KING OF HEARTS

Newsletter

January 2024 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
10th January Medical Talk.
14th February Dr Frooqe.

Dear Members and Friends January 2024

Welcome to the first of my 2024 newsletters and as usual I wish you all the very best for a safe and healthy year ahead, and I hope you all had an enjoyable Christmas. I would like to thank all the committee members who assisted in making our December meeting a great success, unfortunately several of our members were unable to be present due to being unwell, I wish all who those members who missed the meeting a safe and healthy New Year.

I have some sad news to report that just before Christmas we lost a good friend and past committee member Stephen Grantier who himself had many health problems but was always willing to help the group in whatever way he could farewell dear friend.

I am looking forward meeting you all at the January meeting when we shall be given a medical talk so I would like to see a good attendance. I would like to add Angela and Alan Banner in my thanks for their continued support within the group and I appreciate the interest shown by them both.

Last but not least I would again like to thank all those members who attended our December meeting where we toasted absent friends. As usual I wish you all well, and I look forward seeing you all at our January 10th meeting.

Best wishes for 2024 stay safe and healthy, I would like to add some xxx

Henry Phillips Chairman

Un usual Facts

Glass takes one million years to compose, which it means it never wears out and can be recycled an infinite amount of times. Gold is the only metal that doesn't rust. Even if it's buried in the ground for thousands of years

Your tongue is the only muscle in your body that is attached at only one end.

If you stop getting thirsty, you need to drink more water. When the human body is dehydrated, its thirst mechanism shuts off.

Zero is the only number that cannot be represented by roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

The song Auld Lang Syne is sung at the stroke of midnight in almost every English speaking country in the world to bring in the New Year.

What Kids Say.

Grandma was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter, as she had done many times before. After she applied her lipstick and started to leave, the little girl said ``But Grandma, you forgot to kiss the tissue paper good-bye! `` I will probably never put lipstick on again without thinking about kissing the paper good-bye.

My Grandson called the other day to wish me a Happy Birthday. He asked me how old I was. I told him "62"

My Grandson was quite for a moment, and then asked, "Did you start at 1?"

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Old Sayings.

Making out referred to how you did in your exams.

A stud was something that fastened a collar to a shirt.

Going all the way meant staying on the double-decker bus to the depot.