



DECEMBER 2012  
NEWSLETTER  
NO. 4



L A Group

Local Activities Group in  
Illingworth and Bradshaw

Improving the health and well being of people over 50 in Calderdale

### *Letter from the Chair*

*Hello everyone, I hope you are reading this having got most of your Christmas preparations at least organised if not completed. I shall be spending the day with my parents and uncle and cooking Christmas dinner at home this year. Some of you, whilst reading this, will be enjoying an early Christmas celebration at the Moorlands upstairs in The Loft, I'm really looking forward to this great evening and I'd also like to thank all the committee for providing this party's raffle prizes, the main prize we have purchased from funds, but all the others have been donated by the committee and in future if any of you would like to help and donate a prize at future functions, it would be greatly appreciated.*

*Our regular activities are continuing, and generally are very well attended; we have even managed to increase the numbers regularly attending the Art Class, so much so that if they all attend the same week it is a little tight on space! The New Age Kurling has been a huge success, with many requests for it to continue. The committee has agreed that we will replace the borrowed equipment and buy our own, which means we will be able to continue to offer Kurling in the New Year instead of finishing on 18<sup>th</sup> December. I do hope you will all support this endeavour which will continue in the Tuesday morning slot after Keep Fit, from 11.15 am to 12.15 pm.*

*In the New Year we have all our regular groups and classes to look forward to, let's hope the weather will oblige and not stop too many of you getting out and about, we're also organising a one-off fun morning of familiar games, with tea and biscuits to fortify all those attending, using a new venue, it will be interesting to see how well this goes!*

*I'd like to thank the committee for all their hard work over the last months and for their continued support. We aim to provide you with quality enjoyable activities, but we're always open to new suggestions, providing they are viable and we are not duplicating what's already available locally.*

*I'd like to wish everyone a very Merry Christmas and Prosperous New Year, keep safe, warm and smiling!*

**Jean Butler**



To start off the New Year we are having an **Indoor Games Morning** at Noah's Ark at Ovenden from 10 am to 12 noon on Monday, 28th January. Please put this date in your diary and make it one of your New Year Resolutions to come along and support what your Committee are organising on your behalf. If this is successful we could make it a monthly event.

One or two members were interested in having a Taster Session in **Table Tennis**. As our policy is not to run things which are already being catered for in our area we recommend that people interested in Table Tennis attend the Table Tennis Centre at Unit 19 Calderdale Business Park in Club Lane, Ovenden where there are sessions for Over 50's for practice and coaching on Tuesdays & Thursdays from 10.15 to 11.45 am. The sessions are run by Alan Dickinson who is a registered Table Tennis Coach and he can be contacted on 374853 or 341200.

Have you heard about The 'Haworth Haddock'? It is a Saturday evening (29th June) outing on the Worth Valley Railway when you get the chance to travel on a steam-hauled train, eat Fish & Chips and dance the night away or just enjoy the music, and there is a bar serving real ale and other beverages. **If you like the sound of this then please get in touch with our Secretary. It is vital that we have your serious commitment to join us on this evening in order for the Committee to book enough seats (booking opens early January).**

We would join the train at Oxenhope for a 7.30 pm departure for two leisurely trips to Keighley with a pause at one of the stations while the food is served. There is entertainment on the platform at Keighley where there is a canopy over most of the platform, so even if it rains, you can have a little boogie in comfort!

**Please register your interest with the person you pay your weekly subs to at the activity you attend or ring the Secretary - number below - no later than 10th January 2013.**

Below are the activities which we are running every week for the over 50's age group in the Illingworth and Bradshaw area showing the arrangements for Christmas/ New Year sessions. New members are welcome any time at any of the activities.

### **KEEP FIT**

Tuesdays, 10 am to 11 am £2.50  
Illingworth Moor Methodist Church  
Last session - 18th December  
First session - 8th January

### **NEW AGE KURLING**

Tuesdays, 11.15 am to 12.15 pm £2.50  
Illingworth Moor Methodist Church  
Last session - 18th December  
First session - 8th January

### **CRAFTY CLUB**

Wednesdays, 10 am to 12 noon £2  
Illingworth Fire Station Community Room  
Last session - 19th December  
First session - 9th January

### **BRIDGE CLUB**

Wednesdays, 1 pm to 3 pm £1  
Illingworth Fire Station Community Room  
Last session - 19th December  
First session - 9th January

### **TAI CHI**

Thursdays, 10.15 am to 11.15 am £2.50  
Whitehill Community Academy School Hall  
Last session - 20th December  
First session - 10th January

### **ART CLUB**

Thursdays, 10.30 am to 12.30 pm £2.50  
Illingworth Fire Station Community Room  
Last session - 20th December  
First session - 10th January

Why not look on the LA Group's website - [www.illingworthandbradshaw.btck.co.uk](http://www.illingworthandbradshaw.btck.co.uk)

The website is updated almost every day so if you want to keep up to date with the LA Group there is no better place to look. To contact us our email address is [lagroup50@hotmail.co.uk](mailto:lagroup50@hotmail.co.uk)

or to speak to the Secretary ring Halifax 249070.