



# UPLIFT

## NOVEMBER 2018

Charity Reg. No: 1109966

**Dear members**

Are you ready for the festive season? This year we have made a change to our usual evening Christmas Party and are having a Christmas Lunch instead. Although this makes it a bit more difficult for those of you who work, it also enables those who prefer not to go out at night to join us. The cost of the lunch will be partly subsidised by Arthritis Matters, so members are asked to pay £14, which will include a 3-course lunch and a glass of bubbly or juice.

**Date:- Monday 17th December**

**Time:- Arrive between 12.00 and 12.30pm**

**Place:- Holiday Inn (Reading South)**

**Basingstoke Rd RG2 0SL**

**Cost:- £14**

Don't forget Secret Santa. See over for details.

Please read the full menu overleaf, then mark your choices on the slip below, and send your slip and cheque to **Arlene Riley, 28 Ashcroft Close, Caversham Heights, Reading RG4 7NU**. (If there are 2 of you, please use the same slip, but make sure your menu choices are clear by using separate initials). Alternatively, you may hand your slip and payment in an envelope to any committee member. **Closing date:- Friday 16th November.**

Any queries, Tel: Arlene 0118 9545182

**Please note:**

 There is free parking at the hotel but you are asked to check in at reception and log in your car details.

I do hope we see lots of you there. It should be a fun-filled, festive occasion, so get your slips in soon!

Kim



I would like to come to the Christmas lunch at the Holiday Inn on **Monday 17th December**.

I enclose £14 (Cheques payable to Arthritis Matters)

NAME \_\_\_\_\_

(Please PRINT clearly)

TEL: \_\_\_\_\_

**My Menu Choice** (Please initial next to one starter, one main, one dessert and one drink)

**Starter**

Soup

Terrine

**Dessert**

Christmas pudding

Torte

**Main**

Turkey

Tart

Salmon

**Drink**

Orange juice

Prosecco

## Christmas Lunch Menu



### Starters

Carrot and coriander soup

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Duck and chicken terrine, plum and ginger chutney, toasted ciabatta

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### Main Courses

Turkey crown, stuffing ball, pigs in blankets and pan gravy

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Roasted beetroot, butternut squash and pumpkin seed tart

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Salmon en croute, spinach and white wine cream

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All served with winter vegetables and rosemary roast potatoes

### Desserts

Christmas pudding and brandy sauce

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Chocolate and raspberry torte with candied winter fruits

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Lunch includes a glass of either orange juice or Prosecco.

### Secret Santa

As well as a very special Christmas raffle, we will hold a Secret Santa at our lunch. This year the theme will be "A bauble or Christmas decoration" costing no more than £5 and suitable for either gender. So please bring along your wrapped gift, and they will be given out at the end of the afternoon.

### TAI CHI

Tai chi classes this term will finish on Monday 10th December (Southcote) and Thursday 13th December (Caversham).  
Classes will start again on



### HYDRO

All being well with the pool, the final session for this term will be Monday 3rd December. Hydro will restart on **Monday 7th January 2019**. Nearer the time, Gill will be in contact to arrange the groups for the first session.

### FUNDRAISING

We were delighted when Calcot Afternoon W.I. chose Arthritis Matters for their annual charity. Our treasurer, Karen, went along to their October meeting with Deborah, and gave a talk about our charity to a very friendly and interested audience. Deborah gave a short tai chi demonstration. Members of the W.I. generously bought merchandise and gave donations.



A warm welcome to our new members who joined Arthritis Matters recently.



### Contact us:

**Chairman:** Kim Seabrook 0118 9776172  
**Secretary:** Arlene Riley 0118 9545182  
**Newsletter:** Hilary Goldson 0118 9580807  
**Hydrotherapy:** Gill Thorp 0118 9572796  
**Website:** [www.arthritismattersreading.co.uk](http://www.arthritismattersreading.co.uk)  
**Email:** [kimseabrook@btinternet.com](mailto:kimseabrook@btinternet.com)

**Ha ha!!**

Why did they ask the turkey to join the band? *Because he had the drumsticks!*

Santa was forced to attend a Christmas party because his presents were required!

What would you get if you ate the Christmas decorations? *Tinselitis!*

What happens to elves when they are naughty? *Santa gives them the sack!*

