

We meet every Tuesday afternoon from 2pm to 4pm in the village hall and all in the 60+ age group are very welcome to join us. We are a very lively and happy group and a number of friendships have been formed which is very encouraging.

Each month we have an outing - on Friday 17th July eighteen of us went on a trip on the River Stour with River Stour Trust. We started with coffee and then boarded our boats in Sudbury for the one hour trip to Henry.



There we had a meal at the Henry Swan or sat in the sunshine on the green by the river with sandwiches. Then onto the boats again at 2pm for the return trip to Sudbury.

The volunteers manning the boats were informative and interesting and a lot of History was explained to us as we journeyed down river. Wildlife was spotted and identified and the number of swans with cygnets were a great attraction. Of real interest was the variety of dragonflies skimming the



the water, clearly visible because of their bright colouring.



Did you know that there are Terrapins swimming about in the Stour? Once again a very enjoyable day out.

Our next buffet and show is scheduled for October 6th when we will be entertained by Gill Nicholls in her various costumes and songs from the Old Time Music Halls. We already have a number of guests joining us, so if you would like to come along please let me know. There will be a small charge towards the buffet and Show.

Hope to see you soon.

