

There's a place for us



and that place is

South Cliff Methodist Church, Filey Road, Scarborough

I was listening to a programme on the radio and there was a very interesting section about keeping well as we grow older and it occurred to me that there is an obvious way in which help is available; and it is nearby!

The first point was that we must maintain our interests - or develop new ones - that will keep our minds and bodies in as good order as we can. One of the special interests that we can help with is music. Once a month, on a **Monday evening**, we hold a "do-it-yourself" concert from 7:30-9:00pm. We entertain each other by playing an instrument or singing or with any other talent that we happen to have. Some people are able to do that, which is good. Others are very pleased to come and listen. It's a very nice and totally relaxed evening out.

In addition, on **Tuesday afternoon** each week, there is another chance for an outing. At 2:30pm there is a Meeting called 3D. The 3D's are Discovery, Diversion and Devotion and there is great variety from week to week. Recently we have had travel, history, hobbies, a party, life stories, quizzes, lots of conversations and refreshments every week. Some people attend every week. Others pick and choose the topics that appeal to them. All are welcome.

Frequently on **Wednesday mornings** there is an open coffee morning, which does not need any explanation. Coffee and chatter is one description. Tea and sympathy is another. Come and go as you please between 10:15am and 11:45am.

"Thursday Friends" meet from 2pm to 4pm each week and caters for the energetic as well as those who prefer sitting down. Two full size table tennis tables are normally well used and every one can take a turn if they wish. Alternatively, there is always the option of scrabble, dominoes, rummikub and other similar activities. There is a weekly charge of £1.

On **Friday evenings from 7:00pm** the weekday activities come to a finale with **Short-mat Bowls**. The friendly competition is much enjoyed by bowlers of all abilities. Bring your own woods or use those provided by the club. A modest payment of £1 is requested from each person attending.

There is easy access and disabled facilities, although it is helpful if we have advance notice so that no one is inconvenienced in any way. The arrangements are straight forward provided that we know what preparation is needed.

Anyone can turn up to these various events and will find a friendly welcome. A member of the group (that you would like to try) could arrange to meet you and introduce you to others if you would like that. If you would rather find out a bit more first you can ring 377861 and I will be pleased to answer your queries.

Malcolm Peart (Senior Steward of South Cliff Methodist Church)

A WARM WELCOME AWAITS YOU!