



Sunderland

50 + FORUM NEWSLETTER
January 2008

HAPPY NEW YEAR

I hope you all had an enjoyable Christmas and New Year. My apologies for no newsletter in December but I have been off work for a month following a fall. However all should be back to normal now.

ActivAge has many new courses starting in January. Why don't you have a look at the enclosed leaflet and take up a new activity in the New Year.

Here is the list of Forums for January 2008.

AREA	VENUE	TOPIC	DAY/DATE
SOUTH	Tom Urwin House Silksworth	Oral health	Tuesday 8 th Jan 2pm
EAST	Bradbury Centre	Energy Watch	Monday 14 th Jan 2pm
NORTH	Chillingham House Monkwearmouth	Sunderland Telecare	Thursday 17 th Jan 2.30pm
WEST	High Grindon House	Oral Health	Monday 21 st Jan 11am
COALFIELDS	Burn Promenade Houghton	Oral Health	Wednesday 23 rd Jan 10.30am

For further information please contact:
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P.T.O.

