

Pilates at Lifestyle

Pilates has an aerobic benefit once the exercises are learnt and executed well.

It has been extremely gratifying for clients and I to see the increased strength, flexibility and fitness this precise and balanced form of exercise has given to all those who have attended classes consistently through the last year.

During term 4 a seven week block of classes will be available from 3rd October to 19th November inclusive.

The bulk payment fee for this entire period is: 1 class per week for 7 weeks \$175.00; 2 classes per week for 7 weeks \$315.00.

Fees will remain \$25.00 per class and the option of pay as you go, fortnightly or monthly, will still be available.

Classes run from Monday to Saturday and are available in the evenings, with private lesson times by appointment.

For detailed group times or a private appointment please contact me on 0432 269 472 after 12.00pm Monday to Friday.

Dorothy



Zonta Club of Pine Rivers Inc.

The ladies from the Zonta Club of Pine Rivers is once again organizing a fun filled Melbourne Cup Luncheon.

Samford's very own Gabrielle Moloney is busy making hats to co-ordinate with the fashion parade presented by Patsy Cloake from Pennys Boutique. This will all be accompanied by Trish who plays the piano. It is worth it to come along and listen to Trish who can play anything that you ask her to.

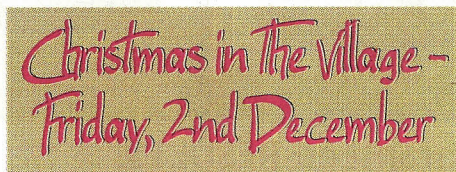
As always, any profits from the day go to the Zonta projects which support women and girls.

Zonta is an international service organization that was formed in 1919. Guests are always welcome at our dinner meetings which are held at the Arana Leagues Club on the second Wednesday evening of the month, 7.00 pm at a cost of \$25.

The 24th October is United Nations Day and our guest speaker will be the niece of Dr. Cathryn Hamlin who formed the first fistula hospital in Ethiopia.

If you would like to know more about our club, please contact 3289 1424 or 0409 846 183 or sarumedi@samford.net

Vicki Williams
Membership



Rotary Notes



Ian Ruffles, the current President of Samford Valley Rotary Club in Australia, and his partner Susan (above), recently visited Wootton Bassett Rotary Club in the UK.

Wootton Bassett is a small market town in Wiltshire with a population of around 12,000.

A feature of Rotary is that Rotarians from one club are both entitled and welcomed at other clubs around the world. In this instance, the visit had special significance as the late Bill Duncan, a long time resident of Samford was the foundation president of Wootton Bassett Rotary Club. Bill had also been a President of Samford Valley Rotary.

Ian and Susan were made most welcome by Wootton Bassett members and Ian presented Steve Walls the Wootton Bassett President with a Samford Valley banner.



Ian Ruffles (on right) & Steve Walls.

PILATES FLOORWORK CLASSES

Optimal Core Strengthening
Chronic Pain Management
Ante and Post Natal
Health and Wellbeing

Pilates Studio at Lifestyle
225 Mt. Glorious Rd, Samford

Dorothy Roborg-Sondergaard
0432 269 472

MELBOURNE CUP LUNCH

1st November, 2011

10.30am at Wantima Country Club, South Pine Rd, Brendale

\$49.00 per person or \$450 for table of 10

Includes glass of champagne, finger food, delicious mains and dessert, tea & coffee

Sweeps, Lucky Door Prize, Raffles, and Prize for Best Co-Ordinated Outfit

All enquiries to Vicki Williams 3289 1424, 0409 846 183,
sarumedi@samford.net

Jan Spittle 3359 8237, 0422 893 307, janspittle@bigpond.com

Payments & Registration may be posted to PO Box 447, Lawnton 4501
OR

Direct deposit to Zonta Club of Pine Rivers,
Bendigo Bank BSB 633108 A/c 123710980. Email details to either Vicki or Jan.

ALL BOOKINGS TO BE MADE BY MONDAY, 26th OCTOBER 2011



REFRESH

Facial
Fine Lines & Fillers
Free Consultation
3264 2622
Albany Clinic Specialist Centre

DISCOUNT FOR FACEBOOK FRIENDS