

Following the successful format of 2018'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 cake 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
22 March 2019

£6
per person.
Non-refundable

ACTIVITIES AND CLASSES

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

MUSIC

Chapel Chimers
Sing for Fun with B Naturals

TALKS

"Growing Up in an Aberdeen Tenement" - Barney Crocket
"Notable Women in Aberdeen" - Irene Sinclair

ACTIVITIES

Tai Chi
Short Mat Bowling
Highland Dance/Sequence Dancing
Zumba Gold
Board Games – Intro to Maj Jong, Chess, Scrabble

Emergency First Aid

Where are we?" A beginners guide to leaflets and maps

WALKS

Easy – 2.9 miles.
Perwinnes Moss a pleasant walk with good views

Medium – 4 miles.
Diamond Bridge via Thomas Glover House & Brig of Balgownie

Short Easy – 2 miles.
Recording Wildlife whilst walking at Perwinnes Moss

"Writing the Place"
Short Walk and Workshop

ARTS & CRAFTS

Pretty Rubbish Mosaics – making an individual piece

Art – Using soft Pastels

Make a Button Doll



VISITS

Cruickshank Gardens with Curator

Sir Duncan Rice Library – University of Aberdeen

St Machar Cathedral

2019 Spring Fling REGISTRATION FORM

Please complete and return this form together with your £6.00 (non-refundable) fee to your Group Leader. Closing date 22 March 2019.

**Please note - individual applications will NOT be accepted.
CHOOSE FIVE ACTIVITIES FROM THE LISTS BELOW.**

- ★ With number **1** being your first choice and 5 as your least favourite, **you must enter** numbers 1, 2, 3, 4, or 5 in the appropriate boxes for **no more than 5 choices** - the Committee will allocate as appropriate.

NAME _____

GROUP _____

Any Special Requirements?

Diet? _____ Access? _____

Choice Numbers in this column

Walks	Easy	
	Medium walk	
	Short Easy	
	Writing the Place	
Music	Chapel Chimes	
	Sing for Fun	
Activities	Tai Chi	
	Highland & Sequence Dance	
	Zumba Gold	
	Board Games	
	Short mat bowling	

Arts and Crafts	Pretty Rubbish Mosaics	
	Button Doll	
	Pastel painting	
Visits	Cruickshank Gardens	
	Sir Duncan Rice Library	
	St Machar Cathedral	
Talks	Growing up in an Aberdeen Tenement	
	Notable Women in Aberdeen	
First Aid	Emergency First Aid	
Maps	Where are we	

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