

## Newsletter October 2022

- Today our entertainment is the Stringing Nettles. This will be followed by the Buddies Sensory Stroll, a 30 minute walk around our lovely village, led by Ann, David and Denise.
- Happy Birthday this month to John Butler, Paul Ellis, Janet Adams, Carol Hewitt, Martin Dale, Jackie Towle and Ken Christer.
- **Thursday November 10<sup>th</sup> , lunch at Pennells Garden Centre.** Meet at 11.30am for lunch at 12.00. This is a free event. If you would like to go , please make sure your name is on our list.
- **Carers Uk** have issued some guidance for carers on **Coming out of hospital checklist, please see our notice board.**  
They have also issued information on why you should have a **smart meter.**
  - 1, Get accurate bills, based on how much energy is used.
  - 2, Know how much the energy bill should be.
  - 3, Spot when you could turn the heating up, or turn the TV off.
- A useful website to look at is **Connect to Support Lincolnshire**, it provides online information and advice library, community directory and market place for residents of Lincolnshire.
- Thursday 20<sup>th</sup> it's Adele with Exercise to Music.
- Next month on Thursday November 3<sup>rd</sup> it's the return of the popular John Grant. And then on the 17<sup>th</sup> it's Exercise to Music with Adele.
- If you would like a photo taken, please see our photographers Gill or Chris, we will then provide the prints free.
- Thought for the month:  
**Life is like looking for your phone. Most of the time it's in your hand.**

