KING OF HEARTS

Newsletter

June 2026 Cardiac Support Group

The Committee

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Founder Members
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Committee

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

COMING SOON
June 10th Community Nurse.

Dear Members and Friends June 2026

Welcome to my June newsletter which I hope finds you all well and I am pleased that the warm days are now here which makes life more pleasant. I was pleased that our dear friend Angela was able to be with us at the May meeting her exercise program which as usual was easy to follow, I am sure that her friendship and the manner in which she presents her sit down exercise program was appreciated by all those who were able to be present.

It would appear that the good name of the King of Hearts is being taken serious as during the past few months we have we have had several new cardiac patients join the group which I find very rewarding as I would like the club to get back to pre-Covid attendances.

At our June meeting Karen has invited a community nurse to give us a journey through her daily routine which I hope will be interesting to all the group members who are able to be present.

I am pleased to report that Angela Banner is now able to get out and about with the assistance of Alan so at last some good news in the Banner household.

I would like to thank the committee members who were able to be present at the May meeting who helped to make the afternoon very enjoyable. I am looking forward seeing you all at our June 10th 2026 meeting, wishing you all my best wishes, stay well and safe.

Henry Phillips Chairman

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.

Age Defies Gravity

One evening late in his life, former senator Chauncey Depew
Found himself seated at a dinner party beside a young woman in a low cut, off-the shoulder dress.
Looking the scantily clad woman over, the senator leaned in towards her.
My dear he asked, `what's keeping that dress on you`
The woman's reply?
Only your age, Mr Depew.