

**WALKING GROUP:** Hello to all our exercise lovers! We are told that we should spend 30 minutes daily on exercise. So, it is great to see so many Members come out on a Monday morning to get their 30 minutes' worth! Eddie Lee and his troops organise a different walk each week - **3rd, 9th, 16th, 24th, 30th December, - 9.00am Club Marion** In addition, we will walk each Monday in January 2020!

