



Living Later Life Well News

The latest activities and events on offer at Trinity Methodist Church and around Barton upon Humber, aimed at residents aged 60+.



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If you have an older friend, neighbour or family member who is feeling isolated and would appreciate contact to help them engage in community activities, please contact me and I will be happy to help.

Would you like to receive this newsletter monthly? We can email the newsletter directly to you, or you can collect a copy from Trinity Methodist Church or other venues around Barton. For people who are unable to collect a copy, we can arrange to post through their door.

October/November 2022 issue

The autumn season conjures up a cosy picture of crackling fires, warming stews and long walks crunching through fallen leaves. It's my favourite time of the year, despite the cooler weather meaning it won't be long until I must face turning the central heating on at home – certainly not an attractive prospect with energy prices soaring recently.

We have plenty on offer at Trinity Methodist Church (including a warm building and hot drinks a-plenty!) to fill your days. Although several of our sessions are currently full, we release new activities all the time, so please get in touch if there's something you fancy having a go at.

If you've ever considered writing your 'life story' of precious family memories,

we've got a thought-provoking and inspirational session for you called *Write your Story* on Monday 21st November from 1.00pm to 3.00pm.

Over the next couple of months, we're running two trips including a visit to the theatre, craft workshops to create some wonderful Christmas gifts, and the start of weekly Zumba classes for those who want to end their week with a burst of energy!

Christmas is the 'hot topic' in this newsletter – sorry if it feels a little early – and there are several festive activities to whet your appetite ahead of the big day.

For all activities in this newsletter that require booking, my details are to the left of this page!



It's our Christmas Party – and you're invited!

If you've taken part in activities this year with the Living Later Life Well project, please join us for a festive afternoon with food, live music and entertainment at the Lecture Hall, Trinity Methodist Church on **Wednesday 30th November, 1.00pm – 4.00pm**. This event is free of charge and an opportunity to thank you for your support, and celebrate the festive season together!

Booking is essential!

Regular activities at Trinity Methodist Church

Here's an overview of our 'regular activities' (although we also run one-off sessions) – if you'd like any more information on these, please get in touch for a chat.

Monday:

Pilates, 10.30am - 11.30am

Tuesday:

Chair Exercise, 11.30am - 12.30pm

Pottery, 1.00pm - 3.00pm

British Sign Language, 1.30pm - 2.30pm (start date TBC)

Wednesday:

Coffee Morning, 10.30am-12.00pm

Games Afternoon, 1.30pm-2.30pm

Book Club (fortnightly), 1.30pm-2.30pm

Thursday:

Pensioners' Lunch, 12.00pm (last Thursday of the month)

Friday:

Zumba, 10.30am-11.30am (starting November)

Saturday:

Coffee Morning, 10.00am – 11.30am

New Age Kurling (fortnightly), 2.00pm



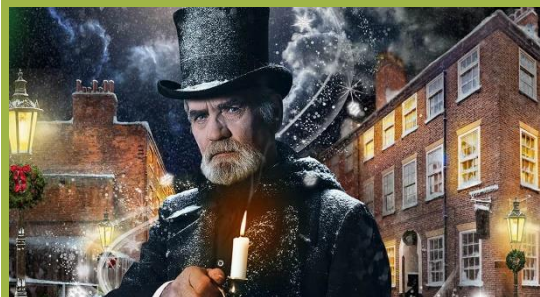
Christmas shopping at Brigg Garden Centre!

Get in the festive spirit with a day of shopping at Brigg Garden Centre!

Thursday 10th November - coach departs Barton Fire Station, Holydyke at 10.00am and returns for 2.00pm

Back by popular demand, we will be offering a coach trip to Brigg Garden Centre which will be full of Christmas lights, decorations and gifts, as well as plants, homewares, clothes and food. There's plenty of time to enjoy lunch in the restaurant and stock up for the festive season!

There is a suggested donation of £5.00 for this trip. **Booking is essential!**



Festive trip to Hull Truck Theatre & carvery lunch!

Friday 2nd December - coach departs Barton Fire Station, Holydyke at 9.00am and returns for 3.00pm

Join us on a trip to Hull Truck Theatre, for a morning performance of A Christmas Carol, followed by a festive carvery lunch at Wingfield Farm.

On a cold Christmas Eve, four spirits conspire to show Ebenezer Scrooge the error of his ways. His old business partner, Jacob Marley has returned from the dead to offer him a second chance, if he can change his mean and miserly behaviour. This thrilling adaptation of Dicken's classic Christmas ghost story, set in Hull, is a festive treat!

There is a suggested donation of £10.00 for this trip, which includes coach travel, ticket for the theatre and carvery lunch. Any additional drinks/refreshments at the theatre or restaurant will need to be purchased yourself.

Booking is essential!



Write your Story

Have you ever wondered about the lives of your parents or grandparents? Maybe you have thought about recording those precious memories for your children and grandchildren?

If so, *Write Your Story* is for you! Come along to our life writing workshop at Trinity Methodist Church on Monday 21st November from 1.00pm to 3.00pm. Discover how to begin to research and write about your family history, and how to retell your own story. We will read extracts from published books and have a go at our own writing. Please bring a pen with you. Paper, tea/coffee, biscuits and fun will be provided!

Booking is essential!

Wonderful live music and lunch!

In partnership with Live Music Now, join us for bi-monthly mornings of interactive live music followed by a lunch of sandwiches, savouries and homemade cakes!

Suggested donation £5.00.

Booking is essential!



Monday 10th October
10.30am

Dovetail Trio will bring beautiful songs and sounds to a morning of interactive performances.



Monday 12th December
10.30am

A morning of songs and laughter will be guaranteed with Tom and Harry, who have a lovely set list of well-known tracks.



Needle Felting Robin Workshop

Following the success of our earlier needle felting workshops, textile artist Vivienne Morpeth is back this festive season to guide us through creating a beautiful, quirky needle felted robin.

Needle felting is very therapeutic art, and everybody creates something unique so come and have a go!

Tuesday 22nd November, 10.00am – 12.00pm
Trinity Methodist Church

There is a suggested donation of £2.00 for this workshop and refreshments are included. **Booking is essential!**



It's Zumba time!

Zumba is a fabulous dance-based fitness class for everybody! Take the 'work' out of your workout, get ready to have fun and burn some serious calories with local fitness instructor Katie Brooks.

Get ready for a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, and a serious energy boost in each class! Weekly classes will begin on **Friday 4th November, 10.30am – 11.30am** in the Lecture Hall at Trinity Methodist Church.

There is a suggested donation of £2.00 per session for this activity.

Booking is essential!

Macramé Workshops

Macramé is a very addictive textile craft, using knotting techniques to create your own beautiful masterpieces!

Melissa Connolly, owner of *The Knotty Corner*, will guide you through the different knots required to craft a 'Tree of Life' wall hanging or an angel for your Christmas tree.

Tree of Life workshop
Monday 7th November, 9.30am – 12.30pm

Angel workshop
Thursday 1st December, 10.00am – 12.00pm

Suggested donation £2.00 – refreshments included!

Booking is essential!



Felt poppy brooch workshop

Join felt artist Wendy Chan for a workshop to make your own wearable poppy from wool, using water and soap – just in time for Remembrance Day.



Monday 31st October, 10.00am – 12.00pm
Suggested donation £2.00. Booking is essential!



Wednesday Film, Food & Craft Autumn 2022



Films start at 10.30am. Doors open at 10am
 Film only £3, Film & Food £5
 Craft/activity sessions (1.30pm - 3.30pm) Free.
 No experience required. All materials will be provided.

Sep 7	Animated Cat	with Angela Lindsley
Create a cat figure using a wire aperture and tissue painted with acrylic paint		
Sep 14	Willow Fish	with Alison Walling
Weave a fish from different coloured willows. These decorative, fun fish can be attached to a stick for the garden or hung up for decoration.		
Sep 21	Board Games	
Sep 28	Mixed Media Autumn Wreath	with Nicky Dillerstone
Using wire, various decorative papers, fine leathers, beads and buttons create a small wreath to hang indoors only.		
Oct 5	Continuing Landscapes	with Carolyn Short
Oct 12	Willow Bird Feeder	with Alison Walling
This is a very pleasing weave to learn and originates from Corn Dolly making. It will hold a small fat ball for the birds or could have many other uses around the home or garden.		
Oct 19	Board Games	
Oct 26	Flower Brooch	with Nicky Dillerstone
Create an individual piece of costume jewellery using leathers, organza, feathers, beads and minimal stitching.		
Nov 2	Felted Landscape	with Wendy Chan
Using wet felting techniques to create your own landscape.		
Nov 9	Board Games	
Nov 16	Paper Plants	with Wendy Chan
Create forever plants using cards and paper		
Nov 23	Christmas Cards	with Angela Lindsley
Create pop-up and folded cards with a Christmas theme.		
Nov 30	Seasonal Snowy Landscape Collage	with Linda Ingham
Dec 7	Film and TV Quiz	with Richard Hatfield

Barton Rotary Club is providing a **free Christmas Afternoon Tea** on Sunday 4th December, 3.30pm onwards, at Trinity Methodist Church. Entertainment will be provided by Barton Ukulele Band, and Poppy Frary, a young competition-winning singer. There will also be a raffle and this free event is open to all Senior Citizens – no need to book, just turn up on the day!

The Club is once again cooking and delivering **free Christmas Day Dinners** to Senior Citizens who may be on their own or have difficulty preparing a meal. Please contact us and we will deliver one to your home on Christmas Day. Simply phone Ted Treasure on 01469 531117 with your name, address and telephone number by Sunday 11th December, so that a Club member can contact you to make delivery arrangements.

A note about donations

Most of our activities through the Living Later Life Well project have a 'suggested donation' attached to them, but you might be wondering what this means! Donations help us with costs such as instructor hire, resources, refreshments and utilities.

We want to make our activities as accessible as possible which is why our 'suggested donations' are just that – if you feel you are unable to contribute any money for an activity, that is entirely your decision and you are still completely welcome to attend. If you can contribute a donation, then please give whatever you are comfortable with – we are a charitable project, not a business, so all donations feed straight back into our activities.

If you have any questions about donating, please contact me for a chat.