

“Little” SENIOR MOMENTS to keep you posted.

Keep Healthy—Come to Club For Some Exercise! EDITION 15 18.11.20



Betty's Blog

It seems a long time since I penned my last 'blog' and things at the Club have been a wee hectic as we've gone through the teething pains of putting our COVID Plan into practice.

Things are settling down in to a routine that is running more or less smoothly, as members get used to phoning the club to book into the activities on offer at the moment.

BUT we're desperate for more volunteers to cover TUESDAY & FRIDAY—BOTH IN A.M. &/or P.M. I've taken on the task of working out the roster for COVID MARSHALS and I am running out of volunteers for these sessions. I am trying to distribute the CM's so they are only called on once/twice in each fortnightly roster for a single session. It is unfair to flog the volunteers to death by asking them to attend more frequently.....after all they all have other things they want to do in life.

Come on guys.....if you're enjoying attending an activity, be prepared to be a CM for just one/two sessions per fortnight. Training is available and a "buddy" will help you settle in.

Did you know the activities on offer at the moment are: Chair Yoga, Table-Tennis, Walking, Unfinished Objects (UFO's), Darts, Tai Chi, Line Dancing, Handicrafts, Art, Discussion Group, Gentle Exercise, Friday 'Bytes'.

Even if you don't attend any of these activities, keep in contact with the club and its members, by helping as a volunteer.

Wear a Mask & Keep Safe! "Bettybee"

Obama, Hillary and Trump are standing at the throne of heaven. God looks at them and says, "Before granting you a place at my side I must ask you what you have learned, what you believe in." God asks Obama first, "What do you believe?"



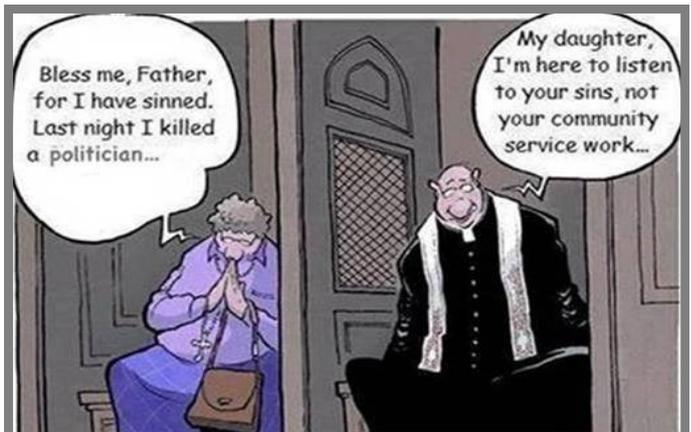
Obama thinks long and hard, looks God in the eye, and says, "I believe in hard work, and staying true to family and friends. I believe in giving, and always doing right to my countrymen."

God can't help but see the essential goodness of Obama, and offers him a seat to his left. Then God turns to Hillary and asks, "What do you believe?"

Hillary says, "I believe passion, discipline, courage and honour are the fundamentals of life. Like Obama, I believe in hard work. I have been lucky, but win or lose, I've always tried to be a true patriot and a loyal American."

God is greatly moved by Hillary's eloquence and offers her a seat to the right. He then asks Trump, "And you Donald, what do you believe?"

Trump replied, "I believe you're in my seat."



SOME ADVANTAGES OF BEING OLD.

- You can make it through an entire day without taking off your slipper socks.
- You know how to write a lovely condolence note.
- No more exams or spelling tests.
- You can meet your kids for drinks.
- Plenty of good mysteries are available in large print editions.

