



North Berwick Day Centre

Newsletter Monthly Issue

July 2022

Royal Correspondence

You may remember that our Members sent a letter to The Queen, congratulating her on her Platinum Jubilee. Sally featured in the Jubilee edition posting it. There was great excitement when we received a reply. So lovely to get an acknowledgement.

Can I also give a shout out to East Lothian Print Unit. Wendy and the team there print the newsletter every month. She took the time to email me to say how fabulous our Jubilee celebrations looked. No arguing with that comment.

Jackie Tagg

Editor



A Law unto herself

Many of you will know one of our members, Barbara Reid. Blind and profoundly deaf, Barbara decided to celebrate her 90th year by climbing The Law. She wanted to raise money for a charity called Tree Aid, which tackles poverty and climate change by growing trees in Africa. . Oh and did I mention she has balance issues.



On a lovely, but windy day in June Barbara did it!

She was helped and supported, [literally at times] by friends and family.

Trishaw Time

Thanks to some reasonable weather and our lovely volunteer 'drivers', Trishaw trips have started again. To book just ask one of the Day Centre team.



Isobel, above left and Pauline ready for off.

John, on the left and Graham are two of our volunteer drivers.



Other activities



Dancing is great fun and good for you. Carol, far left takes to the floor with Pauline and Valerie, left with Margaret.

Carpet curling always draws a crowd and can be done standing or seated.



There have been a few days when its been warm enough to have some garden time. The photograph on the left shows, from the left, Margaret, Frances and Jean.

Enjoying the sunshine in the photograph on the right is Jean on the left and Ann on the right.



Bobby far left and George planting seeds. They also seem to have grown a bunny.

Exercise

Apart from enjoying the garden we also have time for some exercise.



Coffee Morning Returns

After such a long time the coffee morning is back!
Saturday 30 July 2022,
10.00 to 12.00.

Contributions of baking and items for the tombola, raffle and bric a brac are welcome. Please drop it in to the Day Centre.



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