

Newsletter December 2022

Merry Christmas from Team Buddies

- This morning we have fun games, a raffle, singing and laughter with Adele. We have our Buddies Sensory Stroll with Ann, David and Denise afterwards – do try to go, remember fresh air and exercise is good for you.
- Happy Birthday to Peter Hewitt, Gail Staples, Guy Lister, Ann Lister, Carole Grant, Ron Smith, Breege Owen, Lindsey Sutton and Ann Ransome.
- Tuesday 13th December it's our Christmas Party. **Doors open at 12.30.** Please make sure your names are on our list if you would like to come. We have Father Christmas with his gifts, the children from Nettleham Junior School to sing, and some tasty food to eat! We will also have a **Christmas Jumper competition with prizes.**
- Thursday 5th January we have the Lincoln Ukulele Band, and on the 19th it's Dick Ryman.
- Thought for the month – **The way you spend Christmas is far more important than how much.**