

Newsletter February 2023

- This morning our entertainment is Hogwash. There will be no Buddies Sensory Walk today, the walk leader Ann, has just had a new hip and is unable to come. We send our best wishes to Ann for a speedy recovery.
- Happy Birthday this month to Philip Peet, Keith Orley , Janet Rose, Tony Wilson, Jill Guest, Kathy Beatham, Kathy Davey and Veronica Hagues.
- We are sad to announce the deaths of Michael Johnson, Bob Johnson and Pat Mundin. Our thoughts and deep sympathy go to their families.
- We have the Age UK “**Guide to Later Life in Lincoln and South Lincoln**” as well as their “**Rising Cost of Living**” brochures for you all to take home.
- Amazon Smile have informed us they are discontinuing this scheme on the 20th February and will no longer be donating to our charity.
- There is a new Dementia group called Rasen Memory Café, they meet the first Friday of each month from 10.00 – 12.00 providing friendship, information, a range of activities and a cup of tea or coffee. The meetings are held at the Festival Hall, Caistor Road, Market Rasen, LN8 3HT.
- Thursday 16th February it's Adele with her Exercise to Music session.
- Next month on the 2nd March we have singer/musician John Grant and then on the 16th it's singing duo Nigel and Teri.
- We will be having our annual Fish and Chip lunch at the Elite Restaurant, Tritton Road on Thursday 30th March. This is a free event, tickets will be available on a first come basis, available from Thursday 2nd March.
- **Thought for the month –
If at first you don't succeed, have a nap, find a snack then try again!**