

Newsletter October 2025

- Today's entertainment is the Stringing Nettles and on the 16th it's Jill Williams.
- **Buddies Sensory Stroll**, after the meeting will be led by Ann, David and Michele. Physical activity is an important part of a healthy lifestyle. It can help in maintaining co-ordination and balance, improve the health of your heart and blood vessels, improve your mood, and so much more. Take this opportunity with your friends to have some exercise.
- Happy birthday this month to Carole Hewitt, Martin Dale, Maureen Marwood, Tony Frecklington, Jaqueline Fox, Jean Lee, Peter Boyle, Michelle Hunter, Allan Chapman, Rosemary Chapman, Becki Mann, Julie Hall, Julie Stocks and John Clayton.
- Age UK's "**Bring me sunshine**" singing group have changed some of their dates and are now holding their sessions on Thursdays 9th and 23rd October, 6th and 27th November all from 1.00pm to 2.30pm.
- Thank you to our sponsors last month, Chris Dawkins for money raised from her downsizing garden sale, and to the team from Red Rock Partnership, raising £2000.00 from their sponsored climb of Mount Snowdon.
- Music can help people to feel and live better. There are several radio stations such as BBC Music Memories, M4D Radio and Boom Radio aimed at baby boomers, playing music from across the decades.
- Thursday 13th November we are holding our annual Tollerton's Afternoon Tea Party at the Rugby Club, Nettleham. Tickets available from Maureen or Ruth. This is a free event, £1 donation for the tip please.
- Next month on November 6th we have David St Paul and on the 20th it's Nigel and Teri.
- Thought for the month

Friends are like bras: close to your heart and there for support.