



March 2019

Dear Friends,

Another invite to the Friendship Club.

Next event - Wednesday 20th March 10 - 12 30pm. High Newton Village Hall

Last month was 'Sit, Stretch and Smile' what a laugh and the cake and chatter between us all was fabulous. One gentleman said 'I was not sure about this session but I really enjoyed it!' He went home knowing how to exercise in a chair and keep his muscles and joints in better condition. A definite bonus.

This month to ring the changes we have Tim Luke talking about his epic journey of his single-handed crossing of the Atlantic in 40 days. We can promise fun, cake, friendship and learning about an epic experience, with a few games thrown in. Once again we are hoping to see the children from Lindale Primary School.

Our club continues to thrive with about twenty /twenty five friends from all over the Cartmel Peninsula but we would love more people to join us. If you have a friend, a neighbour, someone who you think might benefit and enjoy an informal friendly chat, then give me a ring or an e-mail and I will gently encourage them. We can provide transport by arrangement.

We have a very strong team of really helpful volunteers who serve coffee, bake, chat and generally join in but there is always room for more. Without them we could not operate. Let me know if you would like to help, 90% of us volunteers are 'seniors.'

We look forward to seeing you, let me know if you can come or whether you need transport.

Cheers and love

Tricia and the Team of cheerful Volunteers

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