

Newsletter January 2022

Wishing you all a very Happy New Year!

- Today our entertainment is Adele with Exercise to Music.
- There will be a 30 minute “Walking for Health” around the village, following our meeting, led by Ann, David, and Denise. Remember exercise in the fresh air is so good for you, and it will help to burn off all those Christmas calories!!
- Happy birthday this month to Laura Parrish, Bob Johnson, Pat Asquith, Florence Barnes, Sheila Herrick, Alan Hewitt, Linda Parker, Linda Groves, David Scott, Jane Thomas, Ruth Noon and Lulu Wood.
- We are very sad to inform you that one of our members, Sheila Hackney has recently passed away. We send our deep condolences to the family.
- Thank you to one of our members, Brenda Mumby for donating over £100 to Buddies from the sale of her home made face masks.
- Last month we received donations of £500 from Laura and Craig Buckingham, and £625 from Page Nelson Solicitors. A fabulous amount of money to help us sustain our activities.
- On Thursday 20th January we will be entertained by the Stringing Nettles, a local band.
- Next month, on Thursday 3rd February it’s Adele with Exercise to Music and on the 17th it’s Dick Ryman. Dick sings and plays various instruments to music from the 40’s, 50’s and 60’s.
- Thought for the month, a quote from the late Desmond Tutu.

Do a little bit of good where you are; it’s those little bits put together that overwhelm the world.