

Phoenix Activities Club-

October 2018



News in Brief

Thur Oct 18th 2018—Coffee Morning, Tony Wall
Easy Listening, 40's, 50's, 60's.
Thur Nov 15th 2018—Coffee Morning
Thur Nov 29th 2018—Christmas Market -Manchester
Wed Dec 19th 2018— Bourton on the Water
Thur Dec 20th 2018— Coffee Morning

Activities in the Spotlight— Sequence Dancing

Monday afternoon is Phoenix Sequence Dance from 1.30pm to 4.00pm. It is a friendly and pleasant activity to which all the people who attend enjoy. The dances are some of the old favourites with a few new ones put in, nothing too difficult to do. It helps to keep the brain active and our limbs moving, still only 50 pence per session plus tea and biscuits. So if anyone is interested please come along on Monday afternoon, you will be made very welcome.



Line Dance

They say that dance is good for the body and mind.

And better exercise would be hard to find.

No tasselled boots or cowboy hats.

Take a deep breath and relax.

Soon it is time for the first lesson.

Just basic steps for this session.

The music goes on—try a few steps.

Slide, shuffle and then grapevine to the left.

Blue rose is easy to learn.

But Irish stew has lots to learn.

Come & join us and have some fun.

We welcome and encourage everyone.



Christmas Sing-A-Long

Join us for Sandra's annual Christmas sing-a-long, on Saturday December 22nd at 7pm at Sheepfair. Tickets are £4 each and include a glass of wine or soft drink, mince pie, nibbles and a gift from Santa! Tickets will be on sale at next week's coffee Morning.



Next Committee meeting—

November 6th 2018

Next Coffee Morning—

November 15th 2018

Unused Medicines-

Many thanks to everyone who has donated their unused medication, so far and we would love you to continue to do so.

You can either hand to Irene, at Coffee morning or they can be left in the Phoenix cupboard (in the hall), other groups do not use this cupboard.—Please contact C. Faulkner or I. Faulkner

Rugeley Wanderers

Now taking bookings for: 2018

Christmas Market—Manchester—

Thursday 29th November 2018—We will be dropped off at Manchester Central bus station. There is all day FREE travel on the Metro shuttle bus (map provided). The Paint-works in the north, Salford Quays in the south. The Arndale Centre, Museum of Science & Industry, Art Gallery & much, much, more. £11 pp pick-up- 7.45am Tesco Victoria St, Hednesford, 8am Rugeley Bus Station

December 19th 2018 Bourton on the Water

& Cotswolds Distillery tour & tasting trip is full. We will do another one in the spring if there is some interest on the reserve list.

VisitAll trips set off at 8.00am unless otherwise stated

Contact Ivan —

Newsletter

Copy date: Nov 7th 2018

Items should reach Kath Bryan by that date please.

Email: bkath326@gmail.com or at the Committee Meeting.

Newsletter available at Coffee Mornings, Sheepfair Notice board & Website.

A polite reminder—

There are still a few Phoenix members who are not parking responsibly at Sheepfair and causing a problem with the neighbours. Please can we remind all car users at Sheepfair **not** to park in the hatched areas or to double park, failure to do this could result in a parking fine.

Sunday Lunch —

Contact Monica

Theatre Trips: -



We have cancelled the booking for Les Misérables next May 8th 2019, due to lack of interest. If there are members who would like to see this show see Moira or Joy there may be an opportunity to book a mini bus for a small group.

We are always looking for something new Please let us know if there is a show you think we would enjoy.

Please make cheques payable to:- Rugeley Phoenix Club.

Contact Moira or Joy or book at Coffee Morning.

MONDAY WALKS

We meet at 09.45a.m for a
10.00a.m start.



Mon 15th Oct 2018- The Feathers, Beacon Street, Lichfield leader Frank, tea /coffee in the pub

Mon 22nd Oct 2018- Great Haywood leader Iris- might be the social club or Jubilee Park

Mon 29th Oct 2018- Tackeroo car park -leader Bill

Bring your flasks

Mon 5th Nov 2018-The Punch Bowl, bring your flasks- leader Nick

Mon 12th Nov 2018-St Anne's church, Chase town- leaders Angela & Janice

Mon 19th Nov 2018- The Chase Pub, tea & coffee in the pub- leaders Bob & Cynthia

Mon 26th Nov 2018- Great Haywood sports & social club- tea & coffee in the club- leader Iris

Mon 3rd Dec 2018- Golf Green car park between Milford & Brocton, bring you flasks- leader Frank

Mon 10th Dec 2018- T B A leader Gary

Mon 17th Dec 2018- St James Church, Longdon, tea & coffee in the church leader David

Contact Frank-

Are You Up For A Challenge?

If you enjoy a quiz, here's a challenge for you. Members of Knit & Natter regularly take part in general knowledge quizzes locally, to raise money for Macmillan Charity. We are looking for some good opposition! Come & take us on! Teams of four are invited to take part in the next quiz, on December 5th at Mansfield House- starting at 7.30pm. £2,50 per player. Go on, wouldn't you love to knock us off the top spot?

Chat from Me — October 2018

Thank you for all who attended this year's AGM and to the committee including myself who have signed up for another year. A big thank you to the group leaders for keeping the Phoenix running without their support there would be no club. Congratulations to Sue Breen who deservedly won the Anthill cup which is presented each year to someone who has "gone the extra mile" for the club.

There are many people who work behind the scenes , Delma in control of memberships, Joe sorting out data protection and the website with the help of Brian. Kath who puts together the newsletter each week plus website, John who sorts the microphone out for the coffee mornings. Thelma and Irene who take the door money, Jean and Joyce the tea ladies. Ivan who organizes the trips and Moira the theatre outings. Sandra for keeping hold of the purse strings, Rhoda the federation rep, Rob and Barbara the data protection officers, thank you to Sue and Irene for doing the notice board, (position now available if anyone can help), all these positions are needed to run a club, apologies if I've forgotten anyone.

Coffee mornings over the last year have been exceptionally good with more to come, so if you've never been or no longer attend, now is the time to give it a try. Every 3rd Thursday in the month for a £1 have a cuppa, biscuit, chat and an hours entertainment and if you are feeling flush a you can buy raffle ticket, the raffle has been a big success this year benefiting many charities.

Myself, I've been keeping busy after losing my old spaniel in June, I've have had a new puppy cocker spaniel ' Elsie ' so sleepless night and cleaning up, it's like having a baby. The weather is still lovely so hoping to get the garden sorted out. So to all you gardeners out there get those pansies in and I'll see you at the next coffee morning.

Elaine

CHAIRMAN'S EMAIL— Chairman@rugeleyphoenix.org.uk

Phoenix Welfare officer— Rhoda Johnson

Please note that Rhoda is more than happy to respond, on behalf of Phoenix, to send Get Well Cards, Bereavements cards etc. Just send her the details