

Newsletter August 2019

- Today we have Adele with Exercise to Music.
- Ann from Walking for Health will be leading a 30-minute walk around the village at the end of the session.
- We have the film crew here today from the Co-op making an in-house film about the difference their Community Champions Scheme makes to groups like ours. So, let's make sure we all say a **BIG THANKYOU TO THE CO-OP!**
- On Monday 12th August , here in the Hub from 2.00pm it's our Singalong with a difference, we have the very popular John Grant to entertain us!
- Happy Birthday this month to **Gerry Bateson, John Eastwood, Jeannie Bateson, Terry Dolling and Maggie Norris.**
- Next month on Thursday 5th September don't forget we are at our new venue, **Nettleham Village Hall** where we will be entertained by Paul with "Singing for Dementia".
- Our Singalong will now take place on the third Thursday of each month between 10.00am and 12.00noon. Come and join us at the **Village Hall** on **Thursday 19th September** and enjoy some light-hearted singing, meet your friends and have a chat over a cup of tea.
- Thank you to Heather and Mike for their annual Tea Party held last month in aid of Buddies, they raised over £1,200!
- Our Afternoon Tea and Musical Extravaganza held on Saturday 6th July was attended by nearly 100 people and we raised over £1,300 for Buddies Thank you to those who came, helped or gave raffle prizes it was all worth it.
- Thought for the month.....**One small positive thought in the morning can change your whole day.**