



UPLIFT

OCTOBER 2023

Charity Reg. No: 1109966

Dear members

Well here we are in October about to choose our Christmas meals! How time flies! Before we know it we'll be busy preparing for our own Christmases and complaining there's not enough time. But....."Everything will be fine. Nothing but good times ahead." (Quote from US novelist Jennifer Crusie).

Best wishes to you all and hope to see you soon at one of our Coffee Mornings.

Kim

Important Notice

CHRISTMAS LUNCH



Please look at the attached menu from the Holiday Inn South and fill in the form at the bottom of this page. Please detach the slip and send it with your payment, to Hilary Goldson, 80 Inglewood Court, Liebenrood Rd, Reading, RG30 2DU by **Friday 10th November**. Alternatively you can hand it in to any committee member, in an envelope please, at any of our classes or events. Any queries, either phone or email Hilary. Email: hilarygoldson@hotmail.co.uk Tel: 0118 9580807

Exercise and tai chi classes

There is no Exercise class on **Monday 23rd October**. The final classes this term will be **Wednesday 6th (tai chi)** and **Monday 11th December. (Exercise)**

Nirvana Spa Offer

A reminder to members that you are able to have 3 free sessions at Nirvana, in the Dead Sea Therapy Pool. (usual price £10). If you are new to Nirvana, feel free to speak to Hilary to find out more about how to access this offer. It can sometimes be tricky trying to book it over the phone! Hilary: Tel 0118 9580807

DATES FOR THE DIARY

Wed 15th November, 10.30am

Coffee Morning at Henry Street Garden Centre

Friday 15th December, 12.30pm for 1pm

Christmas Lunch, Holiday Inn South

I/We would like to come to the Christmas Lunch.

I enclose £20 per head (cheques payable to Arthritis Matters), or for BACS payments, please use Xmas as reference.

NAME(S) _____

TEL: _____

Any special dietary needs _____

I would like to bring a guest @ £30

Guest name _____

My Menu Choice (see over for menu)

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

Starter

Pate
Soup
Tart

Main

Turkey
Wellington
Salmon

Dessert

Christmas Pudding
Tart
Cheesecake

Drink

Orange Juice
Wine