

## Newsletter December 2019

- Today we have Paul with Singing for dementia.
- There will be a 30-minute Walking for Health around the village led by Ann and David after the meeting.
- Happy Birthday this month to Ann Ransome and Breege Owen
- Don't forget it's our Christmas Party on Tuesday 17<sup>th</sup> December at the Old School Rooms – last chance today to put your names down to come.
- On Thursday 19<sup>th</sup> it will be our last Singalong with the Community Choir, starting next year our first and third Thursday meetings will be the same format of different entertainers providing various activities.
- We will be handing out today “Message in your wallet “ packets these are designed to help the emergency services in the event of an accident or emergency.
- Reminder – Have you registered with Lincolnshire Carers service ? Contact them on 01522 782224 and get your Carers Emergency Response Service Card.
- The University of Nottingham have asked for our help in their research on dementia diagnosis. If you would like to help in this research project, we have copies of the questionnaires for you to complete.
- Next month on Thursday 2<sup>nd</sup> January we have Adele with exercise to music and on Thursday 16<sup>th</sup> we have Steve Barclay , cruise ship entertainer with some sing a long tunes from the 40's, 50's and 60's – not to be missed !
- Thought for the month.....**True kindness is helping someone without expecting anything in return.**