



North Berwick Day Centre



Newsletter Issue 13 Autumn 2019

The sun really had got its hat on this summer. So we dusted off our hats too. Long time since temperatures were so high.

Lily, Bunty and
Cathy enjoying the
sun outside the Day
Centre



Coming Soon.....

In partnership with Cycling Without Age, two members recently tried out a trishaw. Margaret and Muriel really enjoyed their 'cycle' around North Berwick with 'Pilot' Christine

A trishaw will be available for rides in North Berwick soon.

To learn more about these electric bikes see www.cyclingwithoutage.org



Arts and Crafts

Some more of the fantastic items that members have produced.

Jyoti helping Mary and Morna create a beautiful fish painting



The new sign for our quiet room. Made by Diane with drift-wood, shells and sea glass.

Mary painting a fabulous colourful nature art work for the wall



Making lavender bags



Janet, Christine and Maureen



Janet and Boyd

A trip to East Links Family Park

What a fantastic day two of our members, volunteer Pete and driver Willie enjoyed at East Links Family Park. So many things to see and do.



John and John enjoying a cycle ride round the park. I think only Pete in the back is pedalling. Willie and the pigs are looking on

Relaxing on the train after the exertion of pedalling



Willie in the stocks outside the fort. The Johns had more sense and just posed for the photo



The Choir

The Choir enjoyed an afternoon entertaining guests at Leuchie House



Other trips

At the Festival Theatre
for afternoon tea and

.....



..... a tea dance with
Highland dancers to
entertain us

After a good look round
Dunbar Garden Centre
what could be better
than a cuppa in their
lovely café



Speaking of a cuppa—as
the sun was shining we had
a wee trip to Amalfi.
Not the Italian coast, but
the ice cream/ café at
Dirleton

Boyd comes from
Wallyford and we
arranged a trip there.
This is the memorial to
all those who died in
the mines



Coffee Morning

Thanks to everyone who helped, contributed and attended the coffee morning on 20 July 2019. An amazing £957.64 was raised on the day.

This will be used for members' outings and activities.



Keeeeeep dancing ...

We love music and dancing and there's always plenty of it going on. Good for body and mind.



Christine and Lisa demonstrating seated dancing

The Day Centre Open ?



The two Johns again!
Here they are
getting active on the
putting green

John lining up a
winning putt?



Games

Many of our members enjoy playing the 'old-fashioned' games. We have a huge variety of table top games available.

Eric, Kirsty and
Graham enjoying
a game of
dominoes



The Big Knit—bobble hats for Innocent Smoothies bottles

Sandra Exelby has recently been presented with a small trophy for knitting over 600 of the 6,000 bobble hats donated by the Day Centre. 25 pence for each one goes to Age UK. Thanks to all those involved.



Film Nights—no film in August

Thursday 19 September 2019

Fisherman's Friends Comedy based on the true story of ten fishermen from Cornwall achieving a top ten hit.

Wednesday 16 October 2019

The Imitation Game Intense and gripping thriller telling the true story of Alan Turing, a codebreaker.

Thursday 21 November 2019

Stan and Ollie These two comics need no introduction. This 2018 film is a 'warm hug of a movie'.

Wednesday 18 December 2019

The Nutcracker and the Four Realms A Disney version with Helen Mirren and Morgan Freeman. Don't expect too much of the original Tchaikovsky music

For details of daily events, trips and activities see the website or ask any member of staff.

About Us

The North Berwick Day Centre has been part of the town since January 2005, providing an invaluable service to older people in North Berwick.

Full Day Members

Open daily for full day members Monday to Friday 10.00am to 4.00pm. The Day Centre bus provides transport to and from the Centre for full day members.

To find out more, staff are available Monday to Friday 9.00am to 5.00pm. Please ring, drop in or e-mail.

Drop In Coffee/Tea and Company

You don't have to be a full member to drop in for refreshments and entertainment or just a chat.

Monday to Friday 10.00 to 11.30am and 1.30 to 3.00pm
Coffee/tea and entertainment (£2.00)

To find out more about using the Day Centre contact:

Carol Wicker, Manager

North Berwick Day Centre,

6 St Andrew Street, North Berwick EH39 4NU

Tel:01620 890906 or

E-mail info@nbdaycentre.org.uk

Or you are welcome to drop in to see us

Newsletter Comments

Please give us your feedback, good or bad, plus any ideas for making the Newsletter better via the contacts above.

Articles for the next Newsletter to the Editor
by 1 November 2019

North Berwick Day Care Association Scottish Charity Number: SC028007