

Deal & District Strokes Newsletter - AUGUST 2019

Hello to you all,

The newsletter seems to be getting a little later than would be ideal so to cover this problem our outings for the following month will also be added. This will then cover the events that have already happened.

- **2nd August, Friday** - 1st Friday of the month meeting to include games, quizzes, speaker, etc., depending on what has been organised.
- **12th August, Monday** - Outing to Salutation Gardens and Quay at Sandwich. To commence at 2.00 pm. Entrance to be paid for by DDS but any refreshments required to be bought by attendees at the time.
- **16th August, Friday** - Mid Month Munch at Golf Road Centre to commence at 12.30 pm. Any members who wish to go please let me know.
- **5th September, Thursday** - To meet at Walmer Castle at 2.00 pm. Entrance free covered by DDS but any refreshments, if required, to be paid for by attendees.
- **6th September, Friday** - **Annual General Meeting** and we look forward to seeing as many of our members as possible. The subs for 2019/2020 will be as follows: £10 for stroke survivor and £5 for accompanying person. (£15 per couple). Volunteers will, of course, not be required to pay.

Unfortunately, with printer problems making this newsletter even later than usual, we can advise that the visit to Salutation Gardens turned out to be a total washout. Whilst it appeared not to be raining in Deal, Sandwich had thunder, lightning and pouring rain. Maybe we can try again if a suitable date can be arranged. We will let you know after checking for a suitable date.

The Seated Exercise Classes for August are usually every **Wednesday**, however, we have just heard from Jan that, due to personal circumstances, she is going away for a period of time and therefore **following the class on the 14th there will be no further classes until further notice. We will let you know as soon as she is back and able to carry on.**

As usual, the Pier Walk is every **Thursday** to meet outside Deal Pier at 10.45/11.00 pm, if too windy we will go straight to The Quarterdeck for refreshments but any who wish to go up the Pier can meet there after the walk. Due to lunch goes our group is welcome there until around 12 noon.