KING OF HEARTS

The Committee

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Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month

COMING SOON

Newsletter

July 2021 Cardiac Support Group

Dear Members and Friends July 2021

Welcome to my July 2021 newsletter, as always I hope you are all keeping safe and well and at long last can see the light at the end of the tunnel, and maybe you can make arrangements for your annual holiday.

After I sent my June newsletter to press last month I was informed that our dear friend Karen Hughes had lost her young sister so with her permission I am making the group aware of Karen's sadness which will last for a long period of time. Karen keeps strong as we are all thinking of you and your family.

After Vision had withdrawn our contract to use the library for our monthly meetings I am pleased to say that Durham the group secretary obtained an apology from Vision. I approached vision to find out who made this decision to withdraw our contract this query fell on deaf ears as not one person accepted responsibility for this stupid act.

Some good news is that the committee has agreed to get the King of Hearts up and running in October when we hope Covid 19 will be laid to rest, so I look forward seeing you all at our afternoon meetings, I would imagine our first meeting will be a get together and chat.
If anyone has any useful suggestion which could make the club more proactive I will be pleased to put them to the committee.

I will get this letter off to Durham and Peter so that they can produce a copy to you all. May I remind you all, that the King of Hearts is still a group, and is concerned with your well being? Remember to stay within the government guide lines even after the 19th July, so I ask you please be careful, stay well and safe.

Regards
Henry Phillips Chairman

Early Signs.

Often, although we suspect we've begun experiencing senior moments rather than recognizing the warning signs and acknowledging the facts, we bury our heads in the sand or, worse still, turn tail and run. Of course, these avoidance tactics are about as useful as a sledgehammer to the head. Here are some ways to detect whether you too are in the grip of this dreaded phenomenon.

You start calling your best friend of twenty-five years `Thingy`.

You discover that your car has mysteriously parked itself on the other side of the road.

You could paint a picture of it, write a thesis about it, demonstrate how to use it to Olympic standard but can`t for the life of it remember its name.

When you stand at the bottom of the stairs, you can`t recall whether you were just about to go up to fetch something or whether you`ve just come down to fetch something.

You try to straighten out the wrinkles in your socks and discover you aren1t wearing any.

You put all the photos you own into a large album. But, try as you might you can`t remember who any of the people are in the photographs.

You`ve started forgetting simple words such as...umm, uhhh, ahh.

Gravity is no longer a term confined to science or geography textbooks, but increasingly refers to your body.

Lawn care has become the highlight of your life.

You sink your teeth into a steak...and leave them there.

Your partner says, Lets go upstairs and make love, and you reply Pick one I can`t do both.

You know exactly how to play bridge, canasta and Mah Jong worse still; you look forward to playing them every weekend with your friends.

You`re very good at opening a childproof cap...with a hammer.

The list of things you hate begins to outnumber the list of things you like.

You experience permanent jet lag, yet the last time you stepped on a plane was five years ago.

At the breakfast table you hear `snap,crakle,pop`and you're not eating cereal.