

Newsletter- December 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 this year, Board of Trustees, Staff and Volunteers. We are thankful that we have been able to deliver and maintain our meals delivery service due to the hard work of both staff and volunteers and our funders. This truly makes a difference to many in the community.

In July we started to re-open our activities and it has been lovely to see the centre being utilised once more and friendships re-kindled.

We have just held our Members Christmas Lunches which have been well attended with entertainment from Jill Fielding and this was welcomed by those attending. Again I wish to thank all those who made these events special and especially to our volunteers.

We re-launched our café in October to provide lighter options on Mondays, Wednesdays and Fridays when we do not serve a main meal. 2- Course booked lunches with Tea/Coffee are available on Tuesdays and Thursdays and we hope to increase this in the New Year. It has been important to manage this in a measured way due to Covid-19 restrictions and risk assessments and we hope that this would continue in the new year however this is being monitored and updates will be communicated via the website.

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 2.00pm-3.30pm Tai Chi

Tuesday 1.00pm-3.00pm Music For All

Wednesday 1.00pm-3.00pm Games Afternoon

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 Needlecraft

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

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 held our AGM in November and a report is available to view on the website. We also at this meeting said goodbye to our Chair Lesley Paterson and are thankful for her service to Ainsdale Lunch and Leisure for the past 7 years. She will be greatly missed and we wish her well for the future.

Ainsdale Lunch and Leisure will close for the Christmas Season after Lunch on Thursday 23rd December and will re-open on Wednesday 5th January 2022.

We would like to wish all our members and supporters a peaceful Christmas and Happiness in 2022.

Rebecca Gomersall

Manager December 2021

