



# Living Later Life Well News

The latest activities and events on offer at Trinity Methodist Church for all members of the local community 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 get in touch.

Please note: all activities in this newsletter required advanced booking unless specified otherwise. Sessions fill up very quickly so please get in touch as soon as possible if you would like to take part.

Some activities have a price/suggested donation attached to them. Please note that if you are unable to contribute, you are still welcome to attend. Our priority is ensuring you can access activities that will enrich your life. If you are able to donate, this will help the project to continue and develop into the future.

## December 2023/January 2024 issue

What a wonderful year of activities, new friendships, adventures and memories it has been! Thank you to everybody who has joined us this year, including our wonderful team of volunteers who contribute so much time, energy and enthusiasm to making the sessions a success.

We have lots of new things planned for 2024 including the formation of our Silver Singers group, new craft classes, calligraphy workshops, chutney making, an Internet Café, and more day trips around the region. Our regular classes continue to be popular, so if you fancy trying something new in January, you're guaranteed a very warm welcome. Come and work off your Christmas dinner at our Chair Exercise, Pilates or Yoga classes, or maybe you'd like to join our weekly Table Tennis group?

If you have ideas for classes you'd like to see on offer, perhaps a hobby you used to enjoy or something you've never tried, please get in touch and share your thoughts. The Living Later Life Well Project is for **you**, and as we develop over the next year, we'd love to hear your feedback.

Finally, stay warm, enjoy your mince pies and have a relaxing and very Merry Christmas. I look forward to seeing you in the new year!



## Christmas Singalong Afternoon!

**Wednesday 13<sup>th</sup> December**

**1.00pm – 2.30pm**

Come and enjoy a festive singing afternoon, covering Christmas jingles and classics, followed by mince pies, non-alcoholic mulled wine and tea/coffee.

We'll be led by Debbie who will be managing our new 'Silver Singers' group from January (look out in this newsletter for more information) – song sheets will be provided, so warm up your vocal cords, and come and raise the roof with us! **Booking is essential as places are limited.**

## Regular activities at Trinity Methodist Church

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

### Monday:

- Pilates, 10.00am – 11.00am
- Internet Café (fortnightly), 1.00pm – 2.00pm

### Tuesday:

- Chair Exercise, 10.30am – 11.30am
- Yoga, 1.00pm – 2.00pm

### Wednesday:

- Coffee Morning, 10.30am – 12.00pm
- Board Games/Table Tennis, 1.30pm – 3.00pm
- Silver Singers, 1.00pm – 2.00pm
- Book Club (first Weds of the month), 1.30pm – 2.30pm

### Thursday:

- Beginners Guitar Club, 10.00am – 11.00am
- Improvers Guitar Club, 11.15am – 12.15pm
- Pensioners' Lunch, 12.00pm (last Thurs of the month)

### Saturday:

- Coffee Morning (& book sale monthly), 10.00am – 11.30am
- New Age Kurling (fortnightly), 2.00pm

## Join the Silver Singers!

Starting weekly, from Wednesday 10<sup>th</sup> January

1.00pm – 2.00pm

£2.00 suggested donation per week



Join our weekly group to sing songs from the 1940s – 1960s, musical hits, folk and traditional songs. We will be led by Debbie who manages the 'Tuneless Choir' in Barton, so we're in safe hands - if you enjoy music and singing, and have a sense of humour, you'll be very welcome. You don't need to be able to sing well to be part of the Silver Singers! We will sing for 45 minutes followed by refreshments.

**Booking is essential as places are limited. You won't be expected to sign up for a 'term', but it makes it much easier to manage numbers and bookings if you are able to make most/all sessions!**

## Stir up your creativity in January!

Tuesday 30<sup>th</sup> January, 10.00am – 12.00pm

£10.00

Use stoneware clay to make two beautiful ceramic spoons, adding patterns and detail to the bowl and stem and finishing the handle with a leaf or toadstool top! Work will be glazed, fired and returned after the workshop. All materials and refreshments included, just roll your sleeves up and get stuck in!



**Booking is essential as places are limited. Please note priority will be given to those who have not attended a pottery workshop with us before.**

## Come to our Internet Café!

In 2023, we have worked with Age UK Lindsey to run a monthly 'Digital Drop-in' for people to build confidence using their tablet, laptop or smartphone.

The Living Later Life Well project will continue to offer a space where you can bring your devices (or use one of our tablets), connect to our Wi-Fi and enjoy a cuppa and a chat. We plan to have a volunteer at each session who will support you to make the best use of your device, from showing you how to use the Internet, to booking GP appointments, to staying in touch with friends/family.

Dates for early 2024 are:

**Monday 8th January**

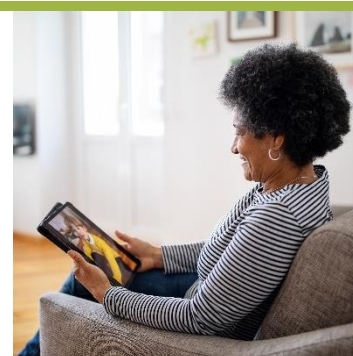
**Monday 22nd January**

**Monday 5th February**

**Monday 19th February**

**1.00pm – 2.00pm – drop in at any time or stay for the hour!**

Hot drinks and biscuits aplenty, and this session is free although donations are gratefully received. No need to book, just turn up!



# Barton Rotary Club: festive Afternoon Tea, and Christmas Day dinner delivery

**Sunday 10<sup>th</sup> December  
3.00pm onwards**

Barton Rotary Club is providing a free Christmas Afternoon Tea with entertainment in the Lecture Hall at Trinity Methodist Church. There will be a performance from the Barton Ukulele Band and others, and a raffle – the event is open to all senior citizens.

If you require transport to the event, please phone Ted Treasure on 01469 531117.

## Christmas Day Dinner

Barton Rotary Club, helped by Trinity Methodist Church and the White Swan, is 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 them and they will arrange to deliver one to your home on Christmas Day. Phone Ted Treasure on 01469 531117 with your name, address and telephone number by Sunday 10th December, so that a club member can contact you to make the delivery arrangements.



## Live Music and lunch!

Join us for a series of concerts and interactive music performances, followed by sandwiches, homemade cakes and tea/coffee, all for only £5.00! The performances start at 10.30am and last for one hour, followed by lunch.

### Wednesday 21<sup>st</sup> February 2024 (The Dovetail Trio)

Performing traditional folk songs with a new energy, join Rosie (vocals and fiddle), Jamie (vocals and guitar) and Matt (vocals and duet concertina) for a fabulous morning of all things folk!

**Booking is essential as spaces are limited.**



## Macmillan Fundraising Total

**MACMILLAN  
CANCER SUPPORT**

A big thank you to everybody that attended our Coffee Morning, raising money for Macmillan Cancer Support, back in September. We raised **£794.00** which is a fantastic achievement – thank you to everybody who supported by baking, helping on the day and 'behind the scenes', or simply turning up to enjoy cake and a cuppa, and a flutter on the tombola!

## Watercolour Painting Exhibition & Coffee Morning

**Wednesday 24<sup>th</sup> January  
10.30am – 12.00pm**

Our weekly Watercolour Painting classes have been wonderful, with people developing their skills and confidence under the watchful eye and calm support of our tutor Wendy. Complete beginners have been amazed at what they have been able to create, and we've had an array of masterpieces from pheasants to wildflower meadows, kingfishers to bees.

In order to 'showcase' their work, each person has been asked to select their two favourite pieces, which will be exhibited in the Lecture Hall at Trinity Methodist Church on Wednesday 24<sup>th</sup> January, from 10.30am – 12.00pm.

Please join us for tea/coffee and biscuits, a chance to speak to tutor Wendy and the artists themselves, and view some of the beautiful paintings they have completed.





# Thank you to our funders!

We're thrilled to announce that we came first in the Tesco Community Grants scheme, and have been awarded **£1,500** towards our project activities. Thank you to everybody who supported by placing their blue tokens in our container!

We've also been given a grant of **£5,000** from the Singleton Birch Community Fund, and an additional **£1,000** from the W.G. Edwards Charitable Foundation.

All of these funds help the project to develop and deliver our activities over the coming months, reaching more people in need of support and offering a wide range of services.



The W.G. Edwards Charitable Foundation

# What a year it has been - thank you for all the wonderful memories!

