KING OF HEARTS

Newsletter

January 2025 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 at 2 pm.

COMING SOON
January 8th Mags Chineah talk on Resuscitation Training.

Dear Members and Friends January 2025

Welcome to my January newsletter and as is my usual I wish that this my current newsletter letter finds you all well, and from all the King of Hearts committee I wish the group members a safe and healthy New Year and may 2025 be an outstanding year for all our members.

I am pleased to say that when you receive my letter I shall have reached the ripe old age of eighty nine and I look forward being around in 2026 four score and ten at the good age of ninety.

I would to thank all the group members who were able to attend our Christmas get together for their continued support without which the King of Hearts would not be able to continue, thank you dear friends. At our meeting I was pleased to introduce a new member to the group Beverly Hinton who enjoyed being in the company of other people, who are in the same situation of herself, best wishes Beverly.

I would like to take this opportunity of thanking Karen for organising the committee members with regards to the party and for providing the excellent buffet plus producing the hamper and its contents. I would also like to thank Angela, Molly, and Eric for making the afternoon run smoothly well done dear friends. I would like to add my thanks to those members of the group who were not able to be present on the 11th December maybe we will meet again soon.

Just a reminder remember the word F.A.S.T (Face, Arms, Speech, and Time) if you see anyone who is suffering from a stroke.

I look forward seeing you all at our January 8th meeting, I certainly would be pleased to see our dear friend Durham at our next meeting, I would also like to remind the group that our meetings start at 2pm, best wishes and stay safe.

Henry Phillips Chairman

Joke.

The other day, Nancy and I got into some petty argument. (I say it was petty. She would have said it was a catastrophe.)As is our nature, neither of us would admit the possibility that we might be in error. To her credit, Nancy finally said, “Look. I’ll tell you what.” I`ll admits I’m wrong if you admit I was right.” Fine” I said.

She took a deep breath, looked me in the eye and said “I’m wrong”.

I grinned and replied, “Your right”

Funny Story

It was entertainment night at the Mayville retirement home and over 100 people came to see the Show. Claud the hypnotist exclaimed “here to put you into a trance. I intend to hypnotise each and every member of the audience”

The excitement was almost electric as Claude withdrew a beautiful antique pocket watch from his pocket. “I want you all to keep your eyes on the antique watch. It’s a very special watch.

It’s been in my family for six generations.” He began to swing the watch gently back and forth While chanting “Watch the watch, watch the watch”.

The crowd became mesmerised as the watch swayed back and forth, the light gleaming off its polished surface. All eyes followed the swaying watch-until, suddenly, it slipped from the hypnotist fingers and fell to the floor, breaking into hundred pieces.