

“I’ve never been any good at games!”

Many of our members had little time in their earlier lives to take an active part in sport. Now in retirement they have found delight in the opportunity to live a healthy lifestyle, meet new friends and have fun at the same time. It’s very addictive!

“I won’t know anybody there!”

That certainly won’t last very long. At practice sessions we have a cuppa and a chat. This is the Olympics where everybody gets to take part and all members are valued and respected.



“I’m only free on certain days!”

Practice sessions are at different times in different Leisure Centres. You may be able to join another KOPFO group. Alternatively, look to whether you can reschedule your week. You deserve some time for your own enjoyment.

“Now I’m retired I have to look after my health!”

Which is why it’s really important to stay active in retirement. You may not feel like attending a formal exercise class, but our games are meant to be fun and we intend to cater for all tastes and abilities.



So what are you waiting for?

Contact Geoff Lyon on **0151 430 7710** for details or send an email to: geoff.lyon1@virginmedia.com



Friends of KOPFO Membership Form

Name

Address

Postcode

Contact no.

Email address

PAYMENT

I enclose a cheque/Postal Order for
£1 made payable to KOPFO Ltd.

Send your payment to:

KOPFO Ltd.
Arncliffe Sports & Community Centre
Arncliffe
Halewood
L25 9PA

Data Protection Act: KOPFO Ltd. process
your personal details (as defined by the Data
Protection Act 1988 (the 'Act')) for the purposes of
keeping you informed about our work, promotion
and future events. I agree for KOPFO Ltd. to store
my details on a secure database. If you do not
wish to be contacted please tick this box.

Registered Charity No. 1145413
Company Limited By Guarantee No. 7722847

KOPFO...

is for **you**
to be **active**
and **healthy**
and have **fun** at the same time

If you are over 50 come and join us
each week in Knowsley's fabulous
Leisure Centres. KOPFO weekly sessions
involve fun and friendly competition.

What is KOPFO?

KOPFO Ltd. is a registered charity set up
by the original members of the Knowsley
Older People's Fun Olympics with the
intention of seeking funding to give this
event, unique to Knowsley, a sustainable
future. We aim to improve the health
and well-being of older people through
enjoyable and fulfilling activities.

Sessions take place at:

Halewood Leisure Centre
Thursday 10.30-12.30pm

Knowsley Leisure & Culture Park, Huyton
Thursday 1.30-3.30pm

Kirkby Leisure Centre
Wednesday 1-4pm

All venues, times and contact information were
correct at the time of going to press but are
subject to change without prior notice. Leisure
Centre charges (2015) are 80p if you have
Knowsley Activity Card (free) and Passport to
Leisure (£3.25 - payable to Knowsley MBC).

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Knowsley Older People's Fun Olympics

Winners of the 2014 Liverpool Echo
Pride of Merseyside Sports Team Award

Why not come and join us?

"I enjoy
every
minute!"

"Fully enjoyable,
good fun and
good company"

"I get upset
if I have to
miss it!"

