



North Berwick Day Centre



Newsletter Monthly Issue

April 2022

Signs of Spring and the heralding of Summer

I love this time of year. Snowdrops and aconites have been followed by daffodils and the tulips won't be far behind.

Other things to lift our spirits:

We are seeing more people at the Day Centre
John has serviced the trishaw ready for trips out
Bus trips are back getting us out and about
We have been bathed in sunshine for at least some of March
The Day Centre garden is looking good

So get out the hats and sun cream and enjoy this beautiful place
we call home.

Jackie Tagg

Editor

Dining with
company
makes all
the
difference



Hands Around the Edington

We are all concerned about the 'temporary' closure of the Edington Cottage Hospital. We wanted to show our support for the group called Hands Around the Edington. They are dedicated to getting the hospital re opened. Everyone had a story to tell about how the Edington helped them, their family or friends. These were written on hearts and given to the group as evidence of this vital service.



Other activities



We love a celebration. **St Patrick's** day gave us the chance to eat delicious Irish Stew and Guinness Cake. Plus a singalong with Christine of some Irish ballads.

Keeping fit

It's really important at any age to keep as fit and as supple as possible. Exercise, either standing or seated, is part of our Day Centre routine.



Of course we don't always like what is good for us, but **Body Boosting Bingo** is always popular.

It combines fun, music, movement and a healthy bit of competition for the prize.

It's not all go though



Val, Jim and Ronnie get out the dominoes



Also enjoying the more relaxed activity of dominoes, from left to right are Pat, Margaret, Mary and Pauline



Jigsaws too are a nice way to relax. Peter, on the left, and Ronnie are experts



Dorothy enjoying home made and tossed pancakes with lemon juice

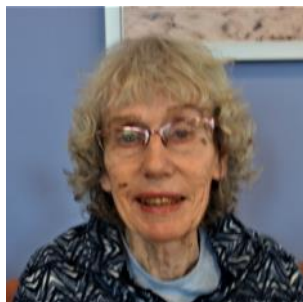


A trip to North Berwick harbour for Margaret

David on the left and Graham.
Good to see some smiles and share a laugh.



Smiles of the month
Muriel, left
and Margaret, right



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