

Newsletter March 2022

- Today our entertainment is Adele with Exercise to Music.
- Ann, David, and Denise from Walking for Health will be leading a 30-minute dementia friendly walk around the village at the end of the meeting. Remember, fresh air, exercise and chat is so good for us all, do try to join in.
- Happy birthday this month to Joan Johnson, Angela Hewitt, Michael Smith, and Lizzie Forbes-Bryson.
- On Thursday 17th, to celebrate St Patrick's Day, we will be entertained by Hogwash, which should be great fun.
- Thursday 31st March is our trip to Elite Fish and Chip Restaurant, off Tritton Road. Please meet there between **11.30 – 11.45am**. If, for any reason, you are unable to go now **please let us know**.
- **Next month, on Thursday 7th April, it's our 5th birthday party! We will be celebrating this event with a very special, mystery, star act, an occasion not to be missed. There will be birthday cake too! As a thank you, we are also inviting some of our sponsors and supporters to join in with our celebrations.**
- On Thursday 21st April it will be Adele with Exercise to Music.
- Thought for the month –

A warm smile is the universal language of kindness.