



The Prestonfield Reporter

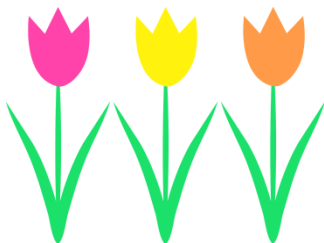
Edition 65 - March 2018



Little Monkeys and the Mens Group building a road for dinosaurs?



...and with the Women's Group concentrating on a Jigsaw



Quiz Answers
1 This is your Life
2 Tyrone
3 £ 500
4 Confer
5 Nobel prize for Chemistry
6 True

What's On this Month

- | | | | |
|------------------------|---|------------------------|---|
| 1 st March | - Balloon Tennis Head and Hand Massage with Pat. | 19 th March | - Countdown, Dominoes. |
| 2 nd March | - Hoopla, Beetle Drive. | 20 th March | - Name that Tune |
| 5 th March | - Quizzes & Dominoes. | 21 st March | - Art with Carolyn, Quiz, Dominoes. |
| 6 th March | - Musical Afternoon. | 22 nd March | - Easter Card Making. |
| 7 th March | - Art with Carolyn, Balloon Tennis, Dominoes. | 23 rd March | - Skittles, Easter Card Making, Little Monkeys visit, Head and Hand Massage with Pat. |
| 8 th March | - Memory Ball. | 26 th March | - Little Monkeys visit, table top games. |
| 9 th March | - Table Top Play, Memory Music, Head & Hand massage with Pat, Little Monkeys visit. | 27 th March | - Table Top Games. |
| 12 th March | - Games & Sing Along, Little Monkeys visit. | 28 th March | - Art with Carolyn, Last Man Standing, Dominoes. |
| 13 th March | - Skittles. | 29 th March | - Musical Bingo, Head & Hand Massage with Pat. |
| 14 th March | - Art with Carolyn, Bean Bag Game, Dominoes. | 30 th March | - Good Friday - Centre Closed. |
| 15 th March | - Basketball, Head and Hand Massage with Pat. | | |
| 16 th March | - Mini Golf, Who Am I. | | |

A Programme for the Clearburn Club is delivered to each clients home at the beginning of each month. Please note these programmes can be and are changed to suit the needs and desires of clients on the day.

March Quiz

1. Michael Aspel presented which television show between 1987 and 2003?
2. Which Irish county is known as 'The Red Hand County'?
3. Approximately how many sausage rolls does the bakery chain Greggs sell each week in the UK?
a) 760,000 b) 1,700,000 c) 2,500,000
4. Which 'C' is a type of cone-bearing seed plant in tree or shrub form?
5. In 1911 Marie Curie became the first woman to win which award?
6. True or false: Snakes don't have eyelids.



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

Prestonfield Neighbourhood Project

Friday Group for Women



Are you feeling isolated and looking for the company of other women? Then the Prestonfield Women's Group is for you. We are offering an afternoon of social activity planned with women in mind.



Phone 620 7222 for more information



Prestonfield Neighbourhood Art Group

Are you aged 60 or over ?

Are you interested in taking up a new hobby or restarting an old one?

Prestonfield Neighbourhood Project are looking for new members to join their weekly Art Group with Tutor **Carolyn Burchell**.

Where do we meet?

In Prestonfield Neighbourhood Centre

When do we meet?

Every Wednesday from 1.30pm to 3pm

How much does it cost?

£4.00 per session and includes tea & coffee.

For more information call **620 7222**



Carers Corner



Unfortunately due to the weather emergency the February Carers Café was cancelled as were the day services as the Centre had to close. We have a guest coming to the next Café to speak to Carers about dementia - Dr Una Glancy from Edinburgh University - she is doing a research fellowship so please accept this invitation to attend and please bring a friend with you if you wish to.

The next Café is on Monday 26th March at 10.30am - and as I said everyone is welcome - you can also bring your cared for person with you as they will be looked after in another part of the Centre and remember you can always call me for a one to one chat - I am here to support you and your ideas and any suggestions to improve the support is very welcome.

See you soon - Karen