

Exercise Can Be Fun Over 50?

Pop along to a fun, low-impact aerobics class for the over 50s held **every Tuesday** at the New Beaconsfield Hall, **11.30am to 12.30pm.**



The class runs for 48 weeks of the year and you pay just £3.50 per session on the day. You do not have to be well co-ordinated or even able to do the splits,

of course improve our general fitness. Pop along or, for more details, contact Sue on: 01993 846882.

Maureen Bailey

everyone, male or female is more than welcome to come along and join in. We have lots of fun and laughter and

Cotswold Walks

The walks below are organised and led by the Cotswold Voluntary wardens.

Walking with the wardens is not just moving briskly between two given points, but time is built in to enjoy various aspects of the landscape we live in. Each walk is themed suggesting a focus and various features will be pointed out en-route. It is advisable to wear appropriate footwear giving support and protection.

All the walks are free of charge but there is the opportunity at the end of the walk to make a voluntary donation which goes towards the work of maintaining and enhancing the Cotswold countryside. Sorry, but only assistance dogs are allowed on the walk.

To find out about walks in the more distant parts of the Cotswolds or to have more details about the ones listed below the web address is

www.escapetothecotswolds.org.uk and follow the walk link. *The Cotswold Lion*, a free publication, also has full details of the walks and other events. This will be available from the end of March. There are often copies in the Post Office.

Wednesday 17th April

Exploring the Oxon/Glos Border

Starts in Churchill - park near the church
10 miles. Moderate

Saturday April 20th

20th Anniversary Walk

Meet at Chipping Norton Town Hall
12½ miles. Strenuous

Tuesday April 23rd

Evenlode Valley

Starts in Chilson
8½ miles. Moderate

Stories in Song

North Cotswold Chamber Choir presents an evening of Stories in Song, served with supper, on **Saturday 15th June** at the Beaconsfield Hall. Tickets £18, including food, available from Jaffe and Neale, Milton Post Office or at www.nc3.org.uk