

SPAXTON WOMEN'S INSTITUTE

We are still enjoying a busy year and the number of members is growing.

On 6th July we enjoyed a visit from Helmi Wolff giving us an insight into the days after the occupation of Holland during World War 2. This was a follow-up to her talk to us in 2015 and was found to be most enlightening.

On Saturday 9th July we held an 'open' cream tea at the Village Hall – a really pleasant afternoon and much praise must be given to those who helped and to those who attended - despite it clashing with the Ladies Final at Wimbledon!



We entered a team in the County Quiz on 22nd July at the Enmore Inn – our nearest venue.

August sees an 'in house' skittles match at the Enmore Inn.

Phil Jarman will be visiting us on the 7th September to give a talk 'An insight into Food Banks'. *We will not be holding a 'bring and buy' on that evening but any donations (which will be much appreciated) will go towards helping the 'Food Bank'*



For the October meeting Gail will be regaling us with an account of 'A night on board the Queen Mary'.

****Please note. From the month of November our monthly meetings will be held in the Village Hall at 2.30pm for the winter months.**

We welcome all visitors to our meetings – do please come along.



Flexercise aims to help older people build activity levels without putting strain on hips, knees, legs or arms. It's all about coming together and having fun whilst improving mobility and flexibility. It will be a chance to socialise while staying active, helping to maintain independence, health and wellbeing.



***Fornightly on Wednesdays 2.30pm to 3.30pm at Spaxton Village Hall.
Only £2.00 per session and all welcome!***



For more information please contact Dianne Ramsay, 01823 345626 or email dianne.ramsay@ageuksomerset.org.uk or visit our website www.ageuksomerset.org.uk