

Newsletter November 2021

- Today 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, David and Denise.
- Happy Birthday this month to Carolyn Robbins, Terry Woods, Lillian Dolling, Tony Mundin, Martin Dale, Sue Dale, Dianne Thomas, Bob Thomas and Graham Robinson.
- We have our own Facebook page, Buddies Dementia Café Nettleham where we post all the photos taken at our meetings together with some videos too. Please join the site if you can and encourage family members to do so – they will see what you are up to!
Please leave comments on our page as it does help with our funding.
- Dates for your diary –

Saturday 20th November, we have a fund-raising concert at the All-Saints Church in Nettleham where the Simcha Band will be performing. Their music is like “Fiddler on the roof”, happy and fun – a great atmosphere and not to be missed! There are refreshments too. It starts at 7.30pm, no need to book, just turn up. Please tell your friends and family.

Tuesday 14th December, Buddies Christmas Party here in the village hall, from 1.00pm to 3.00pm. **Doors open at 12.30. Please make sure your name is on the list.**

- On Thursday 18th November we will be entertained by Country singer John Grant, another favourite of ours.
- Next month on the 2nd December we have Adele with Exercise to Music and on the 16th it’s the return of singers Nigel and Teri with their Xmas songs.
- Thought for the month –

Let your smile change the worldBut don’t let the world change your smile!