

# Just Good Friends

## April 2022 Newsletter

For information telephone: Bev Sykes: 07557 734233

Website: [www.justgoodfriends.org.uk](http://www.justgoodfriends.org.uk) - [www.facebook.com/justgoodfriendsNW/](https://www.facebook.com/justgoodfriendsNW/)

### March Schedule

Monday	1pm	The Links Pub, Heeley Road, St Annes - Music and Bingo - KARAOKE NIGHT - monthly at The Links
Tuesday	1pm	Fun & laughter at The Vic Pub, Church Rd, St Annes - alternate weeks with Roy Rolland and Johnny Roxx
Wednesday	10.30am - 12 noon	The Palace at 18, Garden Street, St Annes - tea/coffee & chat
Thursday	2pm 7pm	Meetup at Bernie Worsfold's house. Please speak to Bev for details. Wetherspoons (Trawler Boat Inn) on Wood Street. Join us for a meal at 7pm. Contact Bev for more info.
Friday TO BE CONFIRMED	6pm - 7pm	Dance Class - St Margaret's church hall, Rowsley Road, St Annes. Modern Jazz Dance £5 - all ages and abilities welcome
Saturday	2pm - 4pm	Please note name change from Memorial Hall to <b>WELL COMMUNITY CENTRE</b> , St Albans Road, St Annes - Tea and chat with speakers and activities. Quiz - Bingo - Music - see. Programme below.

### Saturday at the Well Community Centre

	APRIL
2nd	Quiz - Raffle - Music
9th	Games
16th	Speaker
23rd	Poetry
30th	Bingo
	MAY
7th	Quiz - Raffle - Music
14th	Games
21st	Jon - PowerPoint
28th	Bingo



We do realise how hard it is sometimes to keep up with what is going on in our group of Just Good Friends and local area so we have now included within our JGF WhatsApp another link called What'sOn. If you have already joined the App, you just need to scroll down and find the new location called WhatsOn but in any event, please speak to Bev for her to register you on this App.

It's just another tool for us all to stay in touch but for those of us who don't use our mobiles in this way, the information therein can always be found either on our website, Facebook or sometimes in the monthly Newsletter.



Thanks so much to the Prince's Trust for coming to see us and doing the very interesting quiz. Well done the naughty table for winning 1st prize!

### Jubilee Themed Tea Party at AKS - 27 April

We have been invited by the Bring Me Sunshine Club at AKS senior school to a Jubilee Themed Tea Party on the 27th of April which is being held in the senior school. There will be a quiz along with refreshments and they have said they would love us to join them there.

As this is going to be in the next few weeks, the school have asked us to let them know as soon as possible how many people will be attending so if you would like to be included, please let Bev know asap so she can pass the numbers to them.



# MAD Hatter's Tea PARTY

Mad Hatter's Tea Party in  
**Bernie's Garden (pictured left)**  
Just wanted to thank Bernie and his fabulous little helpers for making our Mad Hatters' tea party such a success: thanks also to everyone who dressed up. You all looked amazing!!



Thanks to Linda for "being late - for a very important date"



Well done Mary for your amazing costume!!



There's always a rabbit!!  
Thanks Marlene for the costume.



Helen & Sheila enjoying a game of croquet



Did you recognise our own Claire?



Thanks to our fabulous Marie who always goes above and beyond.



Three lovely ladies!  
Queen of Hearts (Sheila), Butterfly (Jean) and Jackie above





## Chester Trip in March



Despite not having enough interest in the short break to Buxton, we managed to transfer the booking to a G-Line break in Chester/Wales. We were blessed with fantastic weather which certainly made it more enjoyable. On the first day we headed to Llangollen for a mooch round before taking a train ride through the

Welsh countryside to Corwen. From there we made our way to the hotel in Chester for a lovely evening meal, followed by a few quizzes.



On day two we had some free time in Chester in the morning then enjoyed a cream tea on the river Dee. Again we had a lovely evening meal and more quizzing whilst being entertained by Marlene, and that was without having a drink!!!!



Sadly on the Monday, we said our goodbyes to Chester and headed back to Wales to visit Portmeirion. Adi endured an off road



experience in her wheel-chair through the woodland trail but the views were definitely worth it. Then it was home and back to reality. Watch this space for the next trip away - (see below for details pick-up times for the Bowness trip).



*Edwina*

### Re Bowness Trip 7th April - Pickup times:

Ashton Gardens 09:00:  
G-Line Office 09:10:  
Fylde Rugby Club 09:20

Please be there 5 minutes before. For those going on the boat trip, it is a 90 minute full lake cruise setting off at 1:15pm



### Just Good Friends T-shirt

If anyone would like to buy a JGF T-shirt please let Bev know, along with the size required.

They cost £10 each.





## A new free Weight Management Programme

**CHANGE** (Creating Healthy Activities and Nutritious Gains to Empower change) programme is a weight management programme that has been designed to help people make lifestyle changes to improve their health.

It is specifically for residents of Fylde who have a BMI between 30 and 39.9. If anyone is interested, speak to Bev for more information.

### 'Food and Fun at AKS'

Thanks to these wonderful students for making the AKS event such a success and thanks to everyone who attended. We had Quizzes, played Bingo and Dominoes, plus delicious food. A brilliant afternoon - we all had the best time.



Great turn out for Bernie's idea - Curry Night at Wetherspoons.  
7pm every Thursday. Come and join us!



### April Birthdays

- 4 Margaret Cooper
- 5 Mehmet Demir
- 6 Bev Sykes
- 6 Alan Worthington
- 7 Margaret Holmes
- 10 Doreen French
- 15 Ellen Thomas
- 18 Wyn Smyth
- 20 Carol Gradwell
- 21 Marie Wyld
- 23 Jo Jackson
- 28 Anne Storey
- 30 Graham Wood

**Happy birthday  
to all with April birthdays  
and  
congratulations  
to those of you with  
'special' birthdays**



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