

Deal & District Strokes Newsletter - OCTOBER 2019

Hello to you all,

This year is disappearing so rapidly we can only hope that we will be through winter before we know it.

The October/November dates are as follows:-

- **4th October, Friday** – At the October meeting we had Alan play to us and provided the opportunity to have a sing-a-long and we hope that gave a good feeling and lifted your mood, joining in is always a good thing. Dorthie went to everyone present providing the menu for the Christmas Dinner at **Walmer & Kingsdown Golf Club** on **Friday 13th December**. Whilst a few people were absent they should have been advised of progress and any who have not yet filled in the menu it has been included with this newsletter. Transport arrangements will be sorted in due course.
- **10th October, Thursday** – Our outing to **Aspendos Turkish Restaurant** in Dover to be there at **5.00 pm** this has been finalised by Diane and we hope all going will have a lovely time, as we did last time we went.
- **18th October, Friday** – **The Mid-month Munch** will continue as before please accept my apologies for it being left unorganised last month. Thanks to Janet for helping out last month.
- **1st November, Friday** – Diane and Curtis have come up with a really good idea for our **Trinity Church Christmas Festival Tree** and we will all be helping to make this happen at our meeting.
- **15th November, Friday** – The details for the **cookery at Chequers** have now been received from Chris and we can confirm that, as before, it will start at **10.30 am** and finish at **1.00 pm**. It is proposed to make sausage rolls with cranberry and orange and mince pies with cognac. This event will be paid for by DDS and anyone wishing to go should let Diane know as soon as possible. Members affected by stroke will be given the first available places and others after as numbers allow.

Chris and Janet had an interesting journey to Nottingham to the Stoke Associations' Conference and happily they managed to get there. A bit of a problem with the railways was ironed out and once there they thought meeting other stoke groups very worthwhile. We would like to thank them for taking the time to make the trip on our behalf.

The Seated Exercise Classes are starting again on **Wednesday 9th** and will continue every Wednesday thereafter. We are very happy to have Jan back with us.

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. 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.