

Newsletter January 2020

- Today we have Adele with “Exercise to music”.
- Ann and David from Walking for Health will be leading a 30-minute walk around the village at the end of this session.
- **NEW.....Thursday 16th January we will be entertained by Steve Barclay , cruise ship entertainer with some singalong tunes from the 40’s, 50’s and 60’s. Sounds like it’s going to be a fantastic morning.**
- Happy Birthday this month to Laura Parrish, Frank Parrish, Bob Johnson, Fiona Mayo, Janet Folland, David Dewey, David Scott, Florence Barnes, Nobby Hackney, Maureen Blake, Ruth Noon, Linda Groves, Pat Asquith and Lulu Wood.
- We are very sad to inform you that one of our founder members John Eastwood has recently passed away. Our thoughts and deep sympathy go to his widow Jo.
- Did you know if you are caring for someone living with dementia you are entitled to a reduction in your Council Tax.
- Next month on Thursday February 6th we have the return of one of our popular singers, John Grant and then on Thursday 20th we have Chris with “Move it Mobility” a fun way to exercise.
- Thought for the month.....**Keep walking through the storm. Your rainbow is waiting on the other side.**