

## Fight the Christmas Flab!

Is there anyone who doesn't put on the odd pound or two over Christmas? Maybe each year on January 1<sup>st</sup> you resolve to do something about it.

### Well we can help you this year at Waterhouses Village Hall.

There are a wide variety of sports and exercise groups to help you get fitter in the New Year, ranging from frantic floorball and lively salsa to gentle stretching with pilates or even gentler seated exercises. See details below of all that is available.

A new introduction in 2006 is

## NEW AGE KURLING

New Age Kurling is a form of the original curling game, but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice.



It is probably the fastest growing sport in the world. Importantly, since it can be played sitting or standing, the game can be played by both able-bodied and disabled people alike. All ages and abilities are welcome.

A taster session has been arranged so you can try it out.

**Thursday January 19<sup>th</sup> from 6 to 8p.m.**

## Sports and Exercise Groups in the Village Hall

FLOORBALL                      Sunday 11-12noon  
and                                  Friday 6-7p.m.  
(like indoor hockey, played with plastic sticks and soft ball)

SALSA                              Tuesday 6-7p.m.  
(fairly energetic, you don't need a partner)

PILATES                            Tuesday 7-8p.m.  
(stretching exercises, improves suppleness and balance)

CIRCUIT EXERCISES    Tuesday 9.15 – 10.15  
(for the over 50s, aerobic but not too strenuous)

SEATED EXERCISES    Tuesday 10.15-11.15  
(again for the over 50s – anyone can manage these!)

## Durham Town & Country

Read about Waterhouses in the winter 2005 edition (issue 53) of Durham Town and Country. (cost £1.75)

It includes a 3-page spread about what is going on in the village.

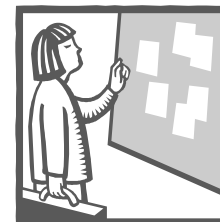
## ING HEDLEY HILL TERRACE IN TOUCH

It has sometimes been inconvenient for folk from Hedley Hill Terrace to know what is going on, since they are some distance from the village hall.

But help is at hand.

You will soon have your own notice board in the bus stand in the middle of the terrace.

Keep your eye open for information, circulars, and posters about what's on.



**K  
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## Rhona Requests ....

Are you an expert in languages, computing, arts and crafts etc? Would you be prepared to run a short course in the village hall?

If so please let me know.

Telephone Number is on page 4

## Diary Dates for the New Year

Coffee Morning

Saturday January 7<sup>th</sup>  
from 10 to 12

Coffee Morning

Saturday February 4<sup>th</sup>  
from 10 to 12

See notice boards or flyers for dates of Saturday night socials

If the Times, Independent and Guardian newspapers can shrink from broadsheet to tabloid then so can we!

But in truth the real reason for the new layout of Waterhouses Wanderings is so it is easier to push through your letterbox!

We hope you like it.

New number to contact the Police for NON-EMERGENCY CALLS is 0845 60 60 365.

You should still dial 999 for emergencies.