

Newsletter October 2023

- This morning 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. Walking is so good for your health and well being and walking with friends is even better!
- Happy Birthday this month to John Butler, Carol Hewitt, Martin Dale, Ken Christer, Maureen Marwood and Les George.
- Many congratulations to Hazel and Michael Holman who will be celebrating their 60th Wedding Anniversary on the 16th October.
- **Thursday 9th November, lunch at Pennells Garden Centre**, meet at 11.30 for lunch at 12.00 noon. This is a free event (£1 each for the tip), please make sure your name is on the list if you would like to go.
- A date for your diaries, our **Christmas Party will be on Tuesday 19th December** from 1.00pm to 3.00pm, doors open at 12.30pm.
- If you would like a photo taken, or a copy of a photo please see our photographers Jill and Chris.
- On Thursday 19th October we have Adele with her Exercise to Music session.
- Next month on the 2nd it's Nigel and Teri and then on the 16th it's John Grant.
- Thought for the month

Life is like experiments. The more you try, the better you become.