



North Berwick Day Centre



Newsletter Monthly Issue

October 2021

What's new?

How wonderful that I can't keep up with things that are happening in the Day Centre. It is fabulous to see some live music and a guest visitor to the centre. Smiles and cheers all round.

Jackie Tagg, Editor



Welcome back!
Wonderful to listen
to fantastic musician,
Hamish, again.



Physiotherapist, Cara, came
along to talk to us about how
to keep ourselves as mobile as
possible.

The sale table is back

At last we can do a bit of shopping for a gift or a treat for ourselves. Amy has put together her sale table again and everything is very affordable as the products are all donated. Proceeds to the Day Centre of course. So it's a win win.



Amy getting the table ready and the final display all ready for customers.



If you have bought a gift you will also need a greetings card. Thankfully Claire spends a lot of time creating cards for every occasion.

Trishaw mania

There has been a huge demand for trishaw trips. The weather has been kind too and so plenty of good days for a 'cycle in style' round North Berwick.



From left to right Malcolm, Betty and Pauline get a trip with John peddling



From left to right Pat, Margaret and Sally enjoyed the tour with Angus doing the hard work.

Bingo with a difference

We have all missed our get togethers and a favourite game is always bingo. Who knew there was animal sounds bingo. Guess the sound and then cover the picture of the animal with a counter.

Some shout Bingo, others Housey, but there's always a wee cuppa afterwards.



From left to right, Anne, Jim, Ronnie and Sandra with eyes down. Lisa in the background is doing a great job making the animal sounds. I gather it was hilarious.

Smiles all round



Muriel and Malcolm, just two of the members who enjoy company and activities at the Day Centre

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

North Berwick Day Care Association Scottish Charity Number: SC028007