KING OF HEARTS

Newsletter

March 2025 Cardiac Support Group

The Committee

Dr. Andrew Deaner President
Founder Members
George & Trish Scott
Karen Hughes

Committee

Henry Phillips Chairman
0208 500 7095
maureen_henry2003@yahoo.co.uk

Karen Hughes Assistant Secretary

Durham Holbourns Secretary
0208 554 6779
durhamholb18@hotmail.co.uk

Peter Knight/Henry Phillips Treasurer
0208 478 8464

Peter Knight Membership
peter.knightsite@hotmail.co.uk

Janet Knight
0208 478 8464

Sylvia Daly
0208 599 3188

Molly Ghosh
0208 597 2308

Eric Simmonds
0208 500 7724

Meetings are held at
Fullwell Cross Library
On the second Wednesday
In every month at 2pm.

COMING SOON
April 9th A.G/M**A Few Interesting Facts.**

The word malaria comes from the words mal and aria, which means

Dear Members and Friends March 2025

Welcome to my March newsletter as is my usual wish I hope that this current newsletter letter finds you all well. At our February meeting Karen introduced her good friend Angela her keep fit instructor who arranged the group in order to carry out chair exercises in a safe manner, all the group members who took part appreciated this exercise session and thanked Angela and hoped to see her again in the near future.

At the February meeting the group were introduced to three new members and Karen welcomed them and she explained that the club existed for the purpose of being useful for the help of its members.

I was also pleased to welcome our dear friend and secretary Durham who due to caring 24//7 for his dear wife Silvia has been unable to attend our group meetings so welcome Durham.

At our February meeting we were missing two of our good friends Angela and Alan Banner both of whom were not in the best of health so I hope that they will be able to attend our March meeting.

I must once more remind the group members that we are duty bound to hold our yearly AGM at the April meeting, and Durham will inform the group who will give the talk at the March meeting.

I would like to thank the committee members who made the February meeting run smoothly both with the refreshments and raffle well done to you all.

I look forward seeing you all at our March 12th meeting, I would also like to remind the group that our meetings start at 2pm, best wishes and stay safe.

Henry Phillips Chairman

Joke.

Two lawyers. Jonathan and David, head out for their usual 9 hole golf. Jonathan offers David a bet. “Let’s say we bet £50.”

David agrees and they`re off. After the 8th hole, David is ahead by one stroke, but cuts his ball into the rough on the 9th.”Help me to find my ball. Look over there, “He said to Jonathan.

After a few minutes, neither have any luck and a lost ball carries a two stroke penalty.so David pulls a ball from his pocket and tosses it to the ground. “I’ve found my ball” he announces.

Jonathan looks at him. “After all of these years we`ve been partners and playing together.youd cheat me out of a lousy £50?”

What do you mean, cheat? I found my ball sitting right there!” and you’re a lair, too! Jonathan said. I’ll have you know I’ve been standing on your ball for the last five minutes.

Shopping Items.

With their daughter arriving for lunch the next day. Mavis asked her husband Eric to go to the supermarket to fetch her a few items
What I need, she told him are two dozen eggs, a roast chicken and a knife sharpener
No problem, he said confidently. .
Mavis was less sure. Write it down. Eric you know what your memory is like.
I don’t need to write it down he insisted. `Its only three items I’m not going to forget them`
Well make sure you don’t she warned. Remember two dozen eggs, a roast chicken and a knife sharpener`.
With that Eric drove off to the supermarket. Forty minutes later he returned.
Here you are.my love he said handing her the bag of shopping, An egg and two dozen roast chickens..

Taken from book Seriously Senior Moments.