KING OF HEARTS

Newsletter

June 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
June 12th TBA
July 10th Air Ambulance

Dear Members and Friends June 2024

Welcome to my June newsletter and as usual I hope my letter finds you all well and hopefully the expected warm weather will help to brighten up our daily routines.

I am pleased to say that at the May meeting the group were in the company of a polarity teacher who after arranging the group members in suitable seating positions proceeded with some gentle exercises accompanied by some very good music. This event was arranged by Karen who attends this young ladies polarity class well done Angela and thank you.

Our good friend Angela attended the May meeting but was unable to see to refreshments due to be unwell and has since informed me that she may have had an attack of Covid and I been informed by Alan her husband that she is still under the weather so from us all we wish you well. I would also like to inform the group that Eric has had his recent covid injection which has caused him great discomfort for several days so i would also like to wish him well.

Our secretary Durham was not able to attend our May meeting as he is unable to leave his dear wife Silvia for long periods of time without someone in attendance; maybe we will see him at our June meeting. I would like thank Angela and Alan, and all the committee members for their continued support well done to you all. I was informed by the library manager that in the near future and for several weeks we may lose the use of the hall due to refurbishment I will keep the group advised of the situation in due time.

I look forward seeing you all at our June 12th meeting, best wishes and stay safe.

Henry Phillips Chairman

An Autobiography

Just a line to say I'm living
That I'm not among the dead
Although I'm getting more forgetful
And more mixed up in my head.
For sometimes I can't remember
For when I stand at the foot of the stairs
If I must go for something?
Or if I've just come down from there.
I stand before the fridge
My poor mind filled with doubt
Have I just put the food away?
Or have I come to take it out.
And there are times when it is dark
With my hairnet on my head
I don't know whether I'm retiring
Or just getting out of bed.
So if it is my time to write
There is no need in getting sore
I may think that I have written
And don't want to be a bore.
So remember, I do love you
And wish that I was near
But now it's nearly past time
So I must say good bye my dear.
And there I stood beside the post box
With my face so very red
Instead of posting you my letter
I've opened it instead.

Doctors Orders

A man in his late fifties went to the doctor for his annual physical.
He told the doctor. My memory is terrible these days.
I forget where I live, I forget where I've parked my car, and I go into stores
And I can't remember what I want. And when I finally reach the checkout,
I realize I've forgotten my wallet.
Its driving me crazy, doc.What can I do?
The doctor thought for a moment and said, pay me in advance.