



ArthritisMatters

UPLIFT

OCTOBER 2024

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 that there isn't enough time!

Can I remind you to put any relevant dates into your diary **now**, so that you don't miss out on any of our events. Sadly we've had members recently who have not written down important dates, and have therefore missed out on crucial deadlines. What a shame.

Best wishes

Kim

Important Notice

CHRISTMAS LUNCH THURSDAY 12th DECEMBER

Please look at the attached menu from the Holiday Inn South and complete 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 15th 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. hilarygoldson@hotmail.co.uk Tel: 0118 9580807

PLEASE ADHERE TO THE DEADLINE DATE.

DATES FOR THE DIARY

Tuesday 15th October 10.30am Coffee Morning and Talk Henry Street Garden Centre
Thurs 21st Nov Anytime from 10.30am to 12.00pm Drop in for coffee at The Calcot Hotel
Thursday 12th December. 12.30 for 1.00pm 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), BACS details on reverse of newsletter.

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, for each person)

Starter

Pate
Soup
Tart

Main

Turkey
Wellington
Salmon

Dessert

Christmas Pudding
Torte
Cheesecake
Fruit salad

Drink

Orange Juice
Apple Juice
White wine
Red wine

CHRISTMAS LUNCH MENU 2024

Pate: Chicken, redcurrant and brandy pate, spiced fruit chutney and ciabatta toast

Soup: Leek, potato and pea soup, herb oil (VE)

Tart: Warm sun-blush tomato, mozzarella and basil tart, dressed leaves (V)

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Turkey: Roast turkey breast, sage and onion stuffing, bacon wrapped chipolatas and cranberry sauce, sea salt and thyme roasties, roast parsnips and carrots, sprouts and gravy

Beetroot Wellington: Sea salt and thyme roasties, roast parsnips and carrots, sprouts and gravy (V)

Salmon: Grilled salmon, lemon and herb crust, gratin potato, fine green beans, carrots and tarragon butter sauce

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Christmas Pudding: Traditional Christmas pudding with brandy sauce (VE option available)

Torte: Chocolate and clementine torte, mango and passion fruit sauce (VE)

Cheesecake: Baked vanilla cheesecake, mulled berry compote. (VE)

Fresh fruit salad (VE)

Payment details

Cheques payable to Arthritis Matters

BACS payments: Account Name: Arthritis Matters Sort code: 60-17-21 Account no: 88725006



Members had a great day out in Poole in September, including a lovely boat trip round the harbour and Brownsea Island.

Contact Us:

Chairman: Kim Seabrook 07462746195

Membership Secretary: Deborah Catherall
0118 9427356

Newsletter: Hilary Goldson 0118 9580807

Treasurer: Karen Jay 0118 9893134

Welfare: Cyrilene Tollafield 07714509876

Website:: www.arthritismattersreading.co.uk