KING OF HEARTS

Newsletter

November 2022 Cardiac Support Group

The Committee

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Committee

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Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month at1.30pm.

COMING SOON
Wednesday 9th November Phase 4 Rehab.
Wednesday 11th January Age UK Falls Prevention.

Dear Members and Friends November 2022

Welcome to my November newsletter, as always must enquire if you have been keeping safe and well since we last met; also I would ask all those who have been invited to receive the autumn Covid injection have taken up the invite.

I would like to thank all the members of the committee who in my absence made the October meeting run smoothly, I would also like to thank Angela who made sure that those present were given tea and biscuits well done.

It is regret that I have to inform the group that our dear friend June Sheen a long standing committee member is having trouble attending our meetings and has asked if she can resign from the committee which we reluctantly agreed too, thank you June for all the help you have given to the group since you joined we all wish you well.

As this is my last newsletter until January 2023 I would like to inform the group that due to high overheads the committee have decided not to sponsor the Christmas party instead we will have a speaker, and some bits and pieces to eat. I hope this decision will not affect the usual quality of the December meeting.

I understand from Karen that at the October meeting we had another good talk about a famous Leytonstone born film director Alfred Hitchcock by Gary Lewis a repeat speaker, the information presented by Gary was appreciated by all those who were able to attend.

I look forward seeing you all at the November 9th meeting, and as always I wish you all well.

Best wishes and stay safe

Henry Phillips Chairman

When in Doubt, Write a List

A sure sign of senior momentitis is the inability to perform any multiple tasks without first writing a list. We can no longer rely on our memory alone, whether we are buying a few items from the grocery store, getting Christmas presents or even putting on socks in the morning. We have to make a list 1.Right sock 2 Left socks.

How two men carried out a burglary in Tallahassee, Florida, must have wished that they had made a list before the set out. They were arrested after unwisely going back to the house from which they had stolen two TV sets, only to find that the police had already arrived.

And the reason the burglars went back? They had forgotten to steal the remotes for the TVs

Flawed Getaway

There is never a good time to lock your car keys inside your car but probably the worst time to choose is when you have just robbed a bank and are looking to make a quick getaway.

A Virginia robber had already dropped a trail of $100 bill sin his wake as he fled the bank, but found to his horror that he had no access to his getaway car To reach the elusive keys, he smashed the car window with a large piece of wood, an action that alerted passers by and lead to a swift arrest.

We will not be publishing a Newsletter for December.

The committee wishes you all a very Happy Christmas and a Healthy New Year.