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**Welcome to Mile Oak's February Newsletter**

**Here is what we did during January :**

Monday, 9<sup>th</sup> January Colin Fletcher came back to entertain us! Colin helped us to welcome in 2012. A very good afternoon – full of great conversation with Colin too.

Monday, 16<sup>th</sup> January Lizzy read. We will started reading “Climbing the Stairs”.... The sequel to “Below Stairs”. This is a great book all about Margaret Powell's life after she leaves service. This was very much enjoyed. It's full of fun as well as a good reminder of what life was like before and after the war.

Friday, 20<sup>th</sup> January Film Club – “Breakfast at Tiffanys”. Great film!!!! A change to the advertised film “Cockleshell Heroes”. But this will be shown in due course.

Monday, 23<sup>rd</sup> January Steve Hunt – played keyboard and sings! Next time he promises to play some more up to date tunes.... So come along and have a listen and maybe join in.

Tuesday, 24<sup>th</sup> January – 2:15 p.m. The first Communion of 2012. Please see list on Noticeboard of the dates we have so far. *The next Communion is 21<sup>st</sup> February.*

Monday, 30<sup>th</sup> January – 1:45 p.m. Lizzy continued to read “Climbing the Stairs”. We are very involved with Margaret Powell's life.

**NEWSFLASH !!!!!!!!!!!** *Have a look at the “What's On” note – we have some good new events already planned and shown here – there is another visit being discussed – four members of the Bournemouth Symphony Orchestra will come to play some time soon.... Should be very good!*

## **What are the regular events at Mile Oak?**

Monday mornings – Yoga (gentle exercise) with Lizzy at 11:30 a.m. More gentle movement – stretching and twisting – all in the chair. We all know how important it is to keep moving – so please come along. Your range of movement in joints will very likely improve over the weeks. Every Monday morning is Yoga with Lizzy!!!

Monday afternoons – Visit by an entertainer or reading or event with Lizzy.....so do look on the noticeboard and keep your Newsletter to hand! All the details are there - come along and enjoy.

Tuesdays – Hairdressing – a lovely feeling to have your hair done! Enjoy a time sit and relax.

Tuesday mornings Coffee Morning in the Lounge – come and have a chat if you want to.

Wednesday afternoons – Sandy offers hand/shoulder massage or exercise. Come and join in. **Thursday afternoons** Bingo – we hope this will be resumed shortly.

Friday Night is Film Night Lots of good films in store for the rest of the year. There are lots of films lined up for 2012 – but please say if there are any films you particularly would like to see.

Drinks and Nibbles in the Lounge - this will now take place every Friday at 5:00 p.m. So come and enjoy! Every other Friday this is followed by Film Night. Make Friday night special!



## At a glance – What's On for 2012!!

### **This is what's been arranged so far :**

Looking ahead - dates for your diaries for 2012 – already booked - **Summer Party – 4<sup>th</sup> July** and **Christmas Party – 17<sup>th</sup> December** – good things to look forward to in the Winter chill! Lara Johnson will entertain!

*Look out for any new activities - these are shown on the Noticeboard and in the Lift Reminder slips will give given for main events. Help is at hand always to enable you to come along and enjoy all the activities – don't miss a thing!*

#### **FEBRUARY**

Friday, 3<sup>rd</sup> February – 2:00 p.m. The Tee Gees – great act – **new to Mile Oak** – don't miss them!

Monday, 6<sup>th</sup> February – 1:45 p.m. Lara Johnson – Country and Western singer.

Monday, 13<sup>th</sup> February – 1:45 p.m. Pre-Valentine afternoon treat!

Friday, 17<sup>th</sup> February – 6:30 p.m. Film Club – “The Lost Valentine”.

Monday, 20<sup>th</sup> February – 3:00 p.m. **New to Mile Oak – Joanna Gray** comes to entertain!

Tuesday, 21<sup>st</sup> February – 2:15 p.m. Holy Communion

Monday 27<sup>th</sup> February – 1:45 p.m. Reading with Lizzy – “Climbing the Stairs”.

#### **MARCH**

Friday, 2<sup>nd</sup> March – 6:30 p.m. Film Club – “Houseboat”.

Monday, 5<sup>th</sup> March – 1:45 p.m. Reading with Lizzy – “Climbing the Stairs”.

**Monday, 12<sup>th</sup> March – TRIP OUT!**

Friday, 16<sup>th</sup> March – 6:30 p.m. Film Club – “The Odd Couple”.

Monday, 19<sup>th</sup> March – 1:45 p.m. Steve Hunt plays Keyboard and sings.

Tuesday, 20<sup>th</sup> March – 2:15 p.m. Holy Communion

Monday, 26<sup>th</sup> March – 1:45 p.m. More “Climbing the Stairs” with Lizzy.

Friday, 30<sup>th</sup> March – 6:30 p.m. Film Club – “Fiddler on the Roof”.

#### **APRIL**

Monday, 2<sup>nd</sup> April – 1:45 p.m. The Land Girls – **New to Mile Oak!** *Don't miss this great Duo. Two ladies who will entertain you on this splendid afternoon!*

Friday, 6<sup>th</sup> April – 6:30 p.m. Film Club – “The Flight of the Phoenix”.

Monday, 9<sup>th</sup> April **EASTER MONDAY**

Monday, 16<sup>th</sup> April – 1:45 p.m. Lara returns to sing.

Tuesday, 17<sup>th</sup> April – 2:15 p.m. Holy Communion

Monday, 23<sup>rd</sup> April – 1:45 p.m. Lizzy to read “Climbing the Stairs”.

Friday, 27<sup>th</sup> April – 6:30 p.m. Film Club – “High Society”.

Monday, 30<sup>th</sup> April – 1:45 p.m. Vicky Perry – guitarist – singer – ukulele player!

#### **MAY**

Monday, 14<sup>th</sup> May – 3:00 p.m. Colin Fletcher sings and plays guitar.

Monday, 2<sup>st</sup> May – 1:45 p.m. Lizzy to read “Climbing the Stairs”.

Monday, 28<sup>th</sup> May – 1:45 p.m. Steve Hunt plays Keyboard and sings.

#### **JUNE**

Monday, 11<sup>th</sup> June – 1:45 p.m. Lara returns to sing.

**Library deliveries :** *Do you want a particular book? - Please let us know.*