**Udsendt 2. august 2025 til 4.086 abonnenter.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |
| --- |
|   |
| Aeldresagen |
|   |
| Amager2300 |

 |

 |

 |

 |

 |



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| **Nyt fra din lokalafdeling** |

 |

 |

 |

 |

Kære medlemRedaktør af Nyhedsbrevet:Palle Skovformand-amager2300@aeldresagen-post.dk30 62 75 27Velkommen til sæson 2025/26.Kontoret i Holmbladsgade 73 åbner igen mandag den 4. august kl. 10. Åbningstiden er mandag til torsdag kl. 10–12. Kontoret holder lukket i juni, juli og december samt på alle søgnehelligdage.Tilmelding til og betaling for deltagelse i alle aktiviteter, rejser og ture - på nær tilmelding til "Højskole Classic - Marielyst" marts 2026 - sker på kontoret eller online via hjemmesiden.Nyt i år: Vi tilbyder to gratis motionsaktiviteter med begrænset deltagerantal:• Cykelture ud i det blå• Udemotion i Amager StrandparkTilmelding er nødvendig – online eller på kontoret.OBS: I DET SKER AUGUST står der fejlagtigt, at tilmelding sker ved telefonisk henvendelse til holdlederne. Det er ikke korrekt. Al tilmelding sker online eller på kontoret.Venlig hilsenÆldre Sagen Amager2300 |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
| **Motionshold og aktiviteter**

|  |
| --- |
|   |

Som tidligere år har deltagere fra sidste sæson haft mulighed for forhåndstilmelding – og mange har benyttet sig af det. Derfor er der nu kun få ledige pladser på følgende hold:• Træn dig glad i Prismen• Styrketræning hold I• Linedance• FloorballKunstvenner og Slægtsforskning er næsten udsolgt.Nyt hold: Styrketræning hold II – mandage kl. 15.30–17 (starter 30 minutter senere end angivet i bladet) |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
| **Udflugt til Frederiksborg Slot**

|  |
| --- |
|   |

Der er stadig ledige pladser på heldagsturen tirsdag den 20. august kl. 10–16.30 til Frederiksborg Slot med guidet rundvisning. Turen afsluttes med frokost på den hyggelige familierestaurant Ellegården.Pris: 450 kr.Sidste frist for tilmelding: 10. august kl. 12Turen gennemføres – der er allerede flere tilmeldte end det krævede minimum på 25 deltagere.[Tilmelding her](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.aeldresagen.dk%2Flokalafdelinger%2Famager2300%2Faktiviteter-og-kurser%2Fk103427-275-frederiksborg-slot-med-frokost%3Fmid%3D7dcfa89c2e5e422799914ddc5c0ed19a%26category%3Drejser-og-ture&data=05%7C02%7C%7C8b18e0d1ff45455f403c08ddd1adc983%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638897266536046983%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=tVpbdmDwQqcaijeyA3Z07e1z93u2y%2FM5Up5ndzc%2B3Cs%3D&reserved=0) |

 |

 |

 |

 |

 |



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| **SÆT KRYDS I KALENDEREN** |

 |

 |

 |

 |



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **657 Højskole - sang og foredrag**

|  |
| --- |
|   |

Kom og hør om højskolelivet, syng med på kendte sange fra Højskolesangbogen, og få indblik i det nye fælles højskolekursus på Marielyst, som Ældre Sagen Amager2300 arrangerer sammen med Seniorhøjskolen Marielyst til marts næste år – med udflugter, fællesskab og inspirerende foredrag.**Hvornår:** 04.09.2025

|  |
| --- |
|   |

Læs mere |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **279 Bus og shoppetur til Sverige**

|  |
| --- |
|   |

Vi tager bussen over broen og sætter kurs mod Ullared og Gekås. Gekås er nordens største indkøbscenter med meget billige priser. Med den svenske kurs er det endnu sjovere at handle. Der er lækker buffet, drikke, kaffe og dessert (softice) samt et gavekort på100 SEK til brug i centeret med i prisen.**Hvornår:** 08.09.2025

|  |
| --- |
|   |

Læs mere |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **656 Politiet kommer og fortæller**

|  |
| --- |
|   |

Er du tryg i eget hjem? Politiet kommer og viser hvordan et politiskilt ser ud. Er der trygt hvor du bor eller er der mange indbrud, tricktyverier? IT-kriminalitet, hvor en person udgiver sig at være fra banken, skat, politiet for at tømme din konto eller hente dit dankort? Tilmelding online/kontor.**Hvornår:** 09.09.2025

|  |
| --- |
|   |

Læs mere |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **282 Sejerø – Sejerøbugtens perle**

|  |
| --- |
|   |

Bustur til Sejerø. Vi kører til Havnsø og sejler til Sejerø. Om bord får vi kaffe og wienerbrød. Vi kører rundt på den dejlige ø med guide med stop for at se og høre øens historie og livet som øbo. Kl. 12.30 spiser vi frokost med en genstand. Kl. 15 sejler vi til Havnsø. Tilmelding online/kontor**Hvornår:** 15.09.2025

|  |
| --- |
|   |

Læs mere |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **655 Besøg på Det Kongelige Teater**

|  |
| --- |
|   |

Rundvisning på Det Kgl. Teaters gamle scene på Konges Nytorv. Vi skal se Skræddersalen, kongelogen og meget andet. Vi skal stå på scenen og se teateret, som skuespillerne ser det. Bagefter spiser vi frokost i Nyhavn med 2 stk. smørrebrød, kaffe og dessert. Drikkevarer for egen regning.**Hvornår:** 24.09.2025

|  |
| --- |
|   |

Læs mere |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **658 Christiansborgs kvinder**

|  |
| --- |
|   |

Temaomvisningen »Kvinder på Borgen – repræsentation i politik og kunst« hører vi om de historiske begivenheder, der førte til kvinders valgret i 1915. Vi går forbi de ikoniske rum og ser det nye gruppeportræt. Efter rundvisningen spiser vi aftenmenu i Snapstinget. Gennemføres ved mindst 16 deltagere**Hvornår:** 08.10.2025

|  |
| --- |
|   |

Læs mere |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **276 HC Andersens Museum i Odense**

|  |
| --- |
|   |

Besøg på HC Andersens Museum i Odense. Der bliver mulighed for at se både det nye og det gamle museum. Vi får en introduktion til det nye museum og får udleveret headset, så man kan gå rundt i sit eget tempo. Kaffestop med kage på vej til Odense. Frokost inkl. en øl el. vand på vej hjem fra Odense.**Hvornår:** 20.10.2025

|  |
| --- |
|   |

Læs mere |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **653 Efterårshygge på Beghuset**

|  |
| --- |
|   |

Efterårshygge på Beghuset i det hyggelige Dragør. Her vil være musik med bandet The Fortress som vil spille op til dans. Som ekstra medbringer The Fortress et linedanserpar som vil vise trin til dem som har lyst. Tilmelding online/kontor fra 25. august. Min 45 max 69 deltagere.**Hvornår:** 25.10.2025

|  |
| --- |
|   |

Læs mere |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **659 Besøg på ENIGMA**

|  |
| --- |
|   |

ENIGMA er museet for post, tele og kommunikation. Et moderne museum, der gør historien nutidig med udstillinger og værksted. Udforsk den danske kommunikations- og mediehistorie fra postvæsnets oprettelse i 1624, over massekommunikation til vor tids digitale virkeligheder. Tilmelding online/kontor.**Hvornår:** 11.11.2025

|  |
| --- |
|   |

Læs mere |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
| **277 Classic Car House veteranbiler**

|  |
| --- |
|   |

Besøg på Classic Car House. Gå på opdagelse i udstilling og oplevelsesunivers med ca. 300 klassiske biler. Udforsk de mange smukke klassiske biler og dyk ned i de spændende historier. Oplev de dragende fortællinger og historier på en guidet rundvisning. Vi slutter af med frokost inkl. en genstand.**Hvornår:** 19.11.2025

|  |
| --- |
|   |

Læs mere |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |  |  |  |
| --- | --- | --- | --- |
|

|  |  |  |
| --- | --- | --- |
|

|  |  |
| --- | --- |
|

|  |
| --- |
| [Se alle aktiviteter og arrangementer](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.aeldresagen.dk%2Fa101-23&data=05%7C02%7C%7C8b18e0d1ff45455f403c08ddd1adc983%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638897266536485336%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=H1JhPyT7GUcLcJ5WxHyQgn8B66g7iP52wvxbRRR0r2Q%3D&reserved=0)[Besøg vores hjemmeside](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.aeldresagen.dk%2F101-23&data=05%7C02%7C%7C8b18e0d1ff45455f403c08ddd1adc983%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638897266536494962%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=lv25d3%2BjeNjmFWLqvrswsjQcoRPUC2M3UWp7T9xtEN8%3D&reserved=0) |

 |

 |

 |

 |

 |



|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|

|  |
| --- |
|  |
|  |
|  |
|  |
|  |

 |

 |

 |

 |

 |