

Active Lifestyles

Active Mind, Body and Spirit

Message from our Chair

Autumn 2016

Dear members

I hope you are well and keeping yourselves warm during this cold weather.

We unfortunately have had to close more often in the last quarter than we would like due to several funerals and more recently due to our cook Pauline's holiday. Our thoughts are with the bereaved families and also those who have been unwell or in hospital; we wish them a speedy recovery.

Our committee have discussed the issue of the club closure during a funeral or holiday and we thought that on these occasions it might be pleasant for those who would like the continued support of a group to meet and have lunch at the Waterend Barn. We have arranged this in the past and if our members inform us that they would like to go during a club closure we will book a table for the agreed amount of people.

We hope to see more of you in the coming weeks before we close for the Christmas period. We have lots of activities arranged and our last event for the year will be our Christmas Party on 16

December 2016. More details see page 6. This year will be an extra special event as we will also be celebrating one of our members, Rafina Bardell's special birthday. We will have our regular Active Lifestyle Christmas Choir, organised by Mrs Rollins and our popular (but difficult) quiz by Jim Thorp so come and join us.

We will return on Friday 13 January 2017 and we will start the year with a members' meeting to discuss where we will go for our annual holiday and future events, such as our 2017 June Ball.

We could not hold our Annual General Meeting in 2016 so we hope to organise this in April 2017. I know some of you miss us organising our popular mystery trip for members this year so I am pleased to let you know these will resume in the New Year.

Please continue to send Catherine information for the newsletter; this could be anything from poetry to up and coming events/ religious events or activities for other clubs you attend.

Best wishes for Christmas and New Year
Andrene



Happy Birthday to our Members

September

Lorraine Robinson
Daphne Brown
Andrene McDonald

October

Henrietta Richardson
Amy Lewis
Jenny Yong

November

Maria Meneses
Maureen Rollins
Sally Andrews
Estelle Richards
Stella Jute

Please let us know if you have any special anniversaries or life events you would like to share with your friends at the club and we will do our best to include them.

Ministers' Corner

The heart is a God-shaped space and only God can fill it. Ernest Gordon wrote *'In Through the valley of Kwai: From Death-Camp Despair to Spiritual Triumph'* about American soldiers who were captured, tortured and starved by the Japanese in the Malay Peninsula in World War II. As a result, they started acting like animals, clawing, fighting and stealing food. In an effort to turn things around, the group decided to start reading the ***New Testament***.

Ernest Gordon read it to them and they were converted to Christ and this community was transformed into a community of love. That's because God lives in Jesus and Jesus is willing to live in the hearts of those who trust Him.

He offers joy, peace, a transformed life and assurance of eternal life to all those who place their trust in His atoning death, for in Him we live and move and exist (Acts 17:24-28). In the words of this Hymn *'Now none but Christ can satisfy, none other name for me. There's love, and life, and lasting joy, Lord Jesus, found in thee.'*

Pastors Wilkinson & Urla Rollins

(Adapted from 'The Word For Today')

Celebrating Older Peoples Day

On Wednesday 19th October St Albans District Council organised a day to celebrate Older People in the area. It was held in

More than 30 different organisations set up stalls in the Alban Arena in the city centre, offering useful information and advice on finance, fire safety, crime prevention, scams, bereavement, and how to stay healthy and active. Some organisations could offer direct help with particular worries about illness or money.



There were also lots of leisure activities on offer – everything from bowls to the WI, from evening classes to exercise classes. There really was something for

everyone. And when you were tired of walking round all the stalls you could sit down with free tea and cake.

Throughout the day there were talks and shows from the police, Trading Standards and our very own Nigel who did a demonstration of his Extend class that he does with us every month.



Recent Club Events

Cultural Day

On 21st October we held our Cultural Day when members dressed up in their national dress—or clothes that represented their country. Many more brought in different foods to share, so we could sample foods from all over the world. Delicious.

Some of us struggled to find room for our usual lunch afterwards!



The room was decorated with lots of different national flags - who spotted theirs?



Club Holiday 2016



In September some members of the club travelled to Madeira for a wonderful week's holiday. A good time was had by all. Some of us even had an upgrade to our room!

We are looking forward to next year!

The London Hong Kong Dragon Boat Festival

According to both legend and history it is said that the Dragon Boat Festival originated in ancient southern central china some 2500 years ago along the banks of the Yangtze River, around the same era the Olympic Games began on Greece.

It was a fantastic carnival atmosphere attracting up to 10,000 attendees each year. Over a decade ago now London Chinatown Lions Club organised the first Dragon Festival in London Docklands as a fundraiser for Chinese schools around the M25 area.

The festival provides an excellent opportunity to experience Chinese culture, including traditional Chinese

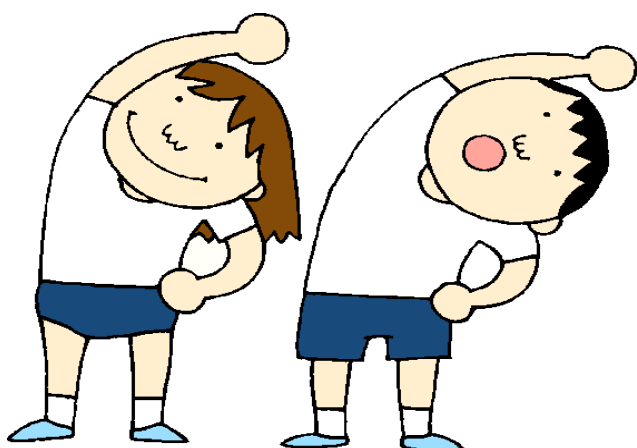
Lion dancing, martial arts displays, tai chi, music theatre and dance, as well as a food festival offering street food from Asia including Chinese, Japanese, Korean, Indian Indonesian Vietnamese and Thai cuisine.

I would like to share this experience with you all. Stella Jute, Kumaree Juggapah and I thoroughly enjoyed our first dragon boat race, watching the thrill of competing and raising money for charity.

Come and experience this event next year at Royal Albert Dock.

By Brenda Nahaul

Keeping Fit



We all enjoy taking part in the monthly exercise sessions organised by Nigel and Leigh at our club. Both are qualified Extend instructors. Extend's exercise mission is to promote

health, increase mobility and independence, improve strength, co-ordination and balance and to counteract loneliness and isolation in older adults and disabled people. Extend exercises are enjoyed nationwide by around 25,000 older and disabled people, the exercises are safe, effective and sociable fun, as the

TV ad keeps stating "if it's fun it don't seem like exercise."

Nigel and Leigh hold up to 4 classes a week: 2 public sessions Mondays at the Methodist Church Hatfield Road, and Fridays at Ashley Church both at a £1.00 until 12.00; and 2 private ones, every other Wednesday at Redbourn Care Group, and monthly at Active Lifestyles.

Christmas Party

On Friday 16th December we will be holding our Christmas party. This year will be an extra special event as we will also be celebrating one of our members, Rafina Bardell's birthday.

As well as our usual activities and a delicious 3

course meal we will have our regular Active Lifestyle Christmas Choir, organised by Mrs Rollins and our popular (but difficult) quiz by Jim Thorp so come and join us.

For catering purposes we need to know numbers in advance, so

please book your place as soon as possible.

Tickets :

£15 for members

£18 for non-members



Free Boiler Servicing

Phone : 07541 659442

Email: opt@cvsstalbens.org.uk

Website: www.staopt.org

Registered Charity No. 222522



About The Trust

St Albans Old People's Trust is a local charity whose aims are to relieve need, hardship and distress. The Trust was set up in 2000 and has helped many older local residents with free grants for items and services which help them stay in their own home.

Free Boiler Servicing

The St Albans Old People's trust are working in partnership to offer free boiler servicing to local residents aged over 60. This service is free with no money paid out by the clients. Money is also available for paying to fix boilers if needed.

Am I Eligible?

To be eligible you need to be over 60, in need, hardship or distress. Have a low income or perhaps be on pension credit and live in the St Albans District area.

Why have your boiler serviced?

Having a reliable and dependable boiler to provide hot water and heat is a daily essential. However, like many other things, it needs to be regularly checked and tested to make sure all components are working correctly. An annual boiler service can prevent potential problems, avoid unwanted disruption, ensure maximum central heating efficiency and keep energy bills to a minimum.

How do I apply?

Please call **07541 659442**. A small amount of information about you will be taken over the phone. We will then arrange for your boiler to be serviced.

Grants may be available if boiler is broken and needs fixing please contact. Grants may also be available to help pay heating bills if people are struggling . Again please call .

FREE support and lunches for people over 70!

- Free fun and informal monthly community lunches
- Lots of stalls with information on services and what's on offer in the District to help you stay independent, enjoying life to the fullest
- Disabled access and toilets at all venues
- Transport can be arranged
- Free treats such as boxes of biscuits and a free raffle!

Redbourn Village Hall 63 High Street, Redbourn, AL3 7LW	Tuesday 22nd November 2016 11.45 – 2pm
The Vineyard Church 7 Brick Knoll Park, St Albans, AL1 5UG	Tuesday 6th December 2016 11.30 – 2pm
London Colney Caledon Club Caledon Road, London Colney AL2 1PU	Tuesday 18th January 2017 11.30 – 2pm
St Albans Council Chamber Council Offices, St Peters Street, AL1 3JE	Friday 10th February 2017 11am – 2pm
Harpenden Town Hall Leyton Road, Harpenden, AL5 2LX	Monday 13th February 2017 11am – 2pm

For more information and to book a place please contact:

Nikki Casey 01727 814644 or nikki@cvsstalbans.org.uk

Run by the CVS, a local charity No.1064774



What 3 things would make a difference to your life?

I get lonely and would like someone to talk to....

I am worried about paying heating bills.....



I find it difficult to carry my shopping.

Can you name 3 things that would make a difference to your ability to live an independent fulfilling life?
Come along and tell Nikki on 9th December.

FACE MEETING ON RACISM

On Tuesday 2nd August Faith and Cultural Enterprise, (FACE) held an evening of discussion on Racism, Islamophobia and Anti-Semitism. We were privileged to have guest speakers Aayesha Shaikh, Haim Ben-Zion and MP Anne Main.

It was an inspiring evening which led to actions from Anne Main MP and individuals and FACE hopes to continue the raise awareness on hate crimes.

You can request a copy of the presentations from secretary.face@gmail.com

The Charter for Compassion web site [supported by leaders across the world's religions] <http://www.charterforcompassion.org>

Tell Mama - Countering Anti-Muslim Hate & Islamophobia website www.tellmamauk.org

This is a Moslem run call centre that monitors racist incidents against Moslems and can assist in bringing more serious incidents to the attention of the Police.

I believe their advice is first to call 999 and after the incident to contact Tell-Mama either by phone or using an online form via their web site.

Anne Main MP has already written to the Secretary of State for Justice, the Chief Executive of St Albans District Council and the Secretary of State for Education to follow through the discussions on the need for better education of our children on tolerance and better promotion of community cohesion. In addition to aid the reporting of racist crimes and the need for more Muslim prayer space to be provided in St Albans.

Andrene

<http://www.charterforcompassion.org>
www.tellmamauk.org

Fundraising

Open garden and plant sale

Many thanks to Angie and Peter for hosting the open garden and plant sale. Seventy members and friends enjoyed the garden and Angie's delicious food. Over £400 was raised.



Guide to Services for Older People in St Albans City & District

St Albans City & District Council have produced a guide with local and national contact information on all ser-

vices relevant to older people. If you have access to the internet, you can read it online or download and print a copy.

<http://www.stalbans.gov.uk/community-and-living/olderandyounger/older/default.aspx>

Our website

We hope you enjoy reading the newsletter. We are always happy to hear your thoughts, comments and suggestions. We will try to include all your contributions, but sometimes there just isn't enough space to include everything. For the same reason, we may sometimes have to edit pieces before publication.

Please remember, however, that our newsletter is only published four times a year, but our website is updated on a regular basis. If you have access to the internet, remember to take a look. There are lots of photos, and more details about our activities.

www.activelifestyles.org.uk

Or contact Catherine on

outreach@activelifestyles.org.uk

Active Lifestyles

Active Mind, Body and Spirit

Dates for your Diary

11th November - Keep Fit with Nigel Rushton

18th November - club closed

25th November- club closed

2nd December - crafts - making Christmas cards

9th December - What help is available for older people in the area:
a talk and discussion . What would make your life
easier or more enjoyable?

(for more information see pages 8 and 9)

16th December - Christmas party 12 –3pm

23rd December - club closed - Christmas break

30th December - club closed - Christmas break

6th January 2017- club closed - Christmas break

13th January 2017 - members' meeting



Unless stated otherwise, all meetings start at 12.30pm, at

Townsend Bowls and Tennis Club

8 Waverley Road

St Albans, AL3 5PA

NOTE: the programme is made in advance, and may be subject to change.

For up to date information on our news and events see our website

www.activelifestyles.org.uk