

Newsletter July 2022

- Today our entertainment is The Lincoln Ukulele Band. This will be followed by the Buddies Sensory Stroll, a 30 minute walk around our beautiful village, led by Ann, David and Denise.
- We are pleased to welcome Darcy Woods and Daniel Fleshbourne from the Lincolnshire Recovery College to talk to us about the free courses on offer that can enhance your wellbeing.
- Happy Birthday this month to Pat Mellows, Gwen Woods, Brian Herrick, Gillian Pearce, Trevor Stewart, Christine Robinson, Carol Priestley, Gill Wilson, Betty Christer, Sue Downs, Adrienne White and Chris Potter.
- If you would like to go to Baumber Gardens on Tuesday 12th July, please make sure your name is on the list. (See June) We will be meeting there at 11.00am for tea and cake. This is a free event.
- Today it's Heather and Mike's Tea Party, just down the road at East End Farm, come and join us after the meeting.
- We have been offered some 300 and 500, XL piece puzzles, if you are interested in having them, please let us know.
- Our next meeting is on Thursday 21st July with Exercise to Music with Adele.
- Next month on Thursday August 4th it's singing duo Nigel and Teri and then on the 18th we have Adele with Exercise to Music.
- Thought for the month

Just when the caterpillar thought life was over.....

It became a Butterfly!