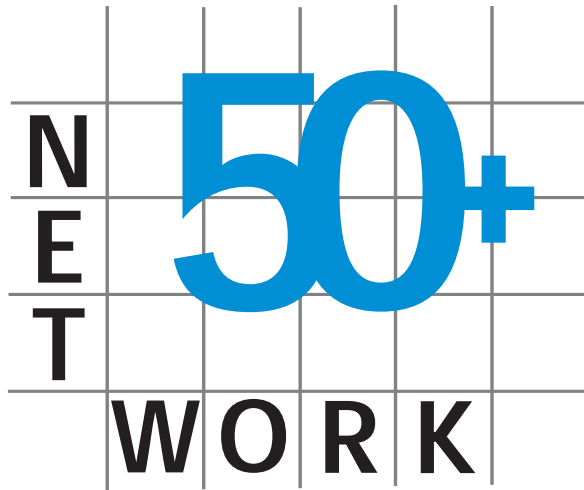


Welcome to



Summer (July - Sept) Edition 2010

This booklet costs £1.60 to produce.
We would be very grateful for any contribution to the cost of printing.



Winners of Chorley Borough Council's
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improving the lives of many older people and
building cohesive communities



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“Open House Club”

Whittle-le-Woods Village Hall
Union Street
Whittle

“Tuesday Club”

Kingsfold Community Centre
Penwortham

“Club 65”

St. Gregory’s Parish Centre
Ash Grove
Chorley

“Friends on Thursday”

St. Georges Institute
Trinity Road
Chorley

“Friday Club”

St. Laurence’s Parish Church
Union Street
Chorley

Welcome . . .

Dear members,

Welcome to the Summer Edition of your Network 50+ programme. Once again, a lot of work has gone into it and you will see that we have responded to all the feedback you have given us at our regular members' meetings. **Your voice matters** and we will continue to offer as much choice as possible.

Of course, we are now looking forward to some good weather to boost us all up after the long winter. If you are lucky enough to be going away this year then we wish you a safe journey and lovely time. If, however, you are unable to travel, just come along to the clubs to enjoy good company, lively entertainment and great fun. Don't forget to bring along a friend or neighbour - new members are always assured of a warm welcome.

I would like to take this opportunity to thank our new committee who have now begun to meet regularly and have been working hard on your behalf. Their commitment and loyalty to the clubs is much appreciated.

Now read on and make sure you don't miss out!



Best Wishes,

Carolyn

Open House Club - Mondays

Welcome,

At the moment, the weather is glorious - hope it keeps going during the next few weeks. We have a full programme to keep us all going.

Anyone going away on holiday, hope you have good weather and a great time. I shall be missing when we have the members' meeting, but I will leave my comments with Carolyn and trust that you will have a lively meeting.

Thanks for coming, everyone.

God bless,

Edna Land.



What's On?

Coffee morning - from 10.00 a.m.

Tea/coffee/toast - 50p

Lunch Club - 12.00 noon

Two course hot lunch - excellent value at only £2.90

Our Retirement Club 1.30 - 3.30 p.m.

Enjoy a range of social, creative and educational activities.

Weekly fee £1.50

Programme of Activities

Week 1 - 5th July 2010

Prize
Bingo



Week 8 - 23rd August 2010

Dave
Newman
Sings



Week 2 - 12th July 2010

Members'
Meeting

Week 9 - 30th August 2010

Bank Holiday
Monday
CLUB CLOSED

Week 3 - 19th July 2010

Jack's
Games



Week 10 - 6th September 2010

Keep Fit
with
Sue



Week 4 - 26th July 2010

Sing-a-long
with
Des & Co



Week 11 - 13th September 2010

Tiger Muffin
Soaps



Week 5 - 2nd August 2010

John
Isley
Sings



Week 12 - 20th September 2010

Andy
McKenzie
Sings



Week 6 - 9th August 2010

Fun
Quiz



Week 13 - 27th September 2010

The
Ukeleleman



Week 7 - 16th August 2010

Games
Afternoon



Tuesday Club

Welcome, to you all, especially our two new members, Ann and Ann - both with the same name! It's always a nice programme here at Tuesday Club, but this one is a lovely happy and lively programme. We have taken care to include all your requests and your favourite entertainers. We have a varied menu prepared by our own 'chefettes', Julie and Louise, with some tempting and mouthwatering lunches - some new and some favourites. So let's hope the sun shines on us all. It would certainly be a bonus, but we will still have a great time. come what may.



Best Wishes

Harry

What's On?

Coffee morning - from 10.00 a.m.

Tea/coffee/toast - 50p

Lunch club - 12.00 noon.

Two course hot lunch - excellent value at only £2.90

Our Retirement Club - 1.30 - 3.30 p.m.

Enjoy a range of social, creative and educational activities.

Weekly fee - £1.50

Programme of Activities

Week 1 - 6th July 2010

Fun
Quiz



Week 2 - 13th July 2010

Keep Fit
with
Sue



Week 3 - 20th July 2010

Johnny
Gold
Sings



Week 4 - 27th July 2010

Members'
Meeting

Week 5 - 3rd August 2010

The
Travelling
Mulberries



Week 6 - 10th August 2010

Prize
Bingo



Week 7 - 17th August 2010

Film
Club



Week 8 - 24th August 2010

Sing-a-long
with
Des & Co



Week 9 - 31st August 2010

Beetle
Drive



Week 10 - 7th September 2010

Brazilian
Independence
Day



Week 11 - 14th September 2010

Lunch and
Social
Afternoon
at Julie and Louise's
Tavern



Week 12 - 21st September 2010

Tina
Riley
Sings



Week 13 - 28th September 2010

CLUB CLOSED
(Staff Training)

Club 65 - Wednesday

Welcome.

Time does fly by and so the new programme is out. All members have had a say in what we do, as usual. Thank you for your ideas.

I hope you enjoy this programme, as it looks as though it will bring us plenty of good fun throughout the summer.

Keep well and keep coming.

Best wishes to all

Eric Gill



What's On?

Coffee morning - from 10.00 a.m.

Tea/coffee/toast - 50p

New!

Cathy's Handcare Sessions

10.30 a.m. onwards

Keep Fit with Sue

11.00 a.m.

Lunch Club - 12.00 noon

Two course hot lunch - excellent value at only £2.90

Our Retirement Club - 1.30 - 3.30 p.m.

Enjoy a range of social, creative and educational activities.

Weekly fee - £1.00

Programme of Activities

Week 1 - 7th July 2010
The
Ukeleleman



Week 3 - 21st July 2010
Keith
Roy
Sings



Week 4 - 28th July 2010
Sid
Calderbank

Week 5 - 4th August 2010
Film
Club



Week 6 - 11th August 2010
Famous
Faces
Quiz



Week 7 - 18th August 2010
Jack's
Games



Week 8 - 19th May 2010
Members' Meeting

Week 9 - 1st September 2010

Andy
McKenzie
Sings



Week 10 - 8th September 2010

Prize
Bingo



Week 11 - 15th September 2010

Sing-a-long
with
Des & Co



Week 12 - 22nd September 2010

Fun
Quiz



Week 13 - 29th September 2010

Games
Afternoon



Friends on Thursday

Welcome.

A warm welcome to all our members, old and new, and I hope you are all well. We have another wonderful programme to present to you, with favourite entertainers and events as well as new themes for us to enjoy.



We can particularly look forward to our annual VE/VJ Day street party which is always a great day filled with songs, memories and flag waving - always a favourite.

I would like to take this opportunity to wish good health and a speedy recovery to those members who have been ill recently - hope to see you all back soon.

Best Wishes

on behalf of Marjorie

What's On?

Coffee morning - from 10.00 a.m.

Tea/coffee/toast - 50p

Lunch Club - 12.00 noon

Two course hot lunch - excellent value at only £2.90

Our Retirement Club - 1.30 - 3.30 p.m.

Enjoy a range of social, creative and educational activities.

Weekly fee 50p.

Programme of Activities

Week 1 - 8th July 2010

Dave
Newman
Sings



Week 2 - 15th July 2010

Indian
Independence
Day



Week 3 - 22nd July 2010

A
Taste
of
Summer



Week 4 - 29th July 2010

Games
and Art
Afternoon



Week 5 - 5th August 2010

Keep Fit
with
Sue



Week 6 - 12th August 2010

Members' Meeting

Week 7 - 19th August 2010

VE/VJ
Day
Party



Week 8 - 26th August 2010

John
Isley
Sings



Week 9 - 2nd September 2010

Fun
Quiz



Week 10 - 9th September 2010

Country &
Western
Day



Week 11 - 16th September 2010

Jack's
Games



Week 12 - 23rd September 2010

Keith
Roy
Sings



Week 13 - 30th September 2010

Prize Bingo



Friday Club

Welcome

Another new programme to launch - aren't we lucky? An interesting and entertaining spring programme has been enjoyed by all and it has been very varied.

I must thank the hard-working staff - without their imagination and dedication our club would not be the same.

Let's look forward to a sunny summer and a happy time in St Laurence's refectory.

God Bless,

Dorothy



What's On?

Friday Club is held in the Refectory at St Laurence's Church, directly after lunch at 1.30-3.30pm.

Come and join us for lunch at 12.00 noon, provided by the lovely volunteers from St Laurence's Church and stay for the organised activities on offer - you can be sure of a warm welcome.

Refreshments and Membership - £1.00 per week.

Programme of Activities

Week 1 - 9th July 2010



Andy
McKenzie
Sings

Week 7 - 20th August 2010

Johnny
Gold
Sings



Week 2 - 16th July 2010

The Travelling
Mulberries



Week 8 - 27th August 2010

'Change for Life'
Campaign

Week 9 - 3rd September 2010

Members' Meeting

Week 3 - 23rd July 2010

Keep F
with
Sue



Week 10 - 10th September 2010

Lunch and
Social Afternoon
at
Wetherspoons



Week 4 - 30th July 2010

Table
Games



Week 11 - 17th September 2010

Jon
Isley
Sings



Week 5 - 6th August 2010

Tina
Riley
Sings



Week 12 - 24th September 2010

Prize
Bingo



Week 6 - 13th August 2010

Fun
Quiz



Week 13 - 1st October 2010

Sid
Calderbank

Events at the Lifestyle Centre

***Why not try out
what's on offer?***



Gail McPherson

- Monday ***Gentle Exercise Class***
1.30 p.m. Facilitated by
Lancashire College
- Tuesday ***Computer Lessons***
10.00 a.m. to 11.15 a.m. and 11.45 a.m. to 1.00 p.m.
at the Café.
Booking essential
- Wednesday ***Art Class***
10.00 a.m. to 12.00 noon facilitated by
Lancashire College
Footcare Clinic
2.00 p.m., by appointment only
- Thursday ***Games Morning***
10.00 a.m. to 1.00 p.m. in the café
- Friday ***Open Coffee Morning in the café (Network 50+)***
Age Concern Lunch Club
2nd Friday of the month, 12.30 p.m. in the café.
Booking Essential

Come along and have a look - you're assured of a warm welcome
Day trips also available - visit the centre for information and bookings

Best Wishes from Gail

Joint Events at the Lifestyle Centre

Age Concern and Network 50+ in Partnership

In order to further promote the centre and increase its use at different times, we are offering a programme of joint activities for you to enjoy. Tickets available from the Lifestyle Centre.

Come along and join in the fun!



Tuesday 17th August

Street Party

(indoors)



to celebrate VE Day and VJ Day combined.

Party Food, Quiz, Music, Raffle

..... and Memories!

Coming up in September

Italian Night

at the Lifestyle Centre

More details to follow



Nutrition Matters

Welcome to the second edition of my new column which aims to help us all improve our health in the small ways that really matter.



Carolyn Higgins



Firstly, I would like to thank the team for their commitment to providing water on the tables throughout the day - this was our first pledge to you.

Members have been telling me that this has definitely improved their fluid intake and raised their awareness of how much they are drinking through the day, and I am delighted to hear this.

Now on to today's issue - **salt**.

Salt has had a bad press over the last few years, but we should remember that we need some salt to control the amount of fluid in our bodies.



However, people who eat too much salt are likely to get high blood pressure as they get older, and this increases the risk of heart disease and stroke - and none of us want that!

How much salt?

As adults, we should have no more than about six grammes of salt a day - equivalent to about one teaspoonful. **However**, we take in 75% of our daily allowance through the salt hidden in our food, so it's important to be aware of foods that already contain high levels of salt - the worst offenders are often processed and pre-prepared foods.



Nutrition Matters

What can we do?



At the lunch clubs, we aim to provide a home made, freshly cooked and nutritious meal. We presently provide salt at the table for adding to the meals. As I write this, I am aware of two things - **habits** and **choice**,

and as we have said before, we do not want to dictate to anyone what they should do.

However, what I would like to propose is that, instead of it being provided at every table, salt is available on request. In this way, we might think twice before automatically reaching for the salt and may begin to change our habits by tasting food before we add any more.

We will **also** provide other seasonings as alternatives, such as black pepper, vinegar and mustard, on a well-presented condiments tray.



Let's try it and see how we get on - and here's to a healthy heart!



Useful Contacts / Information

Network 50+ Office

Chorley Lifestyle Centre
Gillibrand Street
Chorley
Tel: 01257 267194

Carolyn Higgins

Project Manager, Network 50+
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01257 260759 (evenings)

e-mail:- carolyn.higgins@brothersofcharity.org.uk

Committee Contacts

Vice Chair:	Mary Forrester	01257 415204
Secretary:	Hugh Jacques & Denise Lythgoe	01257 266440
Treasurer:	Jimmy Farley & Cathy Makinson	01257 266440
Open House Rep:	Edna Land	01257 469029
Tuesday Club Rep:	Harry Burgess	at club
Club 65:	Eric Gill	
Friends on Thursday Rep:	Marjorie Adlam	
Friday Club Rep:	Dorothy Klemm	01257 274122

Useful Contacts / Information

Age Concern Lancashire

for advice and information

Tel: 01257 233200

Chorley Lifestyle Centre

20-22 Gillibrand Street

Tel.: 01257 267293

Pop-in, lunches and classes

Chorley Pensioners Association

Secretary: Dave Brown

Tel: 01257 474001

Chorley Shop-mobility

Tel: 01257 260888

Dial-a-Ride

Tel: 01257 260488

Eaves Green Senior Circle

Eaves Green Community Centre, off Lower Burgh Way, Chorley

Every Friday 1.30 p.m. to 4.00 p.m.

Contact Mary Beadle on 01257 275939 or david-mary@hotmail.com

New members always made welcome!

Help Direct Gateway

A new, first port-of-call service for all adults in Lancashire, providing information, advice and practical support, to help people to stay independent, improve their well-being and get the most out of life.

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Anchor Staying Put

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Tel: 01772 644910



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