

Christmas and New Year arrangements

All groups will continue throughout the Christmas holidays except in December: Monday 24th, Tuesday 25th, Wednesday 26th, Monday 31st (No evening groups) & Tuesday 1st January 2013.

Special seasonal sessions: **Christmas Eve Walk & Run** @ 9.30am all welcome.

Boxing Day Run, meet Millar & Carter 10.00am for 10.15am start. Suitable for Run Fitness & Run Plus
Any members who are on term fees will be asked to pay £3 during holidays (December 27th - January 5th inclusive). Why not sign up to Go Monthly from January to avoid additional fees?

Why not join our Saturday Charity Events details below

If this is your normal Saturday sessions no additional charges will be made.
Please note there will be **NO** Saturday groups (except Walk Plus) on these Saturdays.

Charity Christmas Hash Event

Saturday 29th December 2012

Meet from 8.45am Wyndley Leisure Centre
All welcome -bring your family & friends for this fun trail run (shortest route 3 miles) followed by mulled wine & mince pies
£5 donations
All welcome

In conjunction with Birmingham Hash House Harriers (www.birminghamhsh.co.uk)

Winter Charity 5km Handicap

Saturday 19th January 2013

Meet in Sutton Park at the **SE Fitness** gazebo from 8.30 am. First off at 9.00 am
New for 2013 - 1km start time 8.45am (any under 14yrs accompanied by adult)
All welcome
To enter: estimated finish times by **Wednesday 16th January by 4.00 pm at the latest by email**
£3 on day- all proceeds go to charity.

New Charity for 2013?

SE Fitness Leaders vote for which charity we support each year. This will be announced at the Christmas Social. If you have a special charity in mind why not speak to your leader.

Christmas meal & disco

Moor Hall Hotel (Charter Suite) on Tuesday 11th December at 7.30 pm for 8.00 pm
Cost £27 (by Tuesday 20th November) £30 (if places still available - deadline Friday 30th November)
Cheques **only** (payable to **Sally Ellis**) in an envelope with your meal choices. See below.

Name _____ Contact no. _____

I enclose £27/£30 (payable to Sally Ellis). Circle choices and return in envelope with cheque

Starters

Vegetable soup with herb croutons (v)
Melon & pineapple with winter fruit punch (v)
Local game terrine with onion bread
Smoked salmon and prawns

Dessert

Traditional Christmas pudding with brandy sauce
Whisky & almond cheesecake with fruit purée
Trio of chocolate mousses with coffee custard
Followed by freshly brewed coffee & mince pies

Main course

Roast Warwickshire turkey with trimmings
Peppered sirloin of Shropshire beef
Fillet of sea bass with leek & thyme mashed potato
Curried butternut squash samosa, jasmine rice, (v)
Parsnip gateau, leeks, roast tomato sauce (v)

All above with of fresh vegetables