

Move it or Lose it!

Mondays at 3pm

Why not start the New Year with our exercise programme to music facilitated by Maime.

Highly Recommended
Everyone Welcome

New Year—New Broom!

Don't forget our excellent Tenant Support Service for the jobs you struggle with. Tracy is more than happy to help you out, she may also be available to provide transport if needed.

To book time with Tracy, please contact the office

Christmas Past!

The staff would like to thank everyone for their support for all the activities and events arranged over the festive period, we hope you enjoyed the varied programme. The party on Wednesday 20th was paid for from the Saturday Morning Coffee fund, and Christmas Day lunch was charged at the normal meal rate, and subsidised by the Coffee fund.

Senior Moment.....

You know you are getting older when you bend down to tie your shoe laces and start wondering what else you could do while you're down there.

Lunch Invoices will next be issued on Friday 2nd February
Prompt payment is appreciated.
thank you.

Meetings in January

10th Board of Management.— **Cancelled**

The next **Tenant's Meeting** will be held on **Tuesday 30th January at 2.30pm**

Your attendance at Tenant's Meetings is much appreciated.

There will be an agenda on the notice board for anyone to add items for the meeting.

Birthdays in January

3rd Sheila Morley

27th Jim Jarvis

31st Peter

Happy Birthday from us all



Film Club

Saturday

20th January

at 2.30pm

Daniel and Katie find themselves in

no-man's land, caught on the barbed wire of welfare bureaucracy as played out against the rhetoric of 'striver and skiver' in modern day Britain.



Mountain Goat

Winter Tour of the Ten Lakes.

(stopping in Keswick—lunch not included)

Tuesday 23 or 30th January

Special Offer—only £10
Please speak to Monica if you are interested.

