



ALL RESIDENTS – DATES TO DIARISE FOR FUTURE MONTHLY EVENTS

23RD June – This Saturday – Woodlands Parkrun

The 1st half of the course is all on brick paved roads around a very shady Office complex before going down into the adjacent Park with cemented pathways, where you will see wild deer and other animals, before making your way back up the hill to the finish. After last month's poor turnout, I appeal to as many of you as possible to come along and join the Regulars, a group who do a Parkrun every Saturday whenever possible. Please enter your name on the lists on the side of the post boxes in the clubhouse. There is a photo of the Team walking in the village, which appeared in the Saturday Star a few weeks ago, under the list. When I showed Helen the photo, the 1st thing she said was "I must wear longer pants in future" Maybe the men should take a vote on that!! Please enter your name **as early as possible** on the list so that transport arrangements can be made. We need to leave the old clubhouse by 7.00 at the latest, to be able to park in the office complex as they close the gates to the complex at about 7.45am

28th July – Saturday afternoon at 2.30pm – The Otter Estates Fun Run in Lonehill

The course is around the roads in Lonehill. We have been doing this event since 2014. It is a well organised and enjoyable event with lots of lucky dip prizes afterwards. We have always had a large entry for this popular event so please come along and enjoy it.

25th August – Saturday Parkrun

Venue to be advised The Regulars are doing different Parkruns in and around the area to find a new suitable venue for you to do.

September – Melrose Arch 5km Fun Walk

more details to be advised when finalised.

6 October – Saturday afternoon starting at 5.00 pm – EVERGREEN VILLAGE FUN WALK

An event not to be missed if you have not done it before, ask someone who has done it how much fun it is. You have 4 different distances to choose from to walk from the 700 meter dash to 5.4kms. For those who have done it before, you have 111 days to get fit and see if you can walk further this time in the bi-annual walking challenge. 81 days before the nagging starts. We need to beat our record of 80 walkers this time. Helpers and spectators welcome. Champagne, with or without orange juice, is available before, during and after the Walk. Boere rolls with Hennie's famous pap and sous, plus a beverage of your choice will also be available. There will be a small cover charge for everyone attending to cover the cost. Unfortunately this event is restricted to residents only. However family and friends are welcome to come along to cheer you on and enjoy the fun

For more details of any of the above events, contact Ernie – Unit 80 Ext 180

Remember to **"keep fit and remain evergreen"** Ernie – Chief organiser and persuader