

January 2019

Older & Active

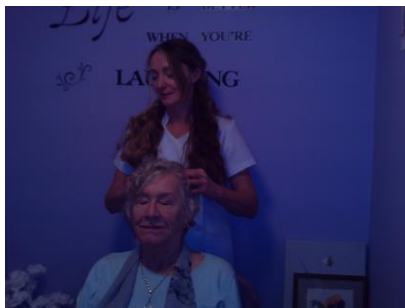
IN EAST KILBRIDE

The Meeting Place Unit 2a, The Olympia, East Kilbride Shopping Centre, East Kilbride

Telephone: 01355 571300 or 01355 237402

Welcome to our first newsletter of 2019! A Happy New Year to all our service users. Read on to find out about services available at OAEK.

Complementary Therapies & Physio/Acupuncture



If you are in need of some relax time or have some aches after the busy Festive Period, why not try something different? Our Complementary Therapies take place on a Thursday in The Meeting Place meanwhile Physio/Acupuncture is on a Friday. If you would like an appointment please contact the office on 01355 207840. A three block is available (the same time each week) and is charged at £5 a session. Both Complementary Therapies & Physio can treat a wide range of illnesses and offer relaxation and create better health and wellbeing. Why not book in and treat yourself in 2019?

Christmas Hamper Winners

Thank you to everyone who donated to our Christmas Hamper or bought a raffle ticket for the draw! The winners at Shopmobility Centre West were: Frank McEwan, Kirsty Crawford, Douglas McGhee, John McArthur and Margaret Montgomerie. The Meeting Place had too many winners to mention, a big congratulations to everyone!

Take a look at what's happening in January!

| DATE | TIME | ACTIVITY |
|--|-------------------------|-------------------------------|
| Monday 7 th , 14 th , 21 st , 28 th | 10.30 – 14.30 | Podiatry |
| Monday 21 st | | Police Scotland – Lucie Black |
| Tuesday 8 th , 15 th , 22 nd , 29 th | 10.30 – 14.30 | Podiatry |
| Wednesday 9 th , 16 th , 23 rd , 30 th | 10.45 – 12.00 approx | Health Walks |
| Wednesday 9 th & 23 rd | 13.00 – 15.00 | Arts & Crafts |
| Wednesday 23 rd | 11.00 – 14.00 | Citizen's Advice Bureau |
| Thursday 10 th , 17 th , 24 th , 31 st | 10.30 – 14.30 | Complementary Therapies |
| Friday 11 th , 18 th , 25 th | 10.30 – 11.20 | Easy Tai Chi |
| Friday 11 th , 18 th , 25 th | 11.30 – 12.00 | Tai Chi Fusion |
| Friday 11 th , 18 th , 25 th | 12.00 – 15.00 | Physio/Acupuncture |

Health Walks

Our Health Walk will resume on Wednesday 9th January. Our route is adapted for mobility equipment, bring along your scooter or power chair and meet us at The Meeting Place at 10.45 for an 11 start. Health Walks are a great way to meet new people and get out in the fresh air. Plus there is a complementary tea/coffee afterwards! We look forward to seeing you !



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