

## **Newsletter September 2021**

### **Welcome back - it's great to see you.**

- This month we are being entertained by Adele with Exercise to Music. This will be followed, for those who wish to, by our "Walking for Health" a 20-minute dementia friendly walk around the village led by Ann and David.
- Happy Birthday this month to Brenda Chapman, Sheila Hackney, Norma Sales, Karen Nesling and Lorraine McGeoghan.
- We are very sad to inform you of the death of Gill Birkin. Gill with her husband John were regular attendees of Buddies and our thoughts and deep sympathy go to John and family.
- If you are looking for another group to attend, there is The Assist Wednesday Group, restarting Wednesday 8<sup>th</sup> September where they offer a cuppa, the opportunity to share your experiences and make friends, to take part in creative and fun activities and find care, guidance and support. It's held between 10am and 12noon at The Vine Centre (library) The Parade, Cherry Willingham.
- On Thursday 16<sup>th</sup> September we have a new act, Nigel and Teri a singing duo with some well-known hits for us all to enjoy.
- Next month on 7<sup>th</sup> October it's Adele with Exercise to Music, followed by our dementia friendly walk. Then on October 21<sup>st</sup>, it's the return of Andrew Cullum a great musician singing lots of hits from the 50/60's – something we can all join in with.
- Date for your diary – Our Christmas Party will be on Monday 13<sup>th</sup> December at the Old School Rooms in Nettleham.
- Thought for the month –

**There is nothing better than a friend, unless it is a friend with chocolate.**

