



# LA Group

Local Activities Group in  
Illingworth and Bradshaw

## **A word from Jean Butler, Chair of the LA Group:**

Hello everyone,

The four months since our Spring Newsletter seem to have flown by, where does the time go? All our activities are continuing regularly, although a question mark hangs over the Tai Chi classes, as Marsha, the tutor, is receiving medical treatment, and I'm sure you will all join me in wishing her well. In the meantime Marsha's husband, David, has stepped in for a few weeks, until the summer holidays at least.

Your Committee remain busy, not only with the routine weekly business, but also organising the one off events. We had a very successful Open Afternoon at Illingworth Cricket Club, with an informative talk about wills and trusts, and lasting and enduring powers of attorney delivered by John Mumford. We were blessed with a lovely sunny afternoon in which we could avail ourselves of the stunning views from the veranda and enjoy our wonderful strawberry cream scones and refreshments. It was also an opportunity for members who attend different activity groups to come together socially.

On Monday 29 June 30 members enjoyed a brilliant day out at Pontefract Races, more about that elsewhere in this Newsletter. Our next outing on Saturday 18th July is on the "Haworth Haddock" an outing the group have enjoyed in the past.

Information is given elsewhere about our AGM but I would urge you to consider volunteering to join the Committee. Committee Meetings are held on the first Thursday of each month at 2.30 pm.

The Committee have already booked the venue for our Christmas Dinner and the entertainment; it will be a 50/60's themed group, and we will be dining in the Marquee at the Moorlands. The date is Wednesday, 2nd December. We have taken the huge step of booking the larger venue, instead of The Loft upstairs, so that more members will be able to attend and there will be no access issues for anyone. You can invite your friends, maybe people who aren't yet members of the LA Group, but who might be interested. You will all be getting the booking slips nearer the time, so don't panic, we haven't had the discussions about menu choices yet! But we can say that we are aiming for a five o'clock for five thirty start again this year, it seems to suit the majority of the group.

Following requests from members, on Thursday mornings in August, we are trialling a Pilates Class, initially for a month, which will be held at Illingworth Moor Methodist Church. Posters are circulating about this and those of you missing Tai Chi through the summer school closure, may like to give this a go and anyone else will be made welcome too.

Whether at home or away, I hope you're all enjoying the summer. Best regards,

*Jean Butler*

## **Newsletter No. 8 - Summer 2015**

**Improving the health and wellbeing of people  
over 50 in Calderdale**

### **NOTICE IS GIVEN THAT**

The Illingworth & Bradshaw Local Activities Group, which caters for the health and well-being of people over 50 living in the area, is holding its

Fourth Annual General Meeting at  
Illingworth Moor Methodist Church  
on Tuesday, 22nd September 2015 at 2.00 pm.

We are delighted that the Mayor of Calderdale, Councillor Lisa Lambert and her Consort, Ken Lambert, will be our guests as will Malcolm Kielty, Chair of Forum 50+. Tea and Cakes will be served and there will be chance to see some of the Art and Crafts produced by some of our groups.

### **OUR DAY AT THE RACES**

*When I woke up that morning, the sky was a velvety blue.  
The sun was shining brightly, so I thought 'this weather will do'.*

*Good weather brings out happiness and lots of smiling faces,  
Especially last Monday, when we went to Pontefract races.*

*Everyone arrived at church, hoping for a fabulous day,  
We loaded the coach with picnics and chairs, then set off on our way.*

*We arrived quite early, so had to wait for the gates to open,  
The sun was beating down on us, a few choice words were spoken!!!*

*But because we were so early, we could snaffle some tables and seats.*

*It was going to be a long day, so we needed somewhere to sit and eat.*

*Eventually we were sorted, then out came all the food.  
The picnic tables were groaning, we were in a party mood.  
Some had salads in boxes, some had jam scones as a treat,  
Joan was a 'classy bird' because she just had potted meat!!!  
Sue had brought posh glasses that were crying out to be filled,  
When Derek offered red & white wine, no one was too strong willed.*

*Some were busy eating, others were quaffing the wine,  
The studious ones were 'studying form', the day was going just fine.*

*A few seemed to know what they were doing, well at least they thought they did,  
But when the races started we all won and lost a couple of quid.  
The afternoon was going really well, some enjoyed a pint or two,*

*The hours were just flying by, there was so much to do.  
All too soon it was the last race, our fortunes were lost or won,  
Nobody cared about winners or losers, because we'd all had lots of FUN.*

*Here's to our next escapade!!!!*

*Joan Taylor*

**For updated information on the LA Group why not look on  
our Website: [www.illingworthandbradshaw.btck.co.uk](http://www.illingworthandbradshaw.btck.co.uk)  
Facebook: Illingworth & Bradshaw Local Activities Group  
Our email address is - [lagroup50@hotmail.co.uk](mailto:lagroup50@hotmail.co.uk)  
To speak to the Secretary ring 01422 249070**