

## Newsletter August 2023

- This morning our entertainment is singer/songwriter David St Paul, this will be followed by our Buddies Sensory Stroll a 20 minute walk , led by Ann, David and Denise.
- Happy Birthday this month to Fiona Cunliffe, Brenda Mumby, Ann Smith, Dirk Lee, Joanna Norval and Maggie Norris.
- Age UK – **I Forget** - team will be here with their handy information booklets etc, such as “At home with dementia”.
- Our thanks go to the “Heather and Mike’s tea party” held last month, they raised £1108.40 for Buddies. Despite all the rain they had the most people attend and raised the most money ever!
- Today is the last chance to put your names down for the visit to the **International Bomber Command Centre on Thursday 24<sup>th</sup> August**. Meet for **10.30am**, refreshments will be provided plus entry to the exhibition – all free of charge.
- On Thursday 17<sup>th</sup> it’s Adele with her popular Exercise to Music session.
- Next Month on Thursday 7<sup>th</sup> we have singer Jill Williams, and on the 21<sup>st</sup> it’s the return of Dick Ryman.
- Thought for the day

**One of the most important things you can do on this earth is to let people know they are not alone.**