

Dear members

Are you starting to get ready for the festive season? After last year's very successful Christmas Lunch, and with repeated requests from members, we've decided to do the same again this year. The cost of the lunch will be the same as last year, and again 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:- Thursday 12th December

Time:- Arrive between 12.00 and 12.30pm

Place:- Holiday Inn (Reading South)

Basingstoke Rd RG2 0SL

Cost:- £14

Forms must be
returned by
Thurs 14 Nov

If you wish to invite a non-member, then they will be required to pay the full cost of the meal, **£20.95**.

Please read the full menu overleaf, then mark your choices on the slip below, and send your slip and cheque (Please check that you've signed it!) to **Cyrilene Tollafeld, 5 Connaught Close, Reading, RG30 2UG**. (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:- Thursday 14th November**. Any queries, Tel: Cyrilene 0118 9576180 or Hilary 0118 9580807.

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.



I would like to come to the Christmas lunch.

I enclose £14 (£20.95 non-members)

NAME _____

Tel: _____

Guest name: _____

Any special dietary needs _____

Please make cheques payable to Arthritis Matters.

My Menu Choice

(Please initial next to one starter, one main, one dessert and one drink)

Starter

Soup

Terrine

Dessert

Christmas pudding

Cheesecake

Main

Turkey

Tart

Drink

Orange juice

Prosecco

Christmas Lunch Menu



Starters

Cream of leek and potato soup (V)

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Maple glazed ham terrine, piccalilli, ciabatta crisp bread

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Main Courses

Turkey crown, sage and onion stuffing, chipolata wrapped in bacon, gravy

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Sweet potato, cashew and apricot chutney tart (V, Ve, GF)

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Served with winter vegetables and rosemary roast potatoes

Desserts

Christmas pudding and brandy sauce (V)

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Gin and elderflower cheesecake slice (V)

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V= no meat or fish, Ve= vegan, GF= gluten free,

It is with sadness that we report the death of member Alan Jamie, who died in September. Our condolences go to his wife Wendy. We also sadly lost Edna Last, who many of you will remember from our tai chi classes. She died peacefully in hospital on Sept 29th. Condolences to daughter Pauline and family.



A warm welcome to new members Ann Acres, and John and Christine Harrington who joined Arthritis Matters recently.



TAI CHI

Tai chi classes this term will finish on Monday 9th December (Southcote) and Thursday 5th December (Caversham). Classes will resume again the week beginning January 20th 2020.



HYDRO

The final session of the current block is due to be Monday 25th November. All being well, Gill will try and fit in 2 extra sessions in December, but she will let you know about this nearer the time. Hydro will restart on **Monday 6th January 2020**. We are oversubscribed so it will be necessary for people to take turns to sit out.

Please note There will be **no** Secret Santa at the Christmas Lunch this year. Instead, we will be holding a very special raffle.

FUNDRAISING

We were delighted to receive £217 from Calcot Afternoon W.I. as a result of their successful annual garden party in the summer. A big thankyou to all concerned.



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
Email: kimseabrook@btinternet.com

Get Well Wishes

Keith and Jean Robbins

Paul Wilson

Ha ha!!

What did Santa do when he went speed dating? He pulled a cracker!

And very topically.....

How will Christmas dinner be different after Brexit? No Brussels!

