

Are you over 50 and keen to get back into sport or exercise?

Keen to improve your health but don't know where to start?

Then **join us at Fit from 50**, a unique Spelthorne based project aimed at **kick starting the over 50's back into fitness**.



FIT FROM 50

- The Fit From 50 Programme offers a range of fitness and sporting activities and nutritional advice for men and women aged 50-65 who live or work in Spelthorne.
- Join one of our regular 8 week programmes offering a variety of activities or participate in our weekly Football, Netball or Badminton sessions.
- This is a fun way to get back into regular fitness activities with like-minded people at your own pace.
- The next men's and women's 8 week courses will be starting at the end of September 2010.

For more information or to sign up visit our website www.fitfrom50.co.uk or contact Andy McKee on **07941 596871** or andy@fitfrom50.co.uk

Seniors can still enjoy the good times together... at Sunrise



When it comes to senior living and care, Sunrise is different.

Not only because of our award winning residences, positive attitude, expert care, daily activities and quality menu, but also because of the opportunities we offer senior couples and friends to move in together.

Companion Living at Sunrise is pretty unique. We have larger suites that are perfect not just for couples but for best pals and siblings too, so the cherished relationship of a lifetime continues to be just that.

It often means that, in terms of cost, it makes Sunrise even more affordable.

Call us today to find out more about Companion Living at Sunrise and plan to continue enjoying the good times together!

SUNRISE
SENIOR LIVING

Sunrise of Virginia Water
☎ **01344 843777**

Sunrise of Weybridge
☎ **01932 871100**
www.sunrise-care.co.uk

Sunrise: setting a new standard

- Beautiful interiors and landscaped gardens
- Daily entertainments, activities and hobbies
- A positive attitude promoting wellness and independence
- Restaurant-style dining three times a day
- Expert care 24 hours a day
- Private suites at affordable rates
- Separate, specialised dementia care neighbourhood
- Even better value for senior couples!

Join us for one of our forthcoming events. Call us to find out more.

The high quality senior care alternative