

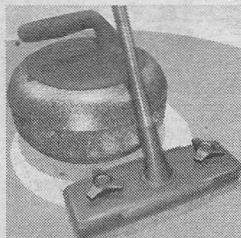
Curling a fun, active New Year's resolution

It is New Years and time for some resolutions. And the resolution most often made is to be more active and have a healthier life style. Taking up curling, even on a modest scale, is an excellent answer to this problem. It does not take expensive equipment; does not require speed or even too much flexibility (with the popularity of the stick delivery eliminating the need to get down to deliver the rock); and best of all, curling is a very social activity. What could be better in the winter - when it is possible to start feeling housebound and a little blue about the weather - than to get out and spend a couple of hours in gentle exercise with friends?

Some might argue that they are not sporty and have never been on the ice, but curling is one sport that can be taken up by seniors. Spend some time on the ice and one feels the benefits of being outdoors, but there is no wind, or snow, or hilly ground to contend with. Seniors curling on Monday and Wednesday afternoons at Middleton Curling Club does not require the commitment to a league as the drop-in format makes up the teams from those who are present on the

day at 1 p.m.

Anyone who is interested in returning to curling after being away for some years, or perhaps trying it for the first time in the afternoon games can call the Coordinator Jean Fry at 825-3067. In fact, the games are open to all age groups and curlers who work irregular hours can also avail themselves of this opportunity to play.



Throwing Rocks

Karen Sotvedt
Middleton
Curling Club

In addition the club has funspiels in February and March which invite non-members to participate in the one-day format. Curlers sign up as individuals and then are assigned to teams by the organizers. This is another great way to "test-drive"

curling at the club while enjoying a day of social curling....and everyone wins a prize! Watch this space for details.

Curling for Little Rocks and Juniors continues on Tuesday afternoons, and more information is always available at www.middletoncurlingclub.com as are details of the Open and Mixed evening leagues. What better way to satisfy the requirements of that nagging New Year's Resolution than to come out and try curling and have fun while you do it?