

DANCING QUEENS (AND KINGS!)



Our Abba themed afternoon brought out the *Dancing Queen* in everyone. Our *Supertroupers* all showcased their moves with great panache! We chanted *Gimme Gimme Gimme* more music, with not an *SOS* in sight!

(The Editor apologies for the poor puns!)





MOVING TO FEEL GOOD

Our regular Music & Movement sessions with Sue are always full of laughter and energy.

Even when we don't feel well enough to stand, Sue is so good at adapting stretching and exercises, She always uses engaging props like pom-poms, ribbons and balloons to help us forget the aches and pains, and feel the joy of movement.













CHARITY CAKES AND CANDY

Our MacMillan Coffee Morning was a great success. Thank you to everyone who came, gave generously, and helped to make or eat the cakes!



We also made some delicious Tiffin to fuel our visit from the Malarkey musicians. There was even some popping candy sprinkled liberally on top to keep our taste buds bopping to the tunes as well!







NATURE NOTES

Whether you regard squirrels as acrobats, tricksters or bandits, they are a very common site in rural parts and in particular, we notice them “squirrelling” away food in the Autumn.



Scampering Grey Squirrels have become a familiar sight but sadly this American import has been disastrous for the native Red Squirrel. However, they can still be very entertaining to watch as they collect and bury their supplies.





BEATRIX POTTER QUIZ

DO YOU KNOW YOUR TIGGY-WINKLES FROM YOUR NUTKINS?!

1. How many rabbits did Peter live with?
2. What sort of animal was Jeremy Fisher?
3. What did the Old Brown Owl steal from Squirrel Nutkin?
4. What is the name of Tom Kitten’s mother?
5. How many “Small Tales” did Beatrix Potter write?



Answers on the next page

DATES FOR YOUR DIARY!

October 5th	2pm	Ann Teek
October 6th & 20th	1.45pm	Music & Movement with Sue
October 8th	2pm	Leadon Valley Choir
October 12th	2pm	Music for Memories
October 15th	10.30am	Holy Communion
October 16th	11am	Mini Concert performing 50s & 60s Hits
October 23rd	2pm	Ewan the Pianist
October 27th	2pm	Mansel
October 28th	2pm	Cocktail Jazz Hour Concert
October 31st	2pm	Halloween Party

Answers

1. Four- his mother and three sisters- Flopsy, Mopsy and Cottontail.
2. A frog
3. His tail!
4. Tabitha Twitchet
5. 23

