

# Westerhope Mature Action Group

A forum for anyone over the age of 50 who has an interest  
in the Westerhope ward

**Programme of Activities July - December 2010**  
**in the hall of the Westerhope Community Association, Hillhead Road**

Date	Time	Subject
Wednesday 14 July	9.30am – 10.25am	'Mature Moves' Gentle Exercise session with Joan Holmes
	10.25am – 10.45am	Coffee/Tea and Biscuits
	10.45am – 12.00noon	<b>Valuing people: creating a society characterised by fairness, justice, dignity and respect.</b> Presentation by Chris Mason. <b>CONFIRMED</b>
No meeting in August		
Wednesday 8 September	9.30am – 10.25am	'Mature Moves' Gentle Exercise session with Joan Holmes
	10.25am – 10.45am	Coffee/Tea and Biscuits
	10.45am – 12.00noon	<b>Newcastle Warm Zone CONFIRMED</b> Presentation by John Mitchell from Newcastle Warm Zone, with a quiz to finish.
Wednesday 13 October	9.30am – 10.25am	Gentle Exercise session with Carole Bennett
	10.25am – 10.45am	Coffee/Tea and Biscuits
	10.45am – 12noon	<b>Samaritans CONFIRMED</b> Presentation by two representatives from the Samaritans.
Wednesday 10 November	9.30am – 10.25am	'Mature Moves' Gentle Exercise session with Joan Holmes
	10.25am – 10.45am	Coffee/Tea and Biscuits
	10.45am – 12.45pm	<b>National Osteoporosis Society CONFIRMED</b> Presentation by Jill Beaumont from the Society.
Wednesday 8 December	9.30am – 10.25am	Gentle Exercise session with Carole Bennett
	10.25am – 11.30am	Christmas coffee morning with an update on the work of the <b>Elders Council. CONFIRMED</b>