

## **Newsletter September 2021**

### **Ainsdale Lunch and Leisure- "A Better Place"**

I want to take this opportunity to thank everyone involved with the re-opening of our services. Since November we have continued with our meals delivery service and from July we have been open to lunches in the centre on Tuesdays and Thursdays. We wish to thank all attendees for the support given to us and it is lovely to see the centre full of character again.

The menu is available to view on our website on a weekly basis and bookings can be made via the office on 01704 574838.

We hope to re-open the café in October which will be available for lighter snacks Coffee and cake and we are grateful to the Community Champions Fund for monies received in order to develop a patio area which will enable diners to also enjoy the outside space.

In addition to our Meals out Service and Lunches, we are now open to a variety of activities catering to a range of interests as follows:-

**Monday 10.00am Garden Club**

**Tuesday 1.30pm-3.00pm Tai Chi**

**Wednesday 10.00am-11.00am "Zest for Life" Keep Fit**

**Thursday 9.45am-10.45am Gentle Gym (Chair-Based Exercise)**

**Thursday 10.50am-11.50am Gentle Gym (Chair-Based Exercise)**

**Thursday 10.15am-11.45am Arts and Crafts (with Tuition)**

**Friday 10am-12Noon Patchwork**

**Community Garden available for all to enjoy, Come and Potter or enjoy the sunshine**

**Please contact the office to book into classes and lunch on 01704 574838**

**Ainsdale Forum Tuesday 14<sup>th</sup> September 10.00am**

We respectfully request that participants use face coverings when moving around the building however these can be removed when participating in activities/lunch in a socially distanced way.

We will continue to review our activities and hope to gradually increase our offer as we are mindful that this has been missed in the community, however we wish to do this in a way by which we are doing all we can to keep our members as safe as possible due to the uncertainties that the pandemic still poses.

On behalf of the Board of Trustees I wish to thank the Staff and Volunteers at this time for their continued hard work in adapting to the challenges on a daily basis. I wish to thank all our funders who continue to support us financially in order that we can deliver what is needed in the community and to our Members and Visitors we are grateful for your continued support.

*Rebecca Gomersall*

Manager

September 2021

