



Newsletter

Items for the newsletter should be sent to
Kath Bryan, please.
Email: bkath326@gmail.com
Mobile: 07722 301612

Sudoku—

Stay Safe Online:

	9	1		7			
2		3					5
			4	2	9		7
		2	8	6			9
9			1	4	6		
1		5	2	7			
	8				5		1
				1	7	6	

Check your security + privacy settings

Block unsuitable content, Protect against fraud

Check the facts!!

Get more help and information from Gov.uk

Report to Action Fraud

Be aware of phone scams too- If in doubt
put the phone down and ask for advice from a
trusted friend or relative.

MONDAY WALKING GROUP

Starting from various venues. Meet at 9.45 for a 10am start

Monday 22nd Nov 2021— Meet at Seven Springs car park—
flash walk leader Iris

Monday 29th Nov 2021—Meet at Chase Pub—tea & coffee
in the pub bring change of shoes- leader Bob & Cyn

Monday 6th Dec 2021—meet at Chase Road corner car
park- flash walk- leader Nick

Monday 13th Dec 2021— Walking from Church Rd,
Chasetown—car park on the right at the end of the Rd.
Flask wlk leaders Janice & Angela

It's still important to keep in touch with your
Phoenix friends by

Text, email, phone or even write a letter!

not everyone has internet connection.

Phoenix now has a Facebook page -

You can find it on Rugeley Phoenix Group

Or on

www.facebook.com/groups/RugeleyPhoenixClub/

(This is a closed facebook page just for Rugeley Phoenix members).

Join the Rugeley Phoenix Facebook page,

another way to keep in touch and 'talk', to other members from
Phoenix.

Unused Medicines—

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

Please get in touch with Clive or Irene Faulkner and they will
collect.

**For safety reasons please don't leave it in
the kitchen at Sheep Fair.**

Please contact C. Faulkner or I. Faulkner – 01889 582280



This month's poem is from a Phoenix member Josie Price

It's called Phoenix Life

The Phoenix, so I understand was extraordinary bird
That rose, it seems, from ashes. At least that's what I've heard.
It's really just a metaphor for starting life again,
And tough old birds like you and me dabble now and then
In different hobbies; and just like you, I thought I'd have a bash
Although my efforts so far seem to be somewhat slapdash.
The Phoenix Club has all sorts of things for us to try and do,
And things I find enjoyable of course may not suit you.

Now Little Kath who most folks know-she goes and does Ti Chi.
But it seems a very silent class so don't think it's for me.

Photography appeals, though I'm a technoclot.
Oh! I think I've coined a phrase! Do you like it? Oh not a lot!
You like photography I know. You take some lovely scenes.
You must have some famous ancestor and so it's in your genes.
Unlike me. I cut off people's heads My attention's somewhat lax.
Don't dare think I'm related to someone with an axe!

Sequence dancing's just the thing for keeping joints supple.
It's fun to do and exercise far any active couple.
But it's hard to find a partner, if, like me your single.
So come along and line dance. It's easy and you'll mingle.

If you want to get in better shape, then come and join Keep Fit.
You might as well give it a try. You may find that it's a hit.
But if all that's too strenuous and your joints can't take the strain.
Then try something more leisurely and enjoy nature once again
Long walks and shorter walks. I doesn't matte which you choose.
You'll thoroughly enjoy it as long as you have comfy shoes.
Yes, the walking is quite popular, but I have a dodgy hip
So that's why I've decided to give walking the slip.

If you've never done flower arranging, and don't know where to start.
Then why don't you just come along and try some Floral Art.
You'll find it quite addictive and you'll look at every pot
Or jug or vase or basket for the potential that it's got
As a container for you display to get the very best effect
And find the very thing you want in something you'd once reject
And put out for recycling and thought of once as trash
then transform to something wonderful, so why not have a bash.

And then, what's more relaxing than to paint something that takes your eye?
There is no right or wrong way in art. Just have a try.
Whatever medium you use, you'll find it's just technique,
And an absorbing hobby may be just thing you seek.

I go to Knit & Natter sometimes, and the conversation's fun,
But when I get home and see the mess I've made, I undo what I've done!
Yes I joined the group called Knit & Natter.
We don't all knit but that doesn't matter.
You might want to crochet or do cross stich
Or else make a hat for a Halloween witch.
You might make a birthday or Christmas card
Though between you and me it looks quite hard.
All that cutting and folding could drive you quite barmy
If you don't have a flair for Origami.
There's something I've noticed now and then.
The group are all female. There aren't any men

This is just part of Josie's wonderful Phoenix poem I will share the rest of it with you next month. Thank you Josie.

Wednesday Short Walks—

Is up and running well walking again.

November 17th 2021—Fradley

November 24th 2021—Wolseley Gardens

December 1st 2021—Tackeroo

December 8th 2021—Barton Marina

December 15th 2021—Great Haywood Canal shop

Contact— Pat Wall -

From The Chair

There was a good turnout at the November committee meeting. Activity numbers are still on the increase.

Membership forms have been issued to the activity leaders to start giving out, the fee remains at £5 for the year and is due in January 2022. New members can still attend activities before this date and just pay the weekly subscription fee.

We were planning to start the Coffee Mornings at Lea Hall in the new year. However, after a disappointing Christmas last year we think it would be nice to catch up with friends over a coffee and mince pie. So, we are having a coffee morning at Lea Hall on Thursday 16th December 10am till 12pm. Future new members can attend and pay the £1. It is short notice so more details to follow. Keep an eye on the Sheep Fair notice board and on our Facebook page.

Hopefully see you at the coffee morning.

Stay safe Elaine

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



Announcements

If you would like to put a notice in the Newsletter please let me know. Rhoda is very happy to send cards for Condolences, Get Well etc. for Phoenix members.

*Please contact her on -
rhodadavidson@btinternet.com*