KING OF HEARTS

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

COMING SOON

Newsletter

September 2021 Cardiac Support

Dear Members and Friends September 2021

Welcome to my September 2021 newsletter, I have some good and some sad news which I will explain whilst putting this newsletter together, as in previous letters I ask the question are you all keeping safe and well, and getting used to normality.

First the good news is that the King of Hearts will be up and running on Wednesday 13th October 2021 but with this difference will shall meet at 1.30pm until 3.30pm in the same room as usual, tea and biscuits will be available as at our previous meetings. We will need to adhere to the current covid 19 rules until further notice. The library staff have provided a sanitizer station for your convenience, and the committee have decided to use plastic cups in preference to our usual china mugs and hopefully this will prove useful.

Now for the sad bits of my letter, on Sunday I received a telephone call from Mr Tony Herbert informing me that our very dear friend and long standing member Thelma Homewood had passed away after being unwell for some time. Thelma has supported the group for many years with her cheerful and delightful personality she was a pleasure to be with. For those who remember her and would like to say farewell, there will be a service at Forest Park Crematorium Forest Road on Tuesday 28th September at 3pm, and a reception at Redbridge Social Centre. The undertaker will provide a charity collection box so please no flowers. She will be sadly missed by all who knew her.

I also like to mention that Durham's wife Silvia is still in hospital with a serious back problem, but hopefully she will be allowed home this week we wish Durham and Silvia our very best regards.

I will get this letter off to Durham and Peter so that they can produce a copy to you all. I would like to remind you that the King of Hearts committee is looking forward seeing you all on 13th October. Remember to stay within the government guide lines, so I ask you please be careful, stay well and safe.

Regards
Henry Phillips Chairman

Fred's Story

A man nearing his fortieth birthday was driving out, chatting to his wife about his impending seniordon. Fred was regaling Rowena with stories about just how young he felt. He wasn't suffering from any aches and pains, he could still touch his toes, play tennis stay up late drinking, yet get up the next morning fresh as a daisy.

Now only a week before, Rowena had visited her doctor complaining of a persistent pain in her left leg. The doctor had a very kindly asked when she was born, after which he surmised her complaint was probably just old age catching up with her.

He also ran some tests to make sure it wasn't anything more sinister, but when he had told Fred about her visit. He had hooted with laughter and kept teasing her about her oncoming senility.

Soon Fred set about comparing himself to his wife. His body was a work of art; his mind a steel trap, there was nothing he couldn't overcome either physically or mentally.

If his wife only stopped seeing herself as old, he suggested and instead showed the same enthusiasm and lust for life that he did, then maybe she would start to feel and look as energetic and fit as he himself did.

Parking outside an antiques shop, they had both climbed out of the car, when suddenly it began to move. The silly old man had not only forgotten to put the hand brake on, but also failed to move out of the cars way in time. The vehicle lurched forward, knocking Fred sideways and causing him to fall over and break his ankle. As if this wasn't enough, a gaggle of school kids wandered past at this precise moment and assembled to watch as Fred hobbled to his feet.

Alright, grandad? They screamed.

Face burning red, Fred climbed back into the car with his wife's help and sat, red faced and silent, all the way to A&E

Taken from the book of Senior Moments