KING OF HEARTS

Newsletter

January 2023 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
11th January Talk on Di`s Diamonds and a talk from Age uk.

January 2023

Dear Members and Friends.
Welcome to my first newsletter of the New Year, January 2023 hopefully will bring the King of Hearts some new ways of making the group better known to the community by attracting new members. We are attempting to resume our association with the cardiac patients who attend King George's hospital.

I was pleased to take part in our Christmas party which proved to be a success even if the numbers were a little low the atmosphere was a happy one. Karen provided us with a speaker who had been a policeman in the East End of London he presented to us just how policing in London has changed in the past forty years, the stories he told were extremely interesting and he indicated that his work was carried out in an honest and enjoyable manner.

I had an enjoyable family gathering on Monday the 2nd of January the day of my 87th birthday where we all dined in love and harmony on this occasion I raised my glass to all my absence friends who were no longer with us.

I am sorry to report that our dear June Sheen has been very unwell for some weeks, I spoke to her last week and she sounded poorly but wanted me to wish you all a prosperous New Year which I add to this newsletter get well soon June.

I would like to thank Angela and Alan for my birthday card I found it to be very light hearted and the music was pleasing also. I would also like to thank the members of the committee who assisted in the well running of the December meeting; I would also like to thank Angela for providing us with tea and coffee well done.

I look forward seeing you all at the January 11th meeting, and I will ask Durham if he will add the future events to this newsletter, and as always I wish you all well.

Best wishes and stay safe.

Henry Phillips Chairman.

Hello Dear Friends I wish you all a Very Happy and a Healthy New Year and I hope to see you all at our meeting during the coming. Year Best Wishes Durham

Socks

No other item of clothing is as troublesome to the senior citizen as the sock.

It would not be far-fetched to think that this sartorial creation was a cosmic joke aimed at those over sixty. Socks look snug and feel soft, they offer warmth and comfort, they are the seemingly the perfect companion for us in our old age. Do not be fooled. Socks don't just disappear in washing machines or inexplicable get lost somewhere between the tumble-drier and our sock drawers. No, they are also set to taunt us as we grow older, so that attempting to put on these little blighters becomes an Olympic sport in itself.

Three Ladies

Three sisters aged sixty-five seventy-five and seventy-seven years old all live together in the same house. The eldest sister goes upstairs to run a bath, puts her foot in the water, then shouts out, Was I getting out of this bath or getting in?

The middle sister, who has been sitting downstairs reading a newspaper, gets up to help. She starts climbing the stairs but the shouts out, Hey, am I Coming down the stairs or going up them?

The youngest sister, who has been drinking tea in the kitchen lets out an enormous sigh and mutters under her breath, God, I hope I never get forgetful, knocking on wood for a good measure.

Okay, she shouts out, I'll be up in a minute to help you sort you out-I've just got to see who's at the door.