



GETTING THERE

Mintlaw Academy address:

Station Road, Mintlaw AB42 5FN.



Coming from Aberdeen, follow the A952 until you get to The Square, Mintlaw. Turn left at the roundabout in The Square and follow the A950 (Station Road) for New Pitsligo. About half a mile on your left you will see the Academy building. There is ample parking.

Subsidised transport will be available from different areas if there is a demand. Ask your group contact for more details.



Coffee & Registration	09.30 - 10.15
Morning Session	10.15 - 12.15
Lunch (bring your own)	12.15 - 12.45
AGM	13.00
Afternoon Session	13.40 - 15.40
Afternoon Tea	15.40 - 16.30

Grampian 50+ Network



Fling & AGM!

Thursday 11 April, 2024

09.30 - 16.30

Mintlaw Academy



We are grateful to ACVO & AVA for funding from the Scottish Government Community Mental Health & Wellbeing Fund.



Organised by Grampian 50+ Network Committee
with lots of help from Mintlaw Walkers & Mintlaw Ramblers

The Annual General Meeting will take place at 1.00 pm

ACTIVITIES AND CLASSES

In order of preference (1 being your first choice and 5 being your last,) please insert 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 as required.

REFRESHMENTS

Tea, coffee and a 'fine piece' will be provided on arrival, with tea, coffee and cake before your departure.

LUNCH: please supply your own food plus hot and/or cold drinks.

Please bring soft shoes for indoor wear.

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

CLOSING DATE

MARCH 23rd

**£8 per person
non-refundable**

Activities, Walks & Visits

WALKS

River Walk – 4 miles. Walk from Academy to Aden Park, passing allotments, then walk to river.

Prisoner of War Camp – 3.5 miles. Bus to Stuartfield, walk **UP** to POW Camp then through woods back to Stuartfield. *(Please note there is an incline to the camp)*

Pitfour Lake – 4 miles. Walk along old railway line to Pitfour Estate, then around the lake (*slight gradient at entrance to estate.*)

Aden Park – 3.5 miles. Walk from Academy on a track to Aden Park touring various paths before returning to the school.

CRAFTS

Clay modelling – cold clay, taking home a finished article.

Floral Art - in Academy.

Cooking for One - in Academy.

Cushion Making - making cushion cover. Pad provided.

VISITS

Farming Museum and information on Book of Deer.

Railway Museum in Maud - talk from volunteers.

Men's Shed – visit Men's Shed and allotments.

Woodturning – demonstration at New Pitsligo.

Rora Dairy - visit to Hi-Tec Eco-farm and Yoghurt Factory.

ACTIVITIES

Indoor Bowling - at local Bowling Centre.

Pilates – in Academy.

E Bikes – enjoy a taster session with e-bikes from Aberdeenshire Bothy.

MISCELLANEOUS

Deaf Awareness – introduction to sign language.

Songs of the North East.

Mintlaw Ramblers' Rambles – film presentation on group's walks from Doug, including local history.