



Coffee & Registration	09.30 - 10.15
a.m. Session	10.15 - 12.15
Lunch (bring your own)	12.15 - 12.45
AGM	13.00 - 13.30
p.m. Session	13.40 - 15.40
Afternoon tea	15.40 - 16.30

GETTING THERE

Please check up to date bus timetables.



BUS No.35 to Turriff. Alight from bus opposite Tesco. Cross the road, go through Tesco Car Park (no pavement), walk down side of Academy, turn left onto Victoria Street and keep going to Academy entrance.

BY CAR: From South. A947 to Turriff via Dyce, Newmachar and Oldmeldrum. From Banff: A 947.



Grampian 50+ Network Spring Fling 2018 & AGM



**09.30 - 16.30
Thursday
12 April 2018**

Turriff Academy
Victoria Terrace, Turriff, AB53 4EE

Enjoy a day of activities and fun for men & women, the fit and the not so fit, with a range of crafts, dance, heritage, visits & walks.

**£5
per
person**



**Grampian
50+ Network**

Registered Scottish Charity
SCO31721

Organised by Grampian 50+ Network Committee
with lots of help from Turriff and Upper Ythan Group

Following the successful format of 2017's Spring Fling we will once again be using the same advance sign-up to register for your preferred walks and activities.

ACTIVITIES AND CLASSES

In order of preference (1 being your 1st choice and 5 being your last) please write the appropriate number against your choice of activity or walk on the Registration Form. The Committee will allocate two of your five choices but you will not know which ones until you arrive on the day. If you are required to bring any special equipment you will be notified via your Group contact. For activities held outwith the centre transport will be provided if required.

REFRESHMENTS

Tea, coffee and a scone will be provided on arrival; tea, coffee and shortbread before your departure.

Lunch: Please bring your own food, plus hot and/or cold drinks.

Please bring soft shoes to wear indoors.

Please complete and return the registration form and hand to your Group Leader as soon as possible.

Closing date
19 March 2018



ACTIVITIES AND CLASSES

All activities will take approximately 2 hours.
If a craft class is oversubscribed we will offer something similar.
Please choose activities to suit your level of ability/fitness

ACTIVITIES

- Indoor Bowling
- Line Dancing
- Yoga
- Aquacise
- Badminton and Table Tennis
- Pampering
- Clay Pigeon Shooting

HERITAGE

- Turriff Show – presentation and walk to grounds
- Recall & Reminiscence through Hats & Memorabilia
- Murder Mystery Treasure Trail around Turriff

2 WALKS in Turriff Area

A Short Walk and a Longer Walk

CRAFTS

- Flowers - corsage or buttonhole.
- Sugar Craft - flowers with sugar paste.
- Glass Painting - tea light holder.
- Beadwork - Shamballa bracelet.
- Card Making
- Kilt Pin Brooches & small craft idea
- Fun with Paper – making baubles

VISITS

- Delgatie Castle
- Men's Shed
- Trout Fishery including walk and casting a line