KING OF HEARTS

Newsletter

February 2026 Cardiac Support Group

The Committee

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

Committee

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

COMING SOON
February11th CPR Training

Dear Members and Friends February 2026

Welcome to my February newsletter which I hope finds you all well, and as usual may I wish you all a safe and healthy 2026.

I would like to thank the eighteen club members who were able to attend my 90th birthday celebration at our January meeting, I was delighted that so many of you along with our dear friend Angela could take part in her keep fit session which was carried out in her usual friendly and pleasant manner, well done Angela and well done all those who enjoyed a little tipple with me after their exercise program. For all those group member who were unable to be present and who sent their best wishes thank you for your support.

I was pleased to see our very good friend and long-time committee member and our treasurer at the January meeting as he had been in a very sad place after the loss of his dear wife Janet near the end of 2025. Janet who for many years was always prepared to help me and other members of the committee to keep the King of Hearts going forward, Janet was a prominent member of the committee. I hope that Peter will take up my offer of help as like him I am still in the same situation after the loss of my dear wife.

I have been informed by Karen that we may have our annual CPR instruction lessen at the February meeting which I am looking forward to a bit of refresher training.

I would like to thank the committee members who were able to be present at the January meeting who helped to make the meeting very enjoyable.

I am looking forward seeing you all at our February 11th 2026 meeting, best wishes and stay well and safe.

Henry Phillips Chairman

Smiling is infectious you catch it like flu
When someone smiled at me, I started smiling too.
I passed around the corner, and someone saw my grin
When he smiled I realised I'd passes it on to him.
I thought about the smile and realised its worth a single smile like mine.
Could travel round the earth?
If you feel a smile begin don't leave it undetected
Let's start an epidemic quick,
And get the world infected.

My Niece's granddaughter was having a chat about Christmas with her little girl, Kyla,
Who is nine years old?
Her mum said `we must have some crackers for the table`
Good Kyla piped up. I love cheese.

The Old Days.
Granddad was telling his grandson what life was like when he was a boy
In winter, we'd ice skate on our pond.
In summer we could swim in the pond, and pick berries in the woods.
Wed swing on an old tyre my dad hung from a tree on a rope.
We had a pony we rode all over the farm,
The little boy was amazed and sat silently for a minute,
Finally, he said Granddad; I wish I'd got to know you a lot sooner.

As a teenager, I tried being a magician I did something right, I made all my friends disappear
_____

The coach at our archery club has been sacked... Apparently he wasn't hitting his targets.
_____

2 eggs in a saucepan One says to the other, I've got a lovely big crack The other one says, "Don't tease me, I'm not even hard yet" _____

I hate using sellotape but I have no choice - I have to stick with it
_____

A man crashed a car and said he had been driving for 10 years nonstop No wonder he was tired _____

Why did the phone start wearing glasses? It lost all of its contacts
_____

_ If money doesn't grow on trees Why do banks have branches?
_____

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What can you use to strain the vegetables at Christmas? An Advent Colander

