



SEPTEMBER 2017 NEWSLETTER

Welcome to your monthly newsletter



Many thanks to Connie's friend – Gill who has very kindly donated a lot of jigsaws, this will keep the very popular jigsaw club peeps very busy.

Thank you to Alan – our Maintenance Man who very kindly bought us a couple of challenging jigsaws back from his holiday.



Another popular club for Katherine House is the Crossword Clubs we run, if anyone has any of these they could donate to us – we would really appreciate it.

Bristol Free School are back with us for the next couple of terms, everyone has enjoyed the students joining us with our afternoon activities sessions. They have even had a go holding some of the Hens, much to their delight.



Pets As Therapy is still continuing to be a success and we have recruited another dog to join us on a fortnightly basis, the dog is Samba and the Owner is Carolyn. Apologises to Jan the Owner and Otis the dog for a couple of weeks ago when we got the names in a muddle and called Jan the dog by mistake! Jan the owner was fine with this and Otis was very made up that he was the owner of Jan.



Seated Tai Chi with Gill from Alive, this was a very successful session with lots of attendees. We were all doing this form of martial art in unison and everyone took part. Well-done gang for joining in and showing these Tai Chi experts how it is done!!



Yoga with Pauline is also proving to be successful, Pauline teachings seated chair yoga. If anyone would like to join their family members for one of these sessions, please do let us know as they have a positive effect on your well being and everyone would benefit.

Dates for your diary – 31st October 2017 2pm – Halloween Party
£2.50 per ticket for visitors
Live Music, Food, Raffle & Fancy Dress Competition

Thanks for reading & we look forward to seeing you at the Party

Amanda & Annie