

Newsletter November 2019

- Today we have Adele with Exercise to music.
- There will be a 30-minute Walking for Health around the village led by Ann and David after the meeting. Please come along, walking is so good for you.
- Thank you to Charles Boulton and the Paulinus Lodge for their generous donation of £500.
- Happy Birthday this month to Carolyn Robbins, Terry Woods, David Anson, Alan Fordham, Grace Patchett, Lilian Dolling and Jo Owens.
- We are raffling a hamper today kindly donated by Marks and Spencer, make sure you have bought your ticket!
- We are very sad to inform you that one of our members, Terry Mellows has passed away and we send our deepest sympathy to his widow Pat.
- Don't forget our Singalong here on Thursday 21st November from 10.00am to 12.00 noon.
- Our Christmas Party is on Tuesday 17th December in the Old School Rooms, (opposite the church) starting at 1.00pm and finishing at 3.00pm. There will be plenty of food and drink to have - and carol singing from the local Junior School children. This is a free event – if you would like to come make sure your name is on the list.
- The Lincolnshire Co-op have released their Community Champions video which showcases Buddies as one of three groups featured. The video will be shown at their members' meeting on Tuesday 26th November at the Showground. If you want to see the video beforehand it is on our Facebook page and our web site.
- Next month on Thursday 6th December it's Paul with Singing for Dementia and then on Thursday 19th it's our Singalong with the Community Choir.
- Thought for the month.....**Sometimes in life we just need a hug...no words, no advice just a hug to make you feel better.**