



# 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+.



## Contact details:

**Jo Marwood**

**Community Outreach Manager  
Living Later Life Well Project**

Phone: 07821 900623

Email:

[jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com)

Facebook:

[www.facebook.com/LivingLaterLifeWell](https://www.facebook.com/LivingLaterLifeWell)

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 require you to book in advance 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 attached to them. These are suggested donations only, and 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 into the future.

## October/November 2024 issue

We're steadily moving towards the festive season, so you'll notice a few Christmas-themed trips and activities in this newsletter. We're really pleased to be running some pottery classes again, where you can make either a snowman or an angel (they make wonderful presents!). We are holding both a morning and afternoon session, and priority will be given to people who haven't done pottery classes with us before.

In the meantime, we have our next Live Music and Lunch coming up in October which is a lovely opportunity to enjoy a morning of harp music, followed by sandwiches, sausage rolls and homemade cakes.

Our weekly Silent Book Club on a Monday, and our Yoga group on a Tuesday, could do with a boost, so if you fancy trying something new and getting out of the house, this could be the incentive you need. Your first Yoga session is free of charge, so you don't have anything to lose!

Don't let the rainy weather keep you at home; come and spend an hour or two with us and let us brighten your week.

## Brigg Garden Centre and Christmas meal!

**Wednesday 4<sup>th</sup> December**

**10.00am – 3.00pm**

**£15.00 suggested donation, includes  
2-course meal and tea/coffee**

Join us for a festive shopping trip to the popular Brigg Garden Centre, which is full of Christmas decorations, plants, homewares, food, cards and gifts. There's something for everyone so come and start your Christmas shopping! We will also be enjoying a two-course festive meal together, followed by tea/coffee. Menu options must be ordered when you book (please let us know of any allergies/dietary requirements) – the menu is on the last page of the newsletter. **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:

**Silent Book Club**, 11.00am – 12.00pm

**Internet/Scams Awareness** (first & third Monday of the month), 1.00pm – 2.00pm

### Tuesday:

**Chair Exercise**, 10.30am - 11.30am

**Yoga**, 1.00pm – 2.00pm

**Grief Café** (second & fourth Tues of the month), 1.30pm – 3.00pm

**Pilates**, 2.30pm – 3.15pm

### Wednesday:

**Coffee Morning**, 10.30am – 12.00pm

**Silver Singers Choir**, 11.00am – 12.00pm

**Board Games/Table Tennis**, 1.30pm – 3.00pm

### Thursday:

**Guitar Club**, 10.00am – 11.00am & 11.15am – 12.15pm

**Book Club** (first Thurs of the month), 2.00pm – 3.00pm

**Older Persons' Lunch** (last Thurs of the month), 12.00pm

### Saturday:

**Coffee Morning** (& book sale monthly), 10.00am – 11.30am

**New Age Kurling** (fortnightly), 2.00pm

### Sunday

**Trinity Sunday Service and refreshments**, 10.00am

## Festive Pottery!

**Tuesday 12<sup>th</sup> November (angels)**  
10.00am-12.00pm, or 1.00pm-3.00pm

**Tuesday 26<sup>th</sup> November (snowmen)**  
10.00am-12.00pm, or 1.00pm-3.00pm

**£10.00 suggested donation**



'Tis the season to be creative! Back by popular demand is local pottery artist Karen, who will be leading a fun festive workshop to make either an angel or a snowman, perfect for your Christmas display at home or a special gift for a loved one. Using a variety of techniques and tools, you will create your own unique masterpiece to treasure forever. Karen will glaze and fire the pieces and return them for collection at a later date. **Due to the anticipated popularity of these workshops, please only book onto ONE of them.**

## Live Music and lunch!

Join us for our next concert, followed by a lunch of sandwiches, homemade cakes and hot drinks, all for a £5.00 suggested donation!

**Wednesday 23<sup>rd</sup> October, 10.30am – 12.00pm**  
**Ruth Lee**

Ruth Lee is an award-winning composer and harpist, based in Sheffield so also performs around the UK. She's passionate about music, stories and communities, leading workshops in schools and teaching private lessons as well as sharing her passion with community groups like ours!

Come and enjoy a beautiful morning of music in good company - **booking is essential as spaces are limited.**



## Save on heating – bring a book and enjoy a cuppa with us!

**Monday, 11.00am – 12.00pm**  
**FREE (donations gratefully accepted)**

Our Silent Book Club is almost too silent at the moment! We'd love to see more people coming and sharing company, bringing your own book or borrowing one of ours. As it gets to the winter season, come and take advantage of our free heating, drinks and biscuits here in the Community Room at Trinity Methodist Church, and enjoy an hour of quiet reading followed by a chat if you'd like to stay a bit longer.

Feel free to just turn up, no need to book. We're based in the Community Room at Trinity Methodist Church, which is accessed from the side entrance on Vestry Lane.





## Macmillan Coffee Morning Funding update!

Thank you to everybody who attended and supported our Macmillan Coffee Morning on Friday 27<sup>th</sup> September.

Together, we raised **£752.71** for Macmillan Cancer Support which is a wonderful achievement. Thanks also to everybody who baked, and our volunteers on the day who helped to keep everything running smoothly!



## National Lottery Community Fund update!

We're thrilled to announce that the Living Later Life Well project has been awarded a grant of £19,430 towards our ongoing activities and development, thanks to The National Lottery Community Fund, and players of the National Lottery.

This money will go a long way to helping our project to thrive and support older people in our community. Thank you so much!



## Silver Singers – change of time

After two public performances in the summer, our fabulous Silver Singers choir are enjoying weekly singalongs covering a range of music. New singers are very welcome – you don't have to sing in tune, but you definitely need a sense of humour and a willingness to join in!

Our choir leader Debbie has accepted an exciting new role leading a choir in a prison, meaning that our weekly meeting time has to change slightly to enable her to start this new venture.

Therefore, from **Wednesday 6<sup>th</sup> November**, the Silvers Singers will meet in the Lecture Hall at Trinity Methodist Church every **Wednesday from 11.00am – 12.00pm**. Suggested donation - £2.00 per session. Please bring a bottle of water (songbooks are available to use at each session).



## Feeling a bit stiff and achy? Come and try some new gentle exercise this winter

If you're thinking 'Pilates and Yoga aren't for me', then think again! These gentle forms of exercise are perfect for improving balance and posture, building your stamina, increasing flexibility and aiding breathing and relaxation.

We have two classes on a Tuesday afternoon, both adapted for all abilities and tailored for people aged 60+. Our Yoga class is floor-based, and we have a variety of cushions and blocks to support any twinges or aching bits! Vikki will lead you through a series of gentle positions, followed by a long meditation at the end. No tying yourself in knots or standing on your head – just relaxation, giving your body the gentle workout it deserves.

Our Pilates class is led by Kelly, who guides you through different gentle stretches targeting key areas of the body to improve muscle tone, flexibility and stamina. Rather than fixed positions, you will move between different exercises in an ongoing, low-level workout for the whole body.

All you need for either session is to wear comfy clothes, bring a roll-up mat and a bottle of water. **Your first session is FREE, then a £4.00 suggested donation per class, so come and give it a go!**

**Yoga with Vikki, Tuesdays, 1.00pm – 2.00pm**  
**Pilates with Kelly, Tuesdays, 2.30pm – 3.15pm**



# Brigg Garden Centre Christmas Meal options

Please contact Jo on 07821 900623, email [jo.marwood.bartontrinity@outlook.com](mailto:jo.marwood.bartontrinity@outlook.com) or pop in to book your place on our festive trip to Brigg Garden Centre and pre-order your meal.

Please choose a Main Course and Festive Dessert from the options below. If you have any allergies or dietary requirements, please confirm this at booking.

## Main Course options

(all meals served with creamed mash potatoes, rosemary roast potatoes, honey roasted parsnips, tarragon buttered carrots, winter spiced red cabbage, brussels sprouts tossed in butter, cauliflower cheese and Chef's roast gravy)

- Traditional Roast Crown of Turkey, served with sage, cranberry and onion stuffing, and pig in blanket
- Slow Roasted Beef with Sea Salt and Black Pepper Crust, served with a homemade Yorkshire pudding
- Cod in a Bearnaise Sauce, served in a rich buttery sauce flavoured with tarragon
- Carrot, Mushroom and Spinach Wellington in puff pastry, served with an orange and ginger spiced marmalade

## Festive Dessert options

- Traditional Christmas Pudding, served with warm vanilla and brandy sauce
- Black Forest Trifle
- Spiced Pear, Toffee and Cranberry Cake
- Chocolate and Raspberry Tart served with whipped cream



**KNITTERS, we need  
your help!**



## THE BIG KNIT IS BACK FOR 2024!

**Grab your needles and your brightest wool  
and join Age UK and Innocent drinks to knit  
a little hat or two!**

**Age UK Lindsey will receive 30p per hat and this  
money will support older people in our local area.**

**Hats can be dropped off at our Horncastle office or at  
one of our shops in; Barton upon Humber, Brigg,  
Caistor, Horncastle, Louth, Spilsby, Tattershall and  
Woodhall Spa.**

**For more information please call: 01507 524242 - Ext 2  
or visit our website at: [www.ageuk.org.uk/lindsey](http://www.ageuk.org.uk/lindsey)**

Registered charity number  
1079691



SEE **LINDSEY THINK LOCAL**

