

# January 2017



A big thank you from all the staff for the cards, gifts and good wishes at Christmas



Enjoying the Christmas Party



Dancing with Flo on the accordion

That's what happens when you have Happy Feet!



Carers Supper Evening



## What's on this month.....

Wednesday 4 <sup>th</sup> January -	Centre re-opens - Happy New Year - back to business ! 1.30pm - Carolyn at the Art Group.
Thursday 5 <sup>th</sup> January -	1.30pm - Memory Ball.
Friday 6 <sup>th</sup> January -	Head & Shoulder massage with Pat. Men's Group - Hang Man & Dominoes. Women's Group - Play your cards right. Quiz & Dominoes.
Monday 9 <sup>th</sup> January -	1.30pm Carolyn at the Art Group.
Wednesday 11 <sup>th</sup> January -	Museum Alive - Reminiscence Session. Head & Shoulder massage with Pat. Hoopla.
Thursday 12 <sup>th</sup> January -	Men's Group - Crosswords & Dominoes. Women's Group - Bean Bag Game. Countdown & Dominoes.
Friday 13 <sup>th</sup> January -	1.30pm Carolyn at the Art Group. Museum Alive - Reminiscence Session. Skittles & Dominoes.
Monday 16 <sup>th</sup> January -	1.30pm Hand, Head & Shoulder massage with Pat.
Wednesday 18 <sup>th</sup> January -	Men's Group - Quiz, Dominoes. Women's Group - Balloon Tennis. Hang the Man, Dominoes.
Thursday 19 <sup>th</sup> January -	1.30pm Carolyn at the Art Group.
Friday 20 <sup>th</sup> January -	Burns Day - Tea Dance. 1.30pm Hand, Head & Shoulder massage with Pat. Balloon Tennis & Dominoes.
Monday 23 <sup>rd</sup> January	1.30pm Morag & Lewis from Live Music Now entertain us.
Wednesday 25 <sup>th</sup> January	Blockbuster Game & Dominoes. Skittles & Dominoes.
Thursday 26 <sup>th</sup> January	
Friday 27 <sup>th</sup> January	
Monday 30 <sup>th</sup> January	
Tuesday 31 <sup>st</sup> January	



### Project Management Group

At the Annual General Meeting held in November 2016 the following people were elected to form a new Management Group for the Project -:

Chairperson - Moira O'Neill  
Vice Chairperson - Sadie Rooney  
Secretary - May Hadden  
Treasurer - Tola Odewusi  
Members - Anne Dobie, Bill Reid, Fiona Scott, Mamie Munro, Nan Moan.

## Happy Feet

The Project offers a personal footcare and toenail cutting service to people over 50 who are unable to manage their own footcare (toe nail cutting, filing etc) but do not require podiatry. Staff trained by NHS Podiatrists are available for this service. By appointment only - Costs £10 - first visit includes provision of your personal cutters and files



Phone 620 7222  
for information and an appointment



### Carers Corner



A note from Karen.

Hello everyone and a Happy New Year to you all. Many of our carers got together last month and we enjoyed a lovely social evening pre Christmas with food and wine and good company. It was lovely to see everyone relaxed and enjoying the evening. Carers Cafés restart on Monday 30<sup>th</sup> January in the Centre at 10.30am - remember you can bring your cared for person along as staff are on duty to look after them to let the carer chat to me and the other carers. We will also be discussing what events you may want to have in the year ahead.

Karen

The Project is supported in its work by -:



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