



North Berwick Day Centre



Newsletter Monthly Issue

June 2022

Healthy minds, bodies and spirits

The Day Centre team focus on giving our members a wonderful experience. It seems effortless, but a lot of thought and time goes into giving everyone their best life possible. These photographs show some of the things that help members keep active, entertained, fit, chatting, nourished and laughing. What a joyous place.

Jackie Tagg

Editor

Bobble hat time

Once a year Innocent have a BIG KNIT.

Sandra, as always, has been knitting bobble hats for the tops of Innocent smoothie bottles. For each hat Age UK get 25pence and a proportion of that is then given to the Day Centre. So far this year Sandra has knitted over 900!

If you would like to help, the Day Centre can get the knitting and crochet patterns.



Physical health and fun!

Keeping fit helps us in so many ways, especially to keep as independent as possible. The Day Centre team find different ways of keeping us moving.

Carpet bowls are always popular. These can be played from standing or from a chair. So everyone can have a go.



Dancing (left) is fantastic exercise and lifts the spirits. Below our members are doing chair exercises to help improve balance and reduce the risk of falls.



Ronnie on the left has developed his own style of air guitar. Malcolm right, enjoying potting up some plants.



Activities to challenge the brain and fun!



On the left Margaret, Linda, Sally, Pat and Valerie playing Treasured Memories

On the right Pauline, Margaret, Mary and Isobel enjoying dominoes



Elsie, Sally and Frances, on the left are chatting about the North Berwick in Bloom Tulip Festival brochure



Peter, Malcolm and Ian playing snakes and ladders

Nutrition



Our wonderful cooks ensure that meals are nutritious and balanced. France, Pauline and Isobel certainly look like they are enjoying this delicious lunch.

Lifting the spirits

All the things we do in the Day Centre lift our spirits. The companionship makes such a difference. The smiles you see here aren't just put on for the camera. From the left, Lisa, Mary, Kate and Margaret.



**Coming soon in June
a Special Jubilee Edition**



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