



North Berwick Day Centre

Newsletter Monthly Issue

November 2021

Giving us a boost

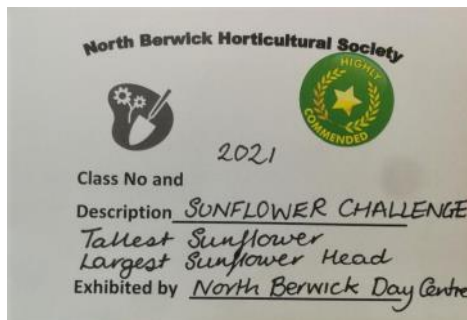
The Day Centre always gives us a boost and most of us will have also had our booster Covid and flu jags. All helping us feel as safe as possible in the cold months ahead.

Physical health is one thing, but our emotional and social well being is at the heart of the Day Centre. Thankfully we are back to lots more live entertainment. The soft, pink coffee chairs have returned. Just lovely to be able to sit and have a coffee and chat in comfortable chairs again. Feels so much more sociable.

To top it off we have been able to welcome some new members too.

It's beginning to look a lot like 'normal' ish.

Jackie Tagg



Congratulations to our gardeners. The sunflowers were highly commended by the North Berwick Horticultural Society.

Trick or Treat?

The Day Centre team and members always embrace various special dates throughout the year. Halloween was no different and there was no shortage of treats and dressing up the Centre to celebrate.



Nothing scary about these 3 witches. From left to right Linda, Patsy and Margaret with Barbara looking on



Left is Moira getting some spooky accessories ready

Amy's Sale Table update

The sale table has already made £365. This money will be used for the benefit of members.

Here is Caroline doing a bit of shopping.



Other activities



Eyes down. Sandra, Ronnie, Linda and Ann are hoping for a full house

As Abba reunite we also say 'Thank you for the music'. Recently we have had music from Sarah. Nothing like music to lift our spirits.



Nothing beats good food. Home cooking is prepared on site in the Day Centre kitchen.

Nutritious and delicious.

Jane is one of the cooks and that looks like a super cottage pie



Smiles of the month



Far left new member Liz and Ann with a Halloween display

Can you help?

The Day Centre and its administration is looking for volunteers to help with its work.

All types of skills would be most welcome.

If you are able to spare some time or indeed know of someone else who might please get in touch with our manager Carol.

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