



### Quiz Night -



We are hosting a Quiz night on the 30<sup>th</sup> of November! The Café will be open for teas, coffees and soft drinks. If you would like to bring alcohol, feel free to bring your own. 6.30pm – 7pm Event start, £3 entry fee (teams of 4-6 please).

**Hyperbaric Chamber -** We are looking to add additional dive sessions for our chamber, on Monday and Thursday at 12.15pm. We are finding that the chamber is gradually becoming more popular again, so if

these new times work well for you, please do contact us to book your session(s).



**Bingo –** We have had several very successful Bingo nights since the last newsletter. The prize for the Christmas game (13<sup>th</sup> December) is now at £330. This equates to £50 on one line, £100 on two lines and £180 for the house, this will continue to increase as we get nearer to the big day! The next Bingo date is the 29<sup>th</sup> of November... We hope to see you there!

**Craft Fair -** We had a successful Halloween craft fair, all stall holders will be back for our Christmas craft fair. So make sure you get down and join us on the 14<sup>th</sup> of December from 11am onwards for our Christmas Edition.



Craft Fair Stallholder 'Hannahs Creations'

Craft Fair Stallholder 'Mythicarium'



## Christmas Buffet -



This year's Christmas Buffet will be on Thursday the 19<sup>th</sup> of December, the buffet is for Members only! We are filling up fast, so book in while we still have space. There will be vegetarian options available if this is something you are after.

## Sound Bath?



Sound Baths consist of an instructor using different sound producing tools to aid in deep relaxation and meditative states.

The concept of sound healing dates back millenia and uses Gongs, Singing Bowls, Drums, Rain Columns & Chimes. If this is something you are interested in, please get in contact.

Currently we have two sessions booked with Paula Tuesday the 19<sup>th</sup> of November at 11am and Saturday the 7<sup>th</sup> of december at 10am. Do contact us to get booked in for either of these!

## SPECIAL OCCASIONS

### November Birthdays

- Maggie Smith – 8<sup>th</sup>
- Margo Goldspink - 13<sup>th</sup>
- Steven Gregoire – 18<sup>th</sup>

## UPCOMING EVENTS

- Bingo - November 29<sup>th</sup>
- Quiz Night - November 30<sup>th</sup>
- Christmas Craft Fair - December 14<sup>th</sup>
- Christmas Buffet - December 19<sup>th</sup>

## Treatments by Appointment



Natalie - Reiki practitioner  
Lynn Reader - Reflexology treatment

Tel 07985 407129

BeautifulByKaren – Massage and Beauty treatment

Tel 07761 302605

Wendy Hall BSc (Hons) - Chiropodist and Podiatrist.

We are always looking for **New Volunteers**, especially when it comes to our Garden, if you or someone you know may be interested in lending a hand with the upkeep, please do get in touch. Our Garden is a vital outdoor space for our members to relax and unwind (weather permitting).

