KING OF HEARTS

Newsletter

January 2026 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 14th Angela. Seated Exercises class.

Dear Members and Friends January 2026

Welcome to my January newsletter which I hope finds you all well, and may I wish you all a safe and healthy New Year.

It will give me much pleasure at the January meeting for all our group members to participate in my 90th birthday celebration. Our dear friend Angela will provide us with a keep fit session in her usual friendly and pleasant manner which I for one am looking forward being in her company.

I would like to thank the group members who were able to be present at the December meeting and those who helped the committee members with the refreshments. I must offer my sincere thanks to our dear friend Karen for providing a selection of sandwiches and cakes also the hamper for the raffle well done Karen. Eric thank you for running the raffle well done to you sir.

I am looking forward seeing you all at our January 14th 2026 meeting, best wishes and stay well and 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”

A row of bottles on my shelf coursed me to analyse myself.
One yellow pill I have to pop. Goes to my heart so it won`t stop.
A little white one that I take goes to my hands so they won’t shake.
The blue ones that I use a lot tell me I’m happy when I’m not.
The purple pill goes to my brain and tells me that I have no pain.
The capsules tell me not to wheeze. Or cough or choke or even sneeze.
The red ones, smallest of them all, Go to my blood so I won’t fall.
The orange ones, very big and bright prevent my leg cramps in the night.
Such an array of brilliant pills.
But what I’d really like to know….Is what tells each one where to go.