

ROUSAY CINEMA

Presents



In Gotham City, mentally troubled comedian Arthur Fleck is disregarded and mistreated by society. He then embarks upon a downward spiral of revolution and bloody crime bringing him face-to-face with his alter ego: The Joker.

Saturday 22nd February
Rousay School - 8pm
Cert 15 - 2 hr 2 mins

Silver collection for funds

ROUSAY COMMUNITY ASSOCIATION

On behalf of all members of the Rousay Community Association, we would like to thank everyone who came, and all who helped to make the Burns Supper an enjoyable evening.

Particular thanks go to the speakers, Ellen Grieve, Muriel Marwick, Clea Payne and Richard Irving and Isla and Penny Soames for carrying the Haggis.

Not forgetting, Itha Flaws, Alistair Munro, Bob Trigg, Ellie Roberts, Carey Mainland, Laura Polson for their help on the door, kitchen and bar.

Thank you!

February 2020

What's On this month in Rousay, Egilsay & Wyre

Tuesday 4th February

→ Rousay Cinema: Hobbit (Part I), Rousay School, 7.30pm

Wednesday 5th February

→ The Taversoe InnQUIZition, The Taversoe, 8pm

Saturday 8th February

→ REWG Community Council Meeting, Rousay School, 10.15am

Friday 14th February

→ Dancing, Venue TBC, Time TBC

Tuesday 18th February

→ Rousay Cinema: Hobbit (Part II), Rousay School, 7.30pm

Saturday 22nd February

→ Coffee & Cake, The Crafterhub, 11am - 1pm

→ Rousay Cinema: Joker, Rousay School, 8pm

Friday 28th February

→ Service for Lent, St. Mary's Chapel, Westness, 11.30am

Weekly Activities

Mondays

→ Coffee Morning, The Crafterhub, 11am - 1pm

→ Boxercise, Rousay School, 7.15pm ('newbies' start at 7pm)

→ Bridge, Rousay School, 7.30pm - 9.30pm

Tuesdays

→ Yarn & Yap, The Crafterhub, 11am - 1pm

Wednesdays

→ Triangle Club, Church Centre, 10am-2.30pm

→ Kettlercise, Rousay School, 7.15pm

Thursdays

→ Coffee Morning, The Crafterhub, 10am - 11am

Fridays

→ Lunch Club, The Crafterhub, 11am - 1pm

→ Rainbows, Brownies & Guides, Rousay School, 3.10pm - 4.30pm

→ Teenage Social Group, The Crafterhub, 6.30pm - 8.30pm
(not on 28th February)

Sundays

→ Fatburn Extreme, Rousay School, 11am

Coming Up

Tuesday 3rd March

→ Rousay Cinema: Hobbit (Part III), Rousay School, 7.30pm

Sunday 8th March

→ World Day of Prayer, Church Centre, 2pm

Monday 9th March

→ Mill Knitting Workshop, The Crafterhub, TIME TBC

Sunday 12th April

→ RNLI Easter Egg Hunt, Rousay School, 2pm - 3pm

Saturday 25th April

→ REWGCC Community Council Meeting, Rousay School, 10.15am

Saturday 27th June

→ REWGCC Community Council Meeting, Rousay School, 10.15am

Saturday 1st August

→ Rousay Horticultural Show Entry Evening, Rousay School, 7.30pm - 9pm

ROUSAY COMMUNITY ASSOCIATION

Rousay Community Room Bookings

Book a community room for your function:

t: 07884 041 901 (Laura)
e: lar.06@hotmail.co.uk



Opening Hours

(commencing Monday February 3rd)

Monday & Tuesday - CLOSED*

Wednesday to Friday - 5pm to 11pm

Saturday & Sunday - 12.30pm to 11pm



Monday & Tuesday - CLOSED

Wednesday - No Food Service

Thursday & Friday - 5pm to 8pm

Saturday & Sunday - 12.30pm to 8pm



As many will know I have begun to play Roller Derby with the Orkney ViQueens (apparently I talk about it a lot)

Team practise is on a Friday night & it would be amazing if I could go along to the Picky. Therefore if you require a meal on a Friday night please could I request that you book by midday the day before at the latest or food service may not be available.

Thank you for your understanding

The Taversoe InnQUIZition

The Taversoe InnQUIZition

Wednesday February 5th 8pm

Free Entry

Snowball Jackpot

Light Snack Supper

* The bar will be open from 6pm on the first Wednesday of the month for The Taversoe InnQUIZition

EARLY CLOSING

If the bar is empty at 9pm we reserve the right to close early

My Favourite Thing to Make for Dinner is a Reservation

ROUSAY CINEMA

Presents its inaugural

WINTER SERIES



Part I: An Unexpected Journey: Tuesday February 4th

Part II: The Desolation of Smaug: Tuesday February 18th

Part III: The Battle of the Five Armies: Tuesday March 3rd

All films will be shown at the Rousay School starting 19:30

Followed by the Lord of The Rings Trilogy in March - April

Silver collection for funds

Message from Itha:

Please note the change of date for dancing: Friday 14th February

Service for Lent

Service for Lent at St Mary's Chapel, Westness House, on Friday 28 February, at 11.30am. All welcome.

World Day of Prayer

Sunday 8th March
At 2pm in Church Centre
Everyone welcome



FEBRUARY @ THE CRAFTHUB



crafthub@btconnect.com or phone 821359

REGULAR SESSIONS

EVERY MONDAY

COFFEE MORNING 11AM TO 1PM

EVERY TUESDAY

YAP AND YARN 11AM TO 1PM

WEDNESDAY CLOSED

EVERY THURSDAY

COFFEE MORNING 10AM TO 11AM

EVERY FRIDAY

LUNCH CLUB 11AM TO 1PM

TEENAGE SOCIAL GROUP

6.30PM TO 8.30PM

(except last Friday in the month)

Saturday and Sunday CLOSED

Come and join us for
Coffee & Cake
'On the House'
Saturday 22nd Feb
11am to 1pm



An open forum to discuss what
The Crafhub means to our
community.

EVERYONE WELCOME

Come and meet the Crafhub
Team, directors, crafters,
teenage social group

COMING UP

LOOKOUT FOR WORKSHOP POSTERS FOR MORE DETAILS

Mill Knitting Workshop
MONDAY 9th MARCH

Spinning programme of Workshops
COMMENCING in APRIL



COFFEE MORNINGS

Every Monday – 11am to 1pm

Every Thursday - 10am to 1pm

Coffee & Cake £3.50



The Crafhub Community Interest Company

For Sale



Rowing Machine £20

Maxi Climber £20

Inversion Table £20

Mirror £20

Outdoor Swing Chair Free

12ft wooden dingy & trailer

Mostly scraped down,
nearly ready to paint.

First sensible offer secures.

Contact Sally or Evan 821 383



For Sale

1 Child's Cot

1 Tippi Toes High Chair

Tel: 821347

News from Marions Shop.

Book Sale: Owing to the generosity of our customers, we are able to offer 3 books for 50p. All proceeds from sales will be donated to CLAN.

Some of our Special Offers:

McVities Milk & Dark Choc. biscuits	pm £1.65	Now £1
Jaffa cakes	pm £1.29	Now 75p
Hartley jams	pm £1.69	Now £1
Pringles Rice 160g		Buy one get one Free

Fruit flavoured gin & vodka	pm £15.99	Now £13.99
Strongbow cloudy cider	pm £4.50	Now £3.59

(4cans)

Trees to plant: Potted sycamore FOC

Fuel in stock: LPG; Coal; Peat; Hardwood logs and Kinderling.

Special Refuse Collection

Items too big for normal refuse collection can be collected through Orkney Islands Council's Special Refuse Collection.

The next Special Refuse Collection on Rousay, Egilsay & Wyre is as follows:

Tuesday 10th March 2020

If you wish to have domestic bulky items uplifted, please contact Orkney Islands Council (873535) as soon as possible, and at least 2 days prior to the collection date.

Payment for uplift must be made to Orkney Islands Council prior to collection.

New Director

Following a review of the specialist skills on the Board at the December Board meeting, we have co-opted a specialist director to support the Trust's work with Rousay Sailing Club and their Marina project; we would like to welcome Peter Roebuck to the Board. As Peter has been appointed by the Board after the AGM, Peter will need to stand down at the 2020 AGM later this year.

The Pier Store

We would like to ask residents to not enter the Pier Store. This building is awaiting refurbishment, and is not 100% safe. It is locked, and we would appreciate it if no unauthorised entry to the building occurs. This follows the building recently being found open and with several empty beer cans and other litter inside. The building is now as secure as possible, and we wish this situation to remain until the building is officially opened. Thank you.

The Pier Restaurant

The Trust now own the Pier Restaurant building. Our Sub-Group of directors are looking at the various options for changes to the building, to covert this into a Community Hub, and we will be working with all community groups interested in using the building over the next few months.

Safety: At this time, some areas of the property and land may be unsafe, and we ask your assistance in only using and accessing areas that are currently open to the general public, e.g. for community activities that are being held here. Please can you avoid the garden area for now, until the Trust has had time to ensure that this area is fully safe.

Removal of equipment: The garage currently contains some items which may belong to local groups on the islands. We will be having a sort out in the next few weeks, and we will be asking these groups to come and claim their items.

Trumland Land Project

We are still working with our solicitors and the owners regarding the purchase of this land. The purchase is going through, albeit very slowly, and the Big Lottery Fund (BLF), who are providing 100% of the purchase price and purchase fees, are being kept informed to ensure the funding is still available. Ellie has continued with the sub-project working partners - the RSPB, Scottish Natural Heritage, and the North Isles Landscape Partnership representatives - on various footpath ideas to link different areas of the land without damaging the peatland and in an environmentally-friendly way.

New Electric Car Charger at The Manse

When collecting the electric car, members will need to unplug the charger and lead cables from the wall and the car; these can be packed into the bag in the boot of the car, for easy storage, and on returning the car, car club members will need to take out the lead and plug back into both the wall and the car to charge the car for the next user. Thank you.

New Grant Scheme: Broadband

At the last Board meeting it was agreed that residents could apply for funding to either obtain Broadband or improve their current level of connectivity. This is aimed at residents who have internet speeds of 2mbps or less, or if they are unable to have a phone line and/or internet provided by BT. The funding would be for the installation of equipment only, under a specific scheme, and will not cover any monthly fees. This scheme is open to households who have not had any previous financial assistance with Broadband connectivity. The limit on this grant is £250 per household and runs until 31st March 2021. Any queries regarding this, or other internet option proposals please contact Gill at the office. As with all grant applications, the grant has to be approved prior to any works being commenced or any expenditure made (allow a minimum of two weeks before commencement of work and payment due date, for your application to be processed).

Meet & Greet with our Project Manager, Gill

My last Meet & Greet was held at the Triangle Club on 22nd January. Thanks to those who contributed with their views; it was good to hear about matters which concern our residents. I plan to hold another get together in March, and the date and venue will be announced in the next Review. This opportunity is open to all, and I welcome your ideas. It also provides the opportunity to discuss all the local projects, including boat building, heritage projects, new broadband grants, and the Trumland purchase. So please pop along to hear about what's happening. In the meantime, if you have any queries about projects or grants, just give me a call at the office. Thank you.




Free Wi-Fi access

(plus access to a laptop and printer):

Monday: 10am to 3pm
Tuesday: 10am to 3pm
Wednesday: 10am to 3pm

If you need to use the Wi-Fi and/or the laptop and printer outwith these times, you will need to make an appointment with staff, who will be as accommodating as possible.



Regular help with a range of household tasks, at a rate subsidised by the Trust.

Contact Gillian at
Age Scotland Orkney direct:
01856 872438
gillian@ageconcernorkney.org.uk

Car Club

Hire our electric car from as little as £2.50 for 1 hour, or for as long as you need (e.g. 24 hours costs £18).



Book the car online or via the Office.

Car Club FAQs and T&Cs are available online.

Shredded Paper for Composting

We occasionally have bags of shredded paper available for composting. If anyone would like a bag, please contact the Office.





Well Being 100 Fund

Apply for 100% of the cost of well being activities, including Active Islands/Life memberships. A maximum of £100 per person, up to 31st March 2020. Open to adults & children.

Our Current Grant Schemes



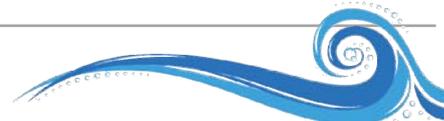
Education & Training

Apply for up to 100% of the cost of a nationally-recognised qualification. A maximum of £500 (adults) or £100 (children in primary/secondary education).



Driving Lessons

Apply for up to £500 towards the cost of driving lessons with a qualified instructor.



Child Ferry Tickets

Apply for one book of 50 ferry tickets for children (5-18, in full-time education).

Ready to apply to one of our grant funds?

To obtain an application form, please give us a call, or come into the office. Completed forms can be sent by paper, or electronically to grants@rewdt.org

All applications to the above funds must be received a minimum of **two weeks** before the training or first well being activity takes places, and a minimum of **two weeks** before payment is due, to allow sufficient time for applications to be processed.

Other Grants

Looking for funding which doesn't fit into one of our specific grant funds?

Individuals and groups are also welcome to apply for funding from our '**General Grants**' fund.

Call our Project Manager, Gill, to discuss.

Completed applications to our General Grants fund must be received a minimum of **two weeks** before the Board meeting at which your application will be considered, so please allow enough time to complete.

**The next two Board Meetings are planned for
Saturday 22nd February 2020 & Wednesday 18th March 2020.**

Does Your Organisation or Community Group Need Financial Support?

Why not let REW DT support you in finding external funding opportunities and then help you with your grant application. If you would like to speak to staff about this offer, please contact the office. Alternatively, VAO in Kirkwall also offers to support community groups with finding funding opportunities. Tel. 01856 872897.

Opening Hours

Monday	10am-3pm (<i>drop-in</i>)
Tuesday	10am-3pm (<i>drop-in</i>)
Wednesday	10am-3pm (<i>drop-in</i>)
Thursday	<i>By appointment only</i>
Friday	<i>By appointment only</i>

Please feel free to call in with any queries, advice, or grant applications during drop-in times.

Occasionally, all of the staff are away from the office on DT business, so if you wish to speak to us, it is always better to phone first, to make an appointment.

Telephone: 01856 821 229
General E-mails: info@rewdt.org
Grants E-mails: grants@rewdt.org

Visit our website:
www.rewdt.org



facebook.com/rewdt

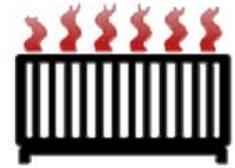
Directors:

John Garson (Chair), Kayleigh Tipper (Vice-Chair), Carolyn Tunbridge (Treasurer), Clare Daintith, Shelagh Grieve, Carole Maguire, Alison Mainland, Bryan Milner, Mark Hull (co-opted) & Peter Roebuck (co-opted).

Rousay, Egilsay and Wyre Development Trust is a charitable company limited by guarantee.

Co. Reg. No: SC318527 Charity Reg. No: SC040407

Registered Office: The Manse, Rousay, Orkney, KW17 2PR



DIVERTING UNUSED RENEWABLE ENERGY INTO AFFORDABLE HEATING

HEAT SMART ORKNEY TO CONTINUE FOR ANOTHER YEAR!



We are excited to announce that the Rousay, Egilsay & Wyre Development Trust has agreed to help support the project until April 2021 so we can capture as much data as possible from our participating households. We thank them for allowing us to use their assets (heaters & cylinders) as we move forward to develop the project further.

Heat Smart Orkney clients will have the choice to remain in or opt-out of the project and a letter with details will be posted out to clients this month.

Please return your letter to the HSO office by 17th February 2020.



*From the community
For the community*



For more information about the project contact us:

Phone: **01856 821277** Email: **info@heatsmartorkney.co.uk**

Alternatively, learn about our progress on **Facebook** by searching **Heat Smart Orkney** and on the web at **www.rewdt.org/HSO**





School Fund Fundraising Report

Rousay Primary School Fund has received:

£56.00 Christmas Tree Lighting

£216.45 Christmas Concert

Thank you to everyone who donated and purchased from us,
and to the **Rousay Parent Council** for their fundraising activities!



100% of all money raised goes directly to the Rousay School Fund
to help pay for trips and materials for the pupils

REWGCC

ROUSAY, EGILSAY, WYRE & GAIRSAY COMMUNITY COUNCIL

Meeting Dates

The dates of the next meetings are: 8th February, 25th April, 27th June, 5th September, and 31st October 2020. All to be held at 10:15 in Rousay Primary School.

Allotment
Association



Allotment Association

For information about the allotment plots, polytunnel plots or equipment hire, please contact Ian on 07879 496686.

Rousay Horticultural Society

Annual Show

Sunday 2nd August 2020, Rousay Community School

Show opens at 2.30pm, Prize-giving at 4pm

2020 Show Schedule:

N.O.S. = Not on Schedule
TRAD = Traditional skill

TATTIES IN A BUCKET

Seed tattie and bucket
Available 12th April 2020
from 2-3pm at RNLI
Easter Egg Hunt.

MOST EXOTIC PLANT

Bring in your most exotic
plant for a chance to win
the Clark Shield

WONKIEST VEGETABLE

Bring in your wonkiest
vegetable for a chance at
a prize

SECTION 1 TEXTILE CRAFTS

HAND KNITTING

1. Knitted lace *TRAD
2. Knitted kitchen item
3. Item in chunky yarn
4. Item in 2 or more colours

CROCHET

5. Throw
6. Article in cotton
7. Any other crochet article N.O.S.

SEWING

8. Patchwork
9. Embroidery

EXTRA

10. Article using any textile craft N.O.S

SECTION 2 HANDICRAFTS

1. Jewellery
2. Pyrography *TRAD
3. Hand writing – addressed envelope
4. Paper craft
5. Sketch in any medium
6. Recycled article

7. Any other craft N.O.S.

PHOTOGRAPHS

8. Macro
9. Black and White
10. Shore life
11. Amusing Photograph with caption

SECTION 3- BAKING

PLAIN BAKING

1. Bere bannock *TRAD
2. Oatcakes, thick quarters (4)
3. Treacle scone (3)
4. Focaccia
5. Gluten free fruit loaf
6. Vegan pastry

LARGE CAKES

7. Lemon drizzle
8. Madeira loaf *TRAD
9. Swiss roll

SMALL CAKES

10. Peppermint slab (3)
11. Mincemeat pies (3)
12. Chocolate eclairs (3)

UNDER 16'S BAKING

13. Iced biscuits (3)
14. Cheese straws (3)
15. Rocky road (3)

SECTION 4- DAIRY AND PRESERVES

1. Six hen's eggs *TRAD
2. Homemade mozzarella
3. Flavoured fudge (6)
4. Lemon marmalade
5. Gooseberry jam
6. Elderflower jelly
7. Chutney
8. Chocolate truffles (6)
9. Home made wine
10. Home Brew *TRAD
11. Any other preserve N.O.S.

SECTION 5 VEGETABLES & FRUIT

N.B. If grown INDOORS, please state on label

VEGETABLES

1. Cabbage
2. Beetroot (2) *TRAD
3. Broccoli
4. Peas (6 pods)
5. Carrots (3) *TRAD
6. Onions (3)
7. Leek (2)
8. Tomatoes (3)
9. Courgette
10. Any other vegetable N.O.S.

POTATOES

(Please note that white potatoes with pink eyes are classed as coloured)

11. Potatoes - round, white (3)
12. Potatoes - long, white (3)
13. Potatoes - round, coloured (3)
14. Potatoes - long, coloured (3)

EXTRA

15. Container of Veg. (1 each of 5 varieties)
16. Any cut herb

FRUIT

17. Gooseberries(6)
18. Blackcurrants (6) *TRAD
19. Raspberries (6)
20. Any Fruit N.O.S.

SECTION 6 - FLOWERS

POT PLANTS

1. Planted window box
2. Succulent
3. Flowering plant
4. Any Herb in a Pot
5. Any Pot Plant N.O.S.

FLORAL ARRANGEMENTS

NB. Bought flowers can be used in arrangements.

6. Foliage arrangement

7. Single colour table arrangement

CUT FLOWERS- ANNUALS

8. Sweet peas (3)
9. French marigolds (3)
10. Scotch marigolds (3)
11. Poppies(3)
12. Annual N.O.S. (3)
13. 4 kinds of Annual in a Vase

CUT FLOWERS - PERENNIALS

14. Pansies/Violas (3)
15. Pinks (3)
16. Rose (3)
17. Flowering Shrub (3 sprigs)
18. Perennial N.O.S. (3)
19. 4 kinds of Perennial in a Vase
20. 4 kinds of Flowering Shrub in a Vase

SECTION 7- CHILDREN'S SECTION ISLES CHILDREN CAN ALSO ENTER ANY OF THE MAIN SECTIONS.

CHILDREN TO ENTER PRE-SCHOOL, PRIMARY 1-3 and PRIMARY 4-7

1. Junk model
2. Pom pom
3. Print on fabric using vegetables
4. Hand written holiday postcard
5. Pot plant (provided by R.H.S)

SECONDARY

Most points throughout the show will win the Hulme Cup

Stephen Clackson's Letter from School Place

Issue 84 – January 2020

Relating the political life and opinions of your local councillor

A new year has begun, but is it a new decade? (Clue: Despite what the TeeJay maths textbooks would have you believe, there is no AD 0; 1 BC is immediately followed by AD 1.)

For those of you who have not made a New Year's resolution this year, may I suggest a good one would be to try being more appreciative of the Council. Think about all that OIC does. I mean, apart from social care, social housing, environmental health, education, libraries, museums, roads, ferries, harbours, airfields ... what *has* Orkney Islands Council ever done for us?



What has Orkney Islands Council ever done for us?

And for the young folk, I propose their New Year's resolution could be, rather than blaming previous generations for climate change, to try emulating the much "greener" lifestyles we led in the past. For example, when I was a youngster, we didn't live in a sub-tropically-heated house (in fact, we barely had any heating at all, just wore better insulating clothing); we didn't shower every day (a weekly bath, often using water shared with our siblings, was all we got); we got into big trouble from our parents if we left electric lights switched on; we were forbidden to waste food; and we certainly didn't buy bottled water (water from the tap was perfectly good—and it still is!). For our playtime "piece" my mother gave us an apple or a carrot (no plastic-wrapped chocolate or crisps), and we "hydrated" from the school drinking fountain. As for socialising with our friends after school, we did that by walking or cycling to meet them face-to-face; there was no such thing as social media and the Internet (which, incidentally, is reckoned to contribute as much carbon dioxide to the atmosphere as aviation!). And, speaking of aviation, we didn't fly off on foreign holidays. (The most "foreign" holiday my parents ever took us on was in a caravan to Wales.) We were taught to look after our possessions, and we repaired them when they broke (not throw them away and buy replacements). Me* and my compatriots had a very modest "carbon footprint" compared to the youth of today.

At the Special General Meeting held on the 19th December, one of the issues under consideration were proposals for the allocation of Crown Estate funding. "Bag the Bruck" is going to be allocated £35,000, and, given the length of coastline the North Isles ward has in comparison with other OIC wards, I want a commensurate proportion of that money to come our way.

Council work has been getting slowly underway again this month. We were treated to a local government finance seminar by COSLA (Convention of Scottish Local Authorities), and it was interesting to see confirmed how Government Scotland underfunds its priorities, leaving local government to make up the difference. Just before Christmas, the Council Leader, Cllr James Stockan wrote to the Scottish Government First Minister, Ms Nicola Sturgeon, requesting resolution to two priority issues for Orkney, namely 1) fair ferry funding and ferry replacement and 2) the road equivalent tariff, reminding her that back in 2014, in their prospectus *Empowering Scotland's Island Communities*, they stated: "The Scottish Government recognises that the provision of transport services should not place a disproportionate burden on any council ..." ! (You may remember the letters I wrote on the same theme to the then Scottish Minister for Transport and the Islands, Mr Humza Yousaf in November and December 2017—not that it got us very far.)

Other meetings I have attended since the New Year include a Strategic Transport Projects Review workshop (which did not leave me with an overwhelming feeling of optimism that we are making much progress), meetings of the Orkney College Management Council, and a meeting of the Westray School Parent Council. At Rapness, I was pleased to see that the passenger control system has now been installed, making it safer for everyone using the pier.

* An example of "me" used as a disjunctive pronoun.

Cllr Dr Stephen Clackson
West Manse, Sanday

stephen.clackson@orkney.gov.uk

You can download "Letter from School Place"
from lfsp.pbworks.com





**ROUSAY HEALTHY
LIVING CENTRE**
01856 821 443

February **2020**

Opening Hours

Supervised Sessions

Monday 19:00 - 21:00 *
Tuesday 19:00 - 21:00 *
Saturday 16:00 - 17:00

* The gym will close at 20:15 if empty

Buddy System

Term Time

Monday 08:30 - 17:00
Tuesday 08:30 - 17:00
Wednesday 08:30 - 17:00
19:00 - 20:00**
Thursday 08:30 - 17:00
Friday 08:30 - 16:00
Sunday 11:00 - 12:00***

** During Kettlercise
*** During Rousay FBX

We will publish any changes to the above hours and any additional hours of opening on our Facebook pages

FATBURN EXTREME

SUNDAY 11am

ROUSAY COMMUNITY SCHOOL HALL

POW! BOXERCISE®

Monday Nights

7.00pm Newbies/7.15pm Class Starts

Remember Boxercise & FBX are open to anyone over 12 years old



Moving to Wednesday nights from February 5th
Class starts 7.15pm - 16yrs & over
Rousay Community School Hall



Additional Daytime 1hr Supervised Sessions

Thursday 13th 3.30-4.30pm
Monday 17th 3.30-4.30pm



In February we plan to schedule another weekly 2hr Supervised Session. To help us decide when it would be most beneficial to you please could you cast a vote on our Facebook group pages.



Keep up to date with our official Facebook pages

"Rousay Healthy Living Centre"
"Rousay Fatburn Extreme"
"RHLC Buddy System"
"Rousay Boxercise"

**HAPPY
4TH
BIRTHDAY**

ActiveLife is 4 years old! To celebrate we are offering free gym inductions until February 16th. Carey will be available on Monday 3rd and 10th 8.00-8.30pm, Tuesday 4 and 11th from 3.30-4.30pm, & Sunday 9th and 16th from 10.30-11am

**HAPPY
4TH
BIRTHDAY**