

*“Life is not about waiting for the storm to pass,
It is about learning to dance in the rain.”*

fit
is not a
destination.
it is a
way
of life

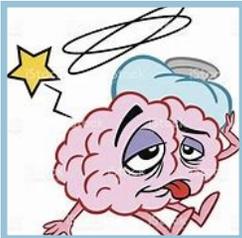
hansilkomaintainz.tumblr.com

Jo's Blog

So how is Lent going for you?

Have you risen to the challenge of attending E4M twice a week??

As this month's slogan says, keeping fit has so many benefits for us in life's journey. With this in mind, our March playlist will contain more uplifting tracks to exercise to: such as “Barbados” by Typically Tropical, which will transport us to the Caribbean... There will also be a trip down Memory Lane with “Stars on 45” and the March routine will be “Tragedy” – so a lot to look forward to, see you in Spring then!



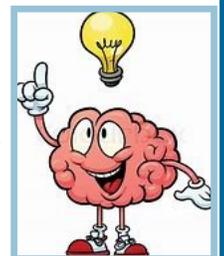
STAYING SHARP



We know that looking after our physical health is important to ageing well. But it's becoming increasingly clear that we can look after our brain health too. Our thinking skills – memory, attention and reasoning, make us who we are, and able to engage with the world around us.

Losing thinking skills is among most people's greatest fears about growing older. The good news is that more and more evidence is emerging on what helps to protect our brains and thinking skills as we age. Age UK have helped develop the latest evidence with leading experts about ‘Staying Sharp’. On their website there is some very interesting reading covering:-

Your brain - what it is and does. Get to know about the brain's structure and functions
Your thinking skills change with age—Our thinking skills change as we grow older.
Looking after your thinking skills—Hear from experts on what you can do to help stay sharp in later life.



<https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/staying-sharp/>

If you don't have access to a computer and want to know more, come along to one of our coffee mornings and Heather Q will help you. The next one is Friday 9th March.

A Very Warm Welcome to New Members:

Janet Barnes, Sandra Keen, Adrian Paul Phillips, Carol Sparham
and Lesley Bowditch



Living with Dementia

New figures from Age UK show that 1 in three people living with dementia don't have regularly reviewed care plans. Age UK analysed data from 7,185 GP practices in England and found that, in total, 458,461 people had a recorded diagnosis of dementia in November 2017, but only 282,573 had an up-to-date care plan.

Age UK are doing a survey to gather evidence of need for people needing care and those who are carers.. If you can help please go to their website and complete the survey or come to the next coffee morning and we can help you do it.

<https://www.ageuk.org.uk/our-impact/campaigning/care-in-crisis/>

CAMEO Come and Meet Each Other

15th March Fun Quiz afternoon 1pm

29th March Film Afternoon "Risen" 1pm

Dates after Easter :-

12th & 26th April, 10th & 24th May

7th & 21st June, 5th & 19th July

All events are at Poughill Church Hall, starting at 1.00pm with a hot lunch. There is usual a speaker or entertainment as well as tea and home made cakes!!

**If you need transport please call 01288 353842 or 488503.
Everyone welcome**

**February's Birthday Wishes
to:**



*Happy
Birthday !*

Bude Sea Pool Quiz Night

25th March 2018 at 7.30

Bude & North Cornwall Golf Club

£5 per person

Book your place at the Golf Club



Fun Body Facts

It takes about 20 seconds for a red blood cell to circle the whole body!

The strongest muscle in the body is the tongue!

Finger nails grow nearly 4 times faster than toe nails!

During your life time you will produce enough saliva to fill two swimming pools!

Always answer the phone by your left ear because using the right ear will directly affect the brain!

Dates to Remember

COFFEE MORNING **Friday 9th March** **The Parkhouse** **10.00 to 12.00**

AGM **Monday 26th March** **The Parkhouse** **10.00 to 12.00**

Your chance to see how we've done over the last year. We value you as members and would like this opportunity to celebrate the last year with you. We are also hoping to have some special guests and launch our new website with a demonstration from Pirate FM.

No Sessions **Monday 2nd April** **Easter Monday**

Quiz Night **Saturday 14th April** **The Parkhouse** **To be confirmed**

The lovely Jo is organising a Wine and Wisdom Quiz night (you can bring your own drink). Its £5 per person, there will also be a raffle and light refreshments provided. Guaranteed lots of fun and laughter. Please book in advance. All money raised will be donated to the Bridging the Gap project.

BRIDGING THE GAP **Thursday 19th April** **The Parkhouse** **1.45 to 3.15**

Sara and Wendy will be starting a new project that will be great fun. It is exercise with young children, mostly pre school and their parents/carers. There will be refreshments and a chance to get to have a chat as well as other exciting activities that Sara and Wendy are **still** keeping to themselves for now!!!



CAB – Citizens Advice
Text the word **ADVICE to 78866** and someone will call you back the next working day OR CALL 03444 111 444.

If you would like to advertise your services or promote an event please contact Heather Q by e-mail e4mmanager@outlook.com or call on 079560386137

Healthy Foods

Medium Word Search Puzzle

B C J B K M J H C C T W M C S S W S Q T
L D R M O A R H Y O A B D A N E A U N R
U S F A S X E H M T Q L G R O L T Y T U
E D E Z N E M A E E C W X R M P E X W G
B S C A S B T R T D E H H O E P R P O O
E Z I E W O E J F O A S K T L A M S J Y
R W R I E V M R B F E K S S K V E I T L
R K N S R P B A R G O C Q D D B L B T A
I Y W I L K N A N I K L Y X N I O G Z E
E V O W X A J A V M E L B B J O N J S M
S C R F N C R A Z P B S T Z E U M O B T
T D B A S O W H O L E G R A I N S L F A
R E S D K U Y W M C O L L E T Z Z N A O
S P I N A C H H Z F G C X T C G N Z Q K
X K R M M R Z K I K G E M T N G Q B T K
Z T J I Y W I Y E K G I M C F N F J F D
W B M Q U M A U Z G T N L U L L A I J I
R Q V J Q S X I S O E F L H V S X D P V
M U U Z D B P Z G P Q S W E H S A C E Y
W B L Q L S R V O N G I T H C I A Q V H

ALMONDS
BANANAS
BROWNRICE
CASHEWS
CRANBERRIES
LEMONS
ORANGES
TOMATOES
WATERMELON
YOGURT

APPLES
BLUEBERRIES
CARROTS
CHEESE
EGGS
OATMEAL
SPINACH
WATER
WHOLEGRAINS

Question for YOU

In an average life time, does a person have more breaths or heartbeats?