



MAY SOLUTION

Across 1 respire, 5 sleep, 8 smell, 9 garment, 10 upright, 11 fatigued, 12 rashly, 14 glider, 18 grant, 20 liberal, 22 whisper, 23 tight, 24 stars, 25 derided

Down 1 rescuer, 2 swear, 3 illegal, 4 eighty, 5 shrew, 6 emerald, 7 petty, 13 stamina, 15 lobster, 16 related, 17 Alfred, 18 gowns, 19 types, 21 rigid

SILVER STAR

Duke of Edinburgh Silver Award to our youngest volunteer, 15 year old **Imogen**.



Across

- 1 Vow (4)
- 3 Seasickness (3,2,3)
- 9 Becomes visible (7)
- 10 View (5)
- 11 Wood nymph (5)
- 12 Crazy person (6)
- 14 Going by air (6)
- 16 Fleet of ships (6)
- 19 Champagne (6)
- 21 Film (5)
- 24 Keen (5)
- 25 Eight-sided figure (7)
- 26 Buy (8)
- 27 Genuine (4)

Down

- 1 Intermittently (2,3,3)
- 2 Slightly drunk (5)
- 4 Take for granted (6)
- 5 English county (5)
- 6 Eye make-up (7)
- 7 Peruse (4)
- 8 Make sorrowful (6)
- 13 Motherly (8)
- 15 Not so old (7)
- 17 Distant (6)
- 18 Stockings (6)
- 20 Accommodation on ship (5)
- 22 Imprecise (5)
- 23 Profound (4)

GREEN-FINGERED HEROES

Thank you to our volunteers **Stewart** and **Richard**, who work so hard at making our garden the oasis of green calm it is. Our members love spending summer days outside, enjoying the fruits of their labour.



newsletter

OCTOBER 2023

AGE Concern

CHISWICK

David says...

Digital drop-in



Anish Gandhi is a volunteer who has been assisting with the very informative sessions that help our members with all their queries and problems concerning digital technology, be it their mobile phone, ipad, laptop or computer.

These sessions have become very popular and there is a waiting line so do please contact Gayla and fix an appointment in advance so you are not disappointed

The next session is scheduled for 30th November.

We are now into Autumn and the leaves have started to fall. This season is often the time that we hold our AGM and this year it is at noon on the 16th of November. As part of the AGM I give a report on the year to the end of March. I will not anticipate that report here but I thought that I would update you on some of the building work that has been undertaken since March. We are investing in upgrading and repairing several items of plumbing, including work on the radiators to make them more efficient ready for the colder weather. We have repaired all the wheelchair ramps from the building to outside and we are addressing several items relating to fire safety, including making key doors fire proof. Soon we will install CCTV to improve the security of our premises. We are able to do all of this because our financial position is sound.



Day trip to Denham

To take advantage of the pleasant August weather, Jane Walker – a member of our outings team – organised a lovely day trip to the Toby Inn in Denham. After a sumptuous meal there was even time for a spot of retail therapy at the nearby garden centre.



Flying visit to the RAF Museum



Annette organised an exciting day visit to the RAF Museum in Hendon recently. Attended by many of our regulars, it was a memorable trip. The aircraft were awe-inspiring and we learned so much about the brave men and women who fought in both World Wars.



Chair Yoga

We urge members to take part in and benefit from this fantastic class. Chair yoga has been designed with the elderly in mind and is an easy session with limited stress on your body, but with great benefits in terms of increased flexibility and joint exercise. This does not involve sitting on the floor and is conducted at a very slow and comfortable pace. If you would like to take a FREE trial class, please reach out to Gayla.



ROBERT'S BIRTHDAY

Our members came together in the café to celebrate Robert's 82nd birthday in August. That gorgeous cake was provided by our resident baker, Piera!



AUTUMN EVENTS

**Thursday 19th October 11.30 am main hall
Healthy Eating Workshop**

With particular reference to Pre-Diabetes and Diabetes. Provided by Kris Dulnik, Trainer and Community Engagement Officer with Home Instead, Hammersmith and Chiswick. This is a fun, activity-filled practical session using props, food cards and quizzes. Free to attend, no booking necessary but please register your interest with Barbara or Sara.

Thursday 26th October from 2 pm to 4 pm

We are hosting a **Tea Dance** as part of Hounslow Older People's Festival. Free to attend but please give Barbara your name if you wish to come as places are limited – to make room for the dancing! – and we are inviting people from across the borough. We see this as a useful way to publicise our club throughout Hounslow so please help us to make them welcome.

**Thursday 16th November , promptly at noon.
Annual General Meeting.**

All paid up members are cordially invited. This is your club and we want you all to have a say.

Advance notice:

Our annual Christmas Lunch will be on Monday 4th December and the Tea on Thursday 7th December. Booking will not be until mid-November so please do not ask to reserve a place just yet.

MORNIN' ALL

Cheryl, our lovely Community Support Officer checking in. Do say hello when you see her around!

