



# Newsletter

## Autumn 2024 Edition

Supporting Aireborough Seniors

### Front Page News

We are delighted to have been chosen as Charity of the Year by staff at Leeds Bradford Airport. We recently met with the CEO to receive a starter cheque of £5000, and the story was headline news in the Wharfedale Observer. LBA will allow their staff time to come and volunteer at AVSED,

alongside supporting any fundraising efforts by doubling any donations the staff can raise.



It is fantastic to be recognised in the community for the work we do for Aireborough seniors, and we look forward to a year of partnership.

We are always looking for new ways to raise awareness and raise funds to support AVSED.



### AVSED +

We are very excited about the plans for our brand new dementia activity service, 'AVSED Plus'. We will be trialling the new service on Tuesdays and Thursdays, 10am - 3pm, and the day will include: physical exercise, refreshments, cognitive therapy, lunch and social activities, and cost £50 for the whole day.

The idea behind this service is to offer people with mild to moderate dementia time to spend with others in a caring community setting that offers support and meaningful activity to support their wellbeing, whilst promoting time apart from carers to allow some much needed respite.

The service is an added (Plus) to regular AVSED groups and will follow our usual routines, be supported by professional staff and trained volunteers right here at Greenacre Hall.

AVSED+ is not intended to replace any care. We will do a full assessment of needs to ensure we can support each participant. AVSED+ does not offer personal care

or medication support and is not a secure unit. We are a friendly, welcoming, caring, activity-focused community service that supports living well with memory and dementia.

Contact us now for more information and to book your place.



**Contact the team Monday - Friday 9am - 4pm  
on 0113 250 1702**

# AVSED News

## Be an AVSED Advocate!

AVSED is looking to create some promotional photos and videos that we can use to share with the community, on social media and beyond, to help spread the word on the work that we do for seniors in Aireborough. We are looking for members, family, and volunteers who are willing to be photographed and/or filmed sharing your AVSED story: why you joined, what you enjoy about AVSED, how it made a difference in your life, etc.

If you want to discuss further, please contact Michelle in the AVSED office.



## Around The World

Our travelling theme continues for the rest of the year. Up next we are visiting:

October - Germany

November - Canada

December - Norway.



Members who wish to take part and have an AVSED passport are encouraged to be involved by sharing a story, photos, items from their travels, joining in an activity. Members then receive a stamp in their passport for their contribution/involvement.

Collect as many stamps as you can and return your passport to the AVSED office by the 19<sup>th</sup> December 24 for a free prize draw.

## Remembrance Day

On Monday 11th November our Manager, Debbie, and the team will be paying their respects by laying a wreath at Nunroyd Park remembrance garden. Join us at 10.45am.



## Coming Soon

We are currently recruiting for a cook to join the team. Once in place, we will be starting our new Lunch Club, every Wednesday, 11am - 1pm, serving a healthy 2-course lunch and some light entertainment for only £5.



Call now to reserve your seat. This is an independent group open to all. Limited transport is available.

## AVSED Member Focus Group

Following on from a listening project with

LCAN, we really appreciate and value what our members have to say.

We are starting an AVSED Focus Group that meets once a quarter in the year. Our first group will be on Wednesday 9<sup>th</sup> October, 10 - 11:30am, at AVSED.

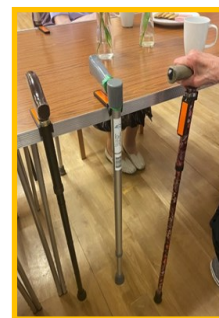
If you would like to be part of this, please contact Ella.



## Walking stick holders

At activities, walking sticks are sometimes left on the floor or kept falling & could be a potential trip hazard. After consulting with members, we trialled 3 different types of holder

and they decided on the one they feel works the best which is a Reflective Cane Holder. If anyone would like to purchase one, you can do so from the AVSED office for £5.50.



Hello to everyone involved in AVSED!

My name is Ken Elliott and I became a volunteer with AVSED when I retired, and I am still here 23 years later and enjoying every moment and every experience of running a charity in the third sector.

I was in the printing trade all my working life. I moved to Leeds with my family in the early seventies and I concluded my working career as a Paper Merchant with a warehouse in Hunslet.

As a family we had many interests, including walking, swimming, wind surfing, amateur dramatics – and building and renovating old cars, which came in handy for AVSED because, as our fleet of vehicles increased and bits came loose or fell off, the call was,

“Take it to Ken, he will fix it”!!

I started my volunteer experience with AVSED as a minibus passenger assistant and progressed to be a minibus driver, picking up the members and taking them to their activities, which in those days were at different venues all over Aireborough, plus all the trips out which included Bridlington and York.

I was invited to join the Management Board as a Trustee and took on the role of Secretary and then Vice Chair to Brian Myers, then he retired and I was privileged to take on the role of the Chair of AVSED.

Along with the other trustees, we brought AVSED under one roof at Nunroyd Pavilion, which was our home for 7 years, and then to Greenacre Hall in November 2023, which has given us the space to improve our services to all our members.

None of this would have been possible without the backing and support of the Trustees, past and present, the members, the volunteers, the staff and the managers I have worked with: Tessa Holmes, Sarah Lunt and Debbie Fawthrop.

On this note, after many years I would like to advise you all that I am standing down as the Chair of AVSED at this year's AGM. We have selected a new Chair, who has extensive working knowledge of the third sector and will ensure AVSED will keep serving the community for many more years.

Many thanks to you all, Ken Elliott.



### **AGM Invitation**

AVSED's Annual General Meeting will take place on Monday 4th November at Greenacre Hall – 2pm start.



Join us to look back at our wonderful journey this past year. See highlights of our work and listen to our plans for the future, plus receive our Financial Statements and Annual Report.

***Celebration includes : Pie 'n Peas, Parkin & Port***

Free to attend – please book – limited transport available



### **AVSED Memory Café**

Yeadon Charities are kindly sponsoring our Memory Café this year, and we are extremely pleased to have their support.

From October, our AVSED Memory Café will move to a new slot in the afternoon of the second Wednesday of each month from 2-4pm. This decision is in response to feedback in the recent survey saying that members and their families appreciate more time to prepare for a group, and afternoons are beneficial to those with memory issues. It also supports AVSED's new Lunch Club having a regular slot at dinner time.



The Memory Café is a great way for members with memory issues and their family supporters to meet up with others in a similar situation and share time together. Contact Judith for information.

### **Group Changes**

Since our move to Greenacre, we have been reviewing our groups and activities. To ensure we are offering the best we can to our members, we have made a few changes to days and times – check your group from October:

- \* **Bingo**
- \* **Memory Cafe**
- \* **Community Café.**

Reviews will continue until the new year – including transport.

### **Launching Super Socials**

Come and celebrate the start of 2025 at AVSED with our first ever Super Social on Monday 6<sup>th</sup> January 2025, 2.30 – 4.30pm!

Tickets are £10.00 and available from the AVSED office. Book early to avoid disappointment.

Live music from

#### ***'TIME WARP'***



playing classic hits from 50s, 60s & 70s.

Ticket includes: Bucks Fizz or orange juice arrival drink & buffet-style food.

### **See the Councillors**

Each month at our Community Café, a Councillor from Guiseley & Rawdon ward will be popping in for a coffee. You can chat to them about any concerns you have or support you may need, including housing, benefits and council services.

### **Dates for your Diary**

Some activities run on different weeks of the month. We hope this helps you to keep track.

	<i><b>Mondays</b></i>	<i><b>Wednesdays</b></i>
<i><b>Wk1</b></i>		2/10 – 6/11 – 4/12 Memory Matters & Shared Tables
<i><b>Wk 2</b></i>	14/10 – 11/11 – 9/12 Trips	9/10 – 13/11 – 11/12 Memory Café & Men's Matters
<i><b>Wk 3</b></i>	21/10 – 18/11 – 16/12 Prize Bingo	16/10 – 20/11 – 18/12 Memory Matters
<i><b>Wk 4</b></i>	28/10 – 25/11 Community Café	23/10 – 27/11 Men's Matters

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stepping up (£3.50)</b> Aerobic style exercise  <b>10.30 - 12.00</b> (Transport available)	<b>Foundation Tai Chi</b> 10.00 - 11.00 ..... <b>Tai Chi Refreshments</b> 11.00 - 11.30 ..... <b>Intermediate Tai Chi</b> 11.30 - 12.30 (£5.50 per session paid monthly in advance)	<b>New Lunch Club (£5.00)</b> Coming Soon <b>11.00 - 1.00</b>  <b>1st Wednesday :</b> <b>Memory Matters (£3.00)</b> Dementia & Memory activity <b>2.00 - 4.00</b> (Transport available) ..... <b>Shared Tables</b> Meet at 12.30 for lunch Book with the office	<b>Back to Basics (£3.50)</b> Chair based exercise  <b>10.30 - 12.00</b> (Transport available)	
<b>Falls Prevention (£2.00)</b> Strength & Balance exercise <b>1.00 - 2.30</b>				<b>Fish N Chips Delivery</b>
<b>1st Monday :</b> <b>Super Socials (Tickets £10)</b> Coming Soon		<b>2nd Wednesday :</b> <b>AVSED Memory Café (£3.00)</b> Dementia & Memory café <b>2.00 - 4.00</b> ..... <b>Men’s Matters @the 12th Man</b> All male social club <b>1.30 - 3.00pm</b> (Transport available)	<b>Cuppa &amp; Company (£2.50)</b> Let us keep you company whilst you partake in hobbies, interests., games and chatter.  <b>2.00 - 4.00</b> (Transport available)	<b>The Umbrella Club (£6.00)</b> Let us support you in our inclusive social and lunch group that has a little bit of all that AVSED offers rolled into one with a lot of care, good fun and laughter  <b>12.00 - 2.00</b> (Transport available)
<b>2nd Monday :</b> <b>Trips</b> Variable cost	<b>Variety Club (£2.50)</b> Let us entertain you at our social group that has a little something for everyone and a few extras on top !  <b>2.00 - 4.00</b> (Transport available)	<b>3rd Wednesday :</b> <b>Memory Matters (£3.00)</b> Dementia & Memory activity <b>2.00 - 4.00</b> (Transport available)		
<b>3rd Monday :</b> <b>Prize Bingo</b> (Pay-as-you-go) <b>2.30 - 4.00</b> (Transport available)		<b>4th Wednesday :</b> <b>Men’s Matters @the 12th Man</b> All male social club <b>1.30 - 3.00pm</b> (Transport available)		
<b>4th Monday :</b> <b>Community Café (£2 donation)</b> Everyone Welcome <b>2.30 - 4.00</b> (Transport available)				

## **Falls Prevention, Awareness & Support**

The 16<sup>th</sup> September 2024 marks the start of Falls Prevention Week. In this issue we highlight the falls prevention, awareness and support that AVSED can offer. How can AVSED support you if you are concerned about falls, or have had a fall ?

- \* The AVSED staff team can offer a listening ear to talk through any worries or concerns.
- \* Arrange a home visit, where we can look at potential hazards within the home.
- \* Provide information and signpost to services that may be able to help, e.g. Telecare, Care & Repair, Leeds Directory, Active Leeds etc.
- \* Look at how we can engage you in suitable activities at AVSED or in your community.
- \* Opportunities to promote & share information at events such as our Community Café on the 23<sup>rd</sup> September 2024.

AVSED has been trialling a Falls Prevention – Strength & Balance course in partnership with Nuffield Health. This 12-week programme looks at how to build strength & balance with the support of tutor Maggie. This is followed by a cuppa and chance to talk, sharing experiences and knowledge with other members. It's also an opportunity to tap into information and support from the AVSED team.



Many of the members that have attended the strength & balance sessions may go on to one of the other exercise sessions here at AVSED which include:



***Back to Basics***



***Stepping Up***



***Tai Chi***

Members need to have an assessment to make sure groups are appropriate for them and all our groups are flexible to move up and down according to needs. Speak to Ella or Stacey for more details on our exercise classes.



## Winter Done Well

### Winter Roadshow

Join us at our November Community Café for our annual Winter Roadshow. Collect all your essentials for keeping well and warm over the cold months. Monday 25th at 2.30pm.

### Thermals

This year, due to popular demand, we have again sourced all your favourite thermals – order yours now at fabulous discounted prices. Last orders at the Winter Roadshow for December collection.

\* Hat - £2.00



\* Scarf - £2.00

\* Gloves - £2.00

Bundle 1 = all 3 for £5.00



\* Long Janes - £3.50  
(S/M/L/XL/XXL)

\* Ladies top - £3.50  
(S/M/L/XL/XXL)

Bundle 2 = set for £6.00

\* Long Johns - £3.50  
(S/M/L/XL/XXL/XXXL)

\* Gent's Top - £3.50  
(S/M/L/XL/XXL/XXXL)

Bundle 3 = set for £6.00

\* Pack Socks - £5.00

***Colour & Style will vary***

### Vaccine advice



Vaccines and health checks help support your immunity including flu, shingles and Covid – speak to your doctors if unsure.

### Home Visits

Stacey and Judith will be out and about visiting members at home over the winter and providing winter checks to help you stay well in winter. Call the office to book your winter visit.

### Changes to Winter Payments

You may have heard that changes to Winter Payments start this year. Ensure you are receiving all the benefits you are entitled to with a welfare/benefits check. Particularly important this year is to find out if you can claim Pension Credit – which opens up winter and other support payments.

AVSED can help arrange a benefits check and may be able to support an application if you need it.

### SKIPPKO

Last year AVSED members were invited to be involved in an art project with SKIPPKO called A Room in Leeds. Over the weeks we explored the emotions, energy and memories held within objects that we all shared. Inspired by our collaborations and creations over the months, some of our talented members made a miniature fire place which we replicated to a larger than life form.

Following the sessions making the artwork, our creations and one of our members went on to be part of a performance called ABUNDANCE – a room in Leeds.

Creative – Artistic – Inspiring



### **Fur 'N Feather Xmas Bingo**

Everyone welcome at our spectacular prize bingo with all the Xmas trimmings & dinner to be won.  
Tickets £2.

Mon 16th Dec at 2.30

### **Xmas Support**

Are you alone over Xmas, or not feeling very festive? Would you like a home visit, a Xmas hamper or other support? Call the office and talk to staff about your worries, or inform us of a friend who may need this support too.

### **Leeds 10K success**

Amount raised £445.

I wanted to personally thank you all, for the support received during my training, and ultimately competing, in the Jane Tomlinson Run for All, Leeds 10K on June 23<sup>rd</sup>.

I felt a huge privilege running through the streets of Leeds, passing many of the city's historic landmarks, with my race bib proudly displaying AVSED, knowing what the name means to so many people in the Aireborough community, and the difference the proceeds will make. Throughout my time here at AVSED I've come across some amazing people at activities and on home visits and I am proud to have been able to make this contribution towards the achievements and help continue the good work.

A fantastic atmosphere, cheering crowds all along the route, an unforgettable event and a finisher's medal – a day I will never forget.

Many thanks to all who sponsored me, Judith.



### **AVSED Christmas Fayre**

Saturday 16<sup>th</sup>  
November 2024  
11am – 2pm.  
Limited transport  
available.

A chance to start your Christmas shopping whilst supporting our charity.

We will have a variety of external stalls and our favourite AVSED-led stalls.

The AVSED Café will be open serving festive treats and refreshments.

How you can help and get involved:

- ★ Come along on the day and bring as many people as you can.
- ★ Spread the word to family and friends.
- ★ Share a poster or a flyer.
- ★ Donate items such as: unopened & unused gifts; in-date bottles of any kind; chocolate; and handmade items.
- ★ You may want to help in other ways. Let us know your ideas.



### **Closures**

AVSED will close its activities and services for 2 weeks over Christmas.

Last activity of 2024 –  
Umbrella Club on  
20th Dec.

First activity of 2025 –  
Stepping Up on  
6th Jan.

The team will be taking a break and the office will be closed from 1pm on 24th Dec. and will reopen at 9am on 2nd Jan.

Emergency contacts will be on our answer machine, if needed.





## **Plan ahead to reduce inheritance tax.**

Latest figures from HMRC show that inheritance tax receipts have risen by 7.2% since last year. By taking advantage of available tax reliefs and planning carefully, families can make sure their loved ones pay the smallest tax bill possible and get the most out of what they inherit.

With more estates than ever liable for IHT, it's crucial to plan ahead to avoid a large tax bill for your loved ones. If the value of your estate is below the current nil rate band allowance of £325,000, no inheritance tax (IHT) is owed, provided the allowance hasn't been reduced by relevant lifetime gifts.

There are precautionary steps to take if you plan for family members to inherit part, or all of your estate upon your passing. For married couples or civil partners who leave their entire estate to each other, HMRC permits the full transfer of the nil rate band to the surviving partner, effectively doubling the allowance to £650,000. Even if only a part of the estate goes to the spouse, the unused portion of the nil rate band can still be transferred upon the death of the second spouse.

If your estate includes a business or business-related assets, at present, additional reliefs currently apply at rates of either 50% or 100%. Likewise, certain agricultural properties, such as land used for rearing animals or growing crops, can pass free of IHT, provided specific criteria are met.

Creating a will is essential to ensure your assets are distributed to your chosen beneficiaries. Without a valid will, your estate will be divided according to the intestacy rules, which may result in your family not receiving what you intended.

Morrish Solicitors' team are members of The Association of Lifetime Lawyers, a community of the most qualified legal professionals in the UK supporting vulnerable and older people with expert advice and support.

**Talk to us about planning for inheritance tax. Our wills and estates team is based on Yeadon High Street. Call us on 033 3344 9609 or email [info@morrishsolicitors.com](mailto:info@morrishsolicitors.com).**



## **WILLS, ESTATES & PROBATE**

★★★★★
















**"Very professional from start to finish. Would highly recommend Morrish Solicitors!"**

Client feedback, Google Business Reviews



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# AVSED - Trips

	<p><b><u>Independent Trip</u></b></p> <p>These trips are for members who are fully independent, meaning you do not need any support. The venue may not be suitable for those with mobility issues: uneven surface, stairs &amp; access issues. You can bring a carer to provide you with the support needed.</p> <p>Members will meet at a pick-up point and trips are full days out.</p>			
 	<p><b><u>Supported Trips</u></b></p> <p>These trips are aimed at members requiring a shorter day, with accessible venues. May need light touch support, e.g. wheelchair pusher, companionship, friendship group, etc.</p> <p>Members are picked up and dropped off at home and trips are approx. 30 minutes radius trip, once everyone is collected.</p>			
<p><b><u>Hyde Park Cinema</u></b> Monday 14th Oct</p>		<p>Pick-ups from TBA</p>	<p>£8.00</p>	<p>Waiting List in Place</p>
<p><b><u>Leeds Grand Theatre</u></b></p>  <p>Wednesday 30th October</p>	 	<p>Pick-ups from 12.15 pm</p>	<p>£28.00  Entry Ticket &amp; transport  Pay to book</p>	<p>Opera North's production of Ruddigore. Hilarity, dancing and tongue-twisting singing... <i>Ruddigore</i> has all the hallmarks of classic Gilbert and Sullivan, a creative duo unlike any other who made a profound mark on the light opera world. Show starts at 2pm and finishes at 4:45pm.</p>
<p><b><u>Tong Garden Centre</u></b></p>  <p>Monday 11th November</p>	 	<p>Pick-ups from 9.30 am</p>	<p>£8 Transport only</p>	<p>An AVSED festive favourite venue to visit as we lead up to Christmas. Browse the aisles for gifts and treats, delight in the magnificent displays and feast on tasty food all under one roof at Tong Garden Centre.</p>
<p><b><u>Piece Hall</u></b> Friday 29th Nov.</p>		<p>Coach 9.45</p>	<p>Tickets £10.00</p>	<p>See opposite</p>
<p><b><u>Xmas Party</u></b> Monday 9th Dec.</p>		<p>Starts 11.30</p>	<p>Tickets £30.00</p>	<p>See opposite</p>
<p><b><u>Hawthorne Farm</u></b></p>  <p>Monday 13th January</p>	 	<p>Pick-ups start 10.45</p>	<p>Cost £4 Transport only (pay meal at venue)</p>	<p>Catch up in the winter months with a meal outing to Hawthorne Farm. Choose a hearty carvery or something from the menu and, if there is space for dessert, they have gigantic cakes to eat in or takeaway!</p>

Call the office to request your space – Booking opens 16th September



## Christmas Outings

### Piece Hall Xmas Market



**Friday 29th November**

A Christmas Market showcasing some of the region's favourite independent food and drink producers, artisan makers and pop-up street food. Featuring a wide range of unique stalls with everything from homeware to jewellery, gifts and delicious food to take home.

Tickets for transport only £10,  
payable at booking.

Coach leaves Greenacre at 10.45am.

### AVSED Xmas Party



**Monday 9th December**

Join the party of the year at Hollings Hall in Baildon. Arrival Bucks Fizz, 3-course meal with tea/coffee, plus spectacular festive entertainment with Christopher & his Robins, ending with our Xmas raffle.

Tickets £30 - payment & meal choice at booking.

Very limited transport - Please meet us at the venue.

### International Day of Older People

This year we are celebrating International Day of Older People in the South Stand at Headingley Stadium, along with partners from Leeds Older People's Forum and Leeds City Council. Join us for a day of activities celebrating older people in the community.

**\* Tuesday 1st October    \* 11.00 - 2.30    \* Limited transport    \* Free Event**

### Orange Travel Wallets and Travel Assistance Cards.

The Orange Travel Wallet is an easy way to let a bus driver know that you have a disability. It shows that you might need some help or a bit more time to get on and off the bus. The wallet has plastic pockets inside it. You can keep your travel pass in it. You can also put a message to let the driver know what help you need. We have these available at the AVSED office or from METRO.





# Activity & Events Calendar

## October

- ♦ Tue 1st - Tai Chi  
Variety Club  
IDOP Trip
- ♦ Wed 2nd - Memory Matters  
Shared Tables
- ♦ Thurs 3rd - Back to Basics  
Cuppa & Company
- ♦ Fri 4th - Umbrella Club
- ♦ Mon 7th - Stepping Up  
Falls Prevention
- ♦ Tue 8th - Tai Chi  
Variety Club
- ♦ Wed 9th - Memory Café  
Men's Matters
- ♦ Thurs 10th - Back to Basics  
Cuppa & Company
- ♦ Fri 11th - Umbrella Club
- ♦ Mon 14th - Stepping Up  
Falls Prevention  
Trip
- ♦ Tue 15th - Tai Chi  
Variety Club
- ♦ Wed 16th - Memory Matters
- ♦ Thurs 17th - Back to Basics  
Cuppa & Company
- ♦ Fri 18th - Umbrella Club
- ♦ Mon 21st - Stepping Up  
Falls Prevention  
Bingo
- ♦ Tue 22nd - Tai Chi  
Variety Club
- ♦ Wed 23rd - Men's Matters
- ♦ Thurs 24th - Back to Basics  
Cuppa & Company
- ♦ Fri 25th - Umbrella Club
- ♦ Mon 28th - Stepping Up  
Falls Prevention  
Community Café
- ♦ Tue 29th - Tai Chi  
Variety Club
- ♦ Wed 30th - Trip
- ♦ Thurs 31st - Back to Basics  
Cuppa & Company

## November

- ♦ Fri 1st - Umbrella Club
- ♦ Mon 4th - Stepping Up  
Falls Prevention
- AVSED AGM**
- ♦ Tue 5th - Tai Chi  
Variety Club
- ♦ Wed 6th - Memory Matters  
Shared Tables
- ♦ Thurs 7th - Back to Basics  
Cuppa & Company
- ♦ Fri 8th - Umbrella Club
- ♦ Mon 11th - Stepping Up  
Falls Prevention  
Trip
- ♦ Tue 12th - Tai Chi  
Variety Club
- ♦ Wed 13th - Memory Café  
Men's Matters
- ♦ Thurs 14th - Back to Basics  
Cuppa & Company
- ♦ Fri 15th - Umbrella Club
- ♦ **Sat 16th - Xmas Fayre**
- ♦ Mon 18th - Stepping Up  
Falls Prevention  
Bingo
- ♦ Tue 19th - Tai Chi  
Variety Club
- ♦ Wed 20th - Memory Matters
- ♦ Thurs 21st - Back to Basics  
Cuppa & Company
- ♦ Fri 22nd - Umbrella Club
- ♦ Mon 25th - Stepping Up  
Falls Prevention  
Community Café
- ♦ Tue 26th - Tai Chi  
Variety Club
- ♦ Wed 27th - Men's Matters
- ♦ Thurs 28th - Back to Basics  
Cuppa & Company
- ♦ Fri 29th - Umbrella Club  
Trip

## December

- ♦ Mon 2nd - Stepping Up  
Falls Prevention
- ♦ Tue 3rd - Tai Chi  
Variety Club
- ♦ Wed 4th - Memory Matters  
Shared Tables
- ♦ Thurs 5th - Back to Basics  
Cuppa & Company
- ♦ Fri 6th - Umbrella Club
- ♦ Mon 9th - Stepping Up  
Falls Prevention  
Trip
- ♦ Tue 10th - Tai Chi  
Variety Club
- ♦ Wed 11th - Memory Café  
Men's Matters
- ♦ Thurs 12th - Back to Basics  
Cuppa & Company
- ♦ Fri 13 - Umbrella Club
- ♦ Mon 16th - Stepping Up  
Falls Prevention

### ***Fur N Feather Bingo***

- ♦ Tue 17th - Tai Chi  
Variety Club
- ♦ Wed 18th - Memory Matters
- ♦ Thurs 19th - Back to Basics  
Cuppa & Company
- ♦ Fri 20th - Umbrella Club

***AVSED activities  
closed for  
XMAS break from  
Monday 23rd December***

***Activities reopen  
in the new year on  
Monday 6th January***