

FLEXERCISE

Interest has been expressed by some Spaxton folk in setting up a Flexercise group in the village, but I have been asked to explain a little about it.

Flexercise is an AgeUk Somerset initiative which encourages older people to keep mobile.

It is chair-based, fun, informal, and open to anyone, no matter what their level of fitness.

We use music, play games, do some memory work and finish up with a cup of tea and time for a chat.

It is led by trained leaders (Margaret and Eileen) who enjoy seeing older folk laughing and feeling fitter. We have both been trained by AgeUk to deliver this programme and many doctors will recommend it.

If you would like to participate or are interested to know more, please contact Maureen Anderson on 671457 or speak to Eileen on 652250.

No day or time has been fixed yet, though it will probably be held in the village hall for one hour per week.

Margaret and Eileen are volunteers for AgeUk but a small charge will have to be made to cover the cost of hiring the hall.

ENMORE AND DISTRICT GARDENING CLUB



**National
Trust**

Tuesday 26 January "Stourhead Gardens" - Alan Power. Alan is the Head Gardener and Estate Manager at this National Trust property.

We meet on the last Tuesday of each month at Enmore Memorial Hall at 7.30pm. Visitors are always welcome, £3 including refreshments.

Bring and Buy plant and produce stall, raffle.

Any enquiries to Denise Sheppard 01278 671980

Spaxton Society

This season we have already enjoyed varied and interesting talks on the development of Steart Marshes, Spaxton's Sewage and the Wildlife of the Somerset Coast. As you can see we cover a range of local topics. Still to come, in December we are learning about The Parrett Navigation Company.



The cost of each talk is £2:50 and takes place in the village hall at 7:30 on the second Thursday of the month. The talk and follow up questions usually last just over an hour and are followed by free tea and biscuits and a chance to further discuss the talk with each other or the speaker.

Hope to see you there.