous and the sessions always finish with a coffee!

For more information please contact Joyce Williams on 01993-881-784