



# 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:

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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 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.

## December 2024/January 2025 issue

What a wonderful year of memories and friendships it has been with the Living Later Life Well project! We have welcomed lots of new people joining us each week, new volunteers lending their time and energy, and enjoyed a whole range of activities and trips together.

Thank you to everyone who shares the 'magic' of this community project. Collectively, we're making a huge difference to older people who need a boost in their lives, or just want to get out of the house and spend time with other people. Whether you come to our sessions on a regular basis, or you're thinking 'perhaps I should go along', we're really looking forward to more memory-making in 2025.

This newsletter has lots of festive events and January plans for your diaries. Our heating is on, the kettle is boiling, and you're always very welcome to come and spend time with our Living Later Life Well family.

**Have a fabulous Christmas and see you in 2025!**

## Trip to Hemswell Antiques Centre & Kirton in Lindsey Garden Centre

**Monday 3<sup>rd</sup> February**

**Coach departs from outside the Fire Station on Holydyke at 10.00am, returns for 4.00pm  
£10.00 suggested donation**



Join us for a trip to Hemswell Antiques Centre, with four large buildings filled with thousands of antiques and vintage collectables. There are two cafes with homemade food and cakes on offer for lunch or a coffee break.

We will then move onto Kirton Lindsey Garden Centre to browse the huge range of garden care products, indoor & outdoor furniture, home accessories, houseplants, gifts, clothing, cards, books, food and toys.

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

## Regular activities at Trinity Methodist Church

Here is an overview of our 'regular activities' – if you'd like any more information on these, please get in touch.

### Monday:

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

### 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**,  
1.00pm – 2.00pm

**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



PLEASE JOIN US FOR

## An afternoon of Christmas Carols

Enjoy a festive performance by our Silver Singers  
choir, followed by tea/coffee and mince pies

**WEDNESDAY 11TH DECEMBER**

**2.00PM - 3.00PM**

Trinity Methodist Church, Holydyke

## Silver Singers Festive Performance

**Wednesday 11<sup>th</sup> December**

**2.00pm – 3.00pm**

**FREE**

'Tis the season to be jolly! Come along and enjoy a performance from our Silver Singers choir (and perhaps join in with a few classics yourself) – there will be a range of Christmas songs and traditional carols.

**Booking is essential so we can order the mince pies!**

## Beat the January blues with a relaxing Sound Therapy session

**Wednesday 15<sup>th</sup> January**

**10.30am – 11.30pm**

**£2.00 suggested donation**

Join us for a deeply relaxing hour of meditation and gentle breathing exercises, to 'reset' and aid wellness and healing in January. All you need to do is close your eyes, whilst Hannah from Stellar Sounds plays a range of gentle instruments to create immersive sounds that releases tension.

You can be either chair-based or floor-based for the session. For either, you will need a blanket, bottle of water and comfortable clothing. If you are floor-based, you will also need to bring a yoga/gym mat and a pillow or cushion.

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



## Free Afternoon Christmas Tea Party, and Christmas meal delivery service



The Rotary Club of Barton upon Humber is yet again helping the local community with events to share the magic of Christmas. On **Sunday 1<sup>st</sup> December, 1.00pm – 4.00pm**, join them for a special Afternoon Christmas Tea Party at Trinity Methodist Church. There will be great food, fun and entertainment – all free of charge!

The Rotary Club with support from Trinity Methodist Church volunteers is also offering a FREE Christmas meal, delivered to your door on Christmas Day. If you are alone and cannot make your own meal for any reason, or have a local friend or neighbour who would like a meal delivered, please contact Dawn on 07747 056586, or Sandra on 07854 501779 – deadline for booking is Monday 16<sup>th</sup> December.



# Live Folk Music and Lunch is back!

**Wednesday 19<sup>th</sup> February**  
**10.30am – 12.00pm**  
**£5.00 suggested donation, includes lunch**

Join us for a wonderful hour of traditional folk, blues and banjo music with Simon Robinson, followed by light lunch courtesy of the Trinity Catering volunteers.

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



## Origami Workshop

**Monday 20<sup>th</sup> January**  
**10.00am – 11.30am**  
**£5.00 suggested donation**

Come and learn the therapeutic craft of origami and make your own miniature boxes and flowers. Origami is the art of folding objects out of paper – learn step-by-step from teacher Wendy, and create your own beautiful works of art!

**Booking is essential.**



# Christmas around the Church

If you'd like to get involved with any of the upcoming festive events and services at Trinity Methodist Church, details are as follows.



### Christmas Book Sale

Saturday 14<sup>th</sup> December, 10.00am – 12.00pm  
Books and puzzles, Christmas cards, wrapping paper, stalls and refreshments

### Carol Service

Sunday 22<sup>nd</sup> December, 10.00am

### Children's Nativity and Christingle Service

Tuesday 24<sup>th</sup> December, 6.00pm

### Christmas Day Service

Wednesday 25<sup>th</sup> December, 10.00am

## Silver Singers all change (again!)

The Silver Singers is reverting to the original time of **Wednesday, 1.00pm - 2.00pm**. Apologies for the changes recently, but I am assured that this is a permanent time and day. If you'd like to come and enjoy a fun, relaxing singalong to music each week, you're very welcome to join us.

No booking required – bring a bottle of water and a sense of humour. Songbooks are provided and most importantly, there's no expectation for you to be a good singer! Refreshments available afterwards. Suggested donation - £2.00 per week.

## Landscape Art Classes

- Tuesday 4<sup>th</sup> February (pen and ink): Black and white field mouse in corn**
- Tuesday 11<sup>th</sup> February (pastels): Reflections on pond scene**
- Tuesday 18<sup>th</sup> February (acrylics): Poppy field**
- Tuesday 25<sup>th</sup> February (watercolour): Summer stream**

**Each session 9.30am – 12.30pm**

**£10.00 per date, including all materials and refreshments**

Kickstart your creativity in 2025 with our new Landscape Art classes, led by local artist Peter Wood. Each session will focus on a different medium, using professional materials to create your own unique artwork to treasure forever.

You may remember paints, pastels and inks from art classes in school, or perhaps you're completely new to art – all abilities are welcome!

**Booking is essential – you don't have to sign up to all the sessions, but you're welcome to if you'd like to try them all!**





# Digital Skills sessions takes a break

Our Digital Skills and Scams Awareness sessions are now ‘taking a break’ over the winter period, in part due to consistently low numbers of people accessing the service. These were led by Age UK Lindsey staff and volunteers, running twice a month from Trinity Methodist Church.

The team provided one-to-one help with using your tablet, laptop or phone, answering all manner of queries and worries! They supported with accessing emails, taking photographs, changing details online, viewing NHS records, and getting confident using different devices.

We hope to resurrect these sessions in spring 2025, subject to interest, so please get in touch if you’d like to come along. If you have any specific queries in the meantime, please still get in touch and I will ask one of the Digital Awareness Champions from Age UK Lindsey to contact you directly.



Thank you for a wonderful year of memories in 2024!

