

## Newsletter February 2025

- This morning's entertainment is singing duo Nigel and Teri.
- Ann and David will be leading the **Buddies Sensory Stroll** at the end of the meeting today. These walks can really help to boost your fitness and wellbeing, they can improve your balance and co-ordination and decrease the likelihood of falling over. **Do try and go.**
- Happy Birthday this month to Philip Peet, Janet Rose, Alan Jesson, Julie Douglas, Joan Chester, Carole Roberts, Pam Petty, Debbie Ward, Rosie Brookes, Jill Guest, Veronica Hagues and Kathy Davey.
- Please collect your leaflet about Urinary Tract Infections as you leave.
- Check our notice board for information about **free** drinks or soup at **Tesco**.
- Katie from Age UK is here today to answer any questions you may have.
- The fish and chip lunch at the **Elite Restaurant** on Thursday 13<sup>th</sup> February is **FULL**. For those of you going we will be there when the doors open at 11.30am.
- On Thursday February 20<sup>th</sup> we have a short presentation from **Carers First**, they will be staying for the meeting to answer any questions you may have, or to give you advice.  
The entertainment will be singer Dick Ryman.
- Next month on Thursday 6<sup>th</sup> March we have David St Paul and on the 20<sup>th</sup> it's John Grant.
- Thought for the month

**True friends are like diamonds, bright, beautiful, valuable, and always in style.**