



Hi Kent visit every other week on a Tuesday providing hearing aid batteries and tubing.

Age UK Ashford 10:30am – 11:30am 5th April and 19th April Age UK Hythe 10am – 12 noon 5th April and 19th April





Sunday Lunch – Sunday 25th April Age UK Hythe – 12.30pm

ROAST CHICKEN, STUFFING, ROAST POTATOES, CAULIFLOWER CHEESE, BROCCOLI, PEAS and SWEETCORN BREAD AND BUTTER PUDDING WITH CUSTARD Tea/Coffee Bookings only £8.95

(Bring your own bottle of wine)

### **BINGO NIGHTS**

Age UK Hythe – Thursday 7th April and Thursday 5th May. Doors open 6.30pm, eyes down at 7pm Age UK Ashford – Wednesday 13th April. Doors open 6.30pm, eyes down at 7pm



It has been confirmed that State Pensions and benefits will be increased by 3.1%.

The new rates will apply in the tax year 2022/23 and come into effect on 11 April 2022.

All other benefits will also be increased in line with Consumer Price Index of 3.1%.

This includes working-age benefits, benefits to help with additional needs arising from disability, carers' benefits, pensioner premiums, income-related benefits, statutory payments and additional state pension.







We formed our 100+ Club to raise much needed funds so that we can continue providing all the essential services and facilities that make visits to the Centres so enjoyable. In these days of budget cuts, the funds raised are even more important to us.

You can help enormously by becoming a member. It only costs £12.00 per year for a number and this entitles you to be included in each of the next 12 monthly draws, so every month there is a good chance of winning one of the three prizes listed below:

Prizes	1 <sup>st</sup>	2nd	3rd	
January to November	£25.00	£15.00	£10.00	•
December *Star* Prizes	£50.00	£30.00	£20.00	

Payments must be made in advance at £12.00 per number per year and can be by cash or cheque.

You can buy as many numbers as you wish at £12.00 each.

Prize winners will be paid in cash and winner's names and numbers will be featured in the client newsletter.

We do hope you join and help us continue providing services whilst enjoying a little flutter at the same time.

For more information, please call us on 01303 269602 or 01233 668765 or complete the attached form and return it to us.

### MEMBERSHIP APPLICATION FORM

Age UK Hythe and Lyminge

Age UK Ashford



I wish to buy ...... numbers at £12.00 each and enclose my cash/cheque for £.....

Name: (Mr/Mrs/Ms/Miss)	
Address	
Post Code	Date:
Telephone	email



## Cheques, made payable to Age UK Hythe and Lyminge, should be sent to:

Tracey Blanks Administration Assistant 100+ Club Age UK Hythe and Lyminge Sanford House Stade Street Hythe Kent CT21 6BD Cheques, made payable to Age UK Ashford, should be sent to:

Tracey Blanks Administration Assistant 100+ Club Age UK Ashford Farrow Court Stanhope Road Ashford TN23 5RF

We will then enrol you in the 100+ Club and send Membership Numbers.

# The 100 Club Winners for March



# 1st £25 - 89 Fred Messenger 2nd £15 - 109 Patricia Breakey 3rd £10 - 21 Vanessa Carr

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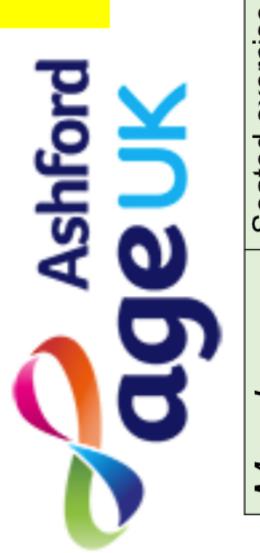


# **ON APRIL 2022**

Mondav	Seated exercise	10:30am – 11am	Age UK Ashford
	Art and craft	1:30pm – 2:30pm	Age UK Ashford
	Floor Games	1:30pm – 2:30pm	Age UK Ashford
	Baking	1:30pm – 2:30pm	Age UK Ashford
Tuesdav	Seated exercise	10:30am - 11:30am	Age UK Ashford
	Music and Movement	1:30pm – 2:30pm	Age UK Ashford
	Bingo	1:30pm – 2:30pm	Age UK Ashford
Wednesdav	Seated exercise	10:30am - 11:30am	Age UK Ashford
	Dementia café group (27.4.22)	11am – 11:30am	Tenterden CCWC
	Painting with Sam	1:30pm – 2:30pm	Age UK Ashford
	Relax and Pamper	1:30pm – 2:30pm	Age UK Ashford
	Bingo Night (13.4.22)	6:30pm – 9pm	Age UK Ashford
Thursdav	Seated Exercise	10:30am - 11:30am	Age UK Ashford
	Quiz	1:30pm – 3pm	Age UK Ashford
Fridav	Seated exercise	10:30am – 11am	Age UK Ashford
	Dementia Drop in (1.4.22)	12pm – 2pm	Hamstreet Surgery
	Floor games	1:30pm – 2:30pm	Age UK Ashford
	Dementia café (15.4.22)	1:30pmm – 2:30pm	Age UK Ashford
	Tai Chi	1:30pm – 2:30pm	Age UK Ashford

# 6<sup>th</sup> May - Walk right back, Everly Brothers Story - Leas Cliff Hall 2<sup>nd</sup> June - Some Guys Have All the Luck – Leas Cliff Hall 2<sup>nd</sup> April – Country Night – Age UK Ashford Coming up

To book any of our activities or events please call 01233 668765



# WHAT'S



# WHAT'S ON APRIL

Seated exercise10:45am - 11:45am 1:30pm - 2:30pm 3pm - 4pmAge UK Hythe Age UK HytheTuesdayChatty Table - Hythe Photography to art (29.3.22) Sing along with Sue (5.4.22 & 19.4.22) Seated Exercise (12.4.22 & 26.4.22) Seated Yoga Boules/Curling Chatty Table - Lyminge Dance Fit9:30am - 10:30am 10:45am - 11:45am 10am - 12noonCosta Coffee Hythe Age UK Lyminge Age UK Lyminge Age UK HytheWednesdayMorning munches (breakfast) Walking football Low impact aerobics9:30am - 11:45am 10:45am - 11:45am 10:45am - 11:45am 10:45am - 11:45am Age UK HytheAge UK Hythe Age UK Hythe Age UK Hythe Age UK HytheWednesdayMorning munches (breakfast) Walking football Low impact aerobics9:30am - 11:30am 10:30am - 11:30am 10:30am - 11:30amAge UK Hythe Age UK HytheWednesdayMorning munches (breakfast) Walking football Low impact aerobics9:30am - 11:45pm 4ge UK HytheAge UK Hythe Age UK Hythe Age UK HytheThursdaySeated Yoga Book Club (14.4.22)10:30am - 11:45am 5pm - 7pmAge UK Hythe Age UK Hythe Age UK HytheThursdaySeated Yoga Book Club (14.4.22)10:30am - 11:45am 5pm - 7pmAge UK Hythe Age UK Hythe Age UK HytheThursdaySeated Yoga Cognitive stimulation therapy Streetz to Streetz10:30am - 12 noon 11:30am - 1pmAge UK Lyminge Age UK Lyminge Age UK Lyminge Age UK Lyminge	Monday	Cognitive stimulation therapy	10:30am – 12noon	Age UK Lyminge
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		Cognitive stimulation therapy	10:30am – 12 noon	Age UK Lyminge
		Streetz to Streetz	11:30am – 1pm	Age UK Lyminge
Out and about 12:30pm – 3pm Wherever we fancy		Out and about	12:30pm – 3pm	Wherever we fancy
Botanical casting with Claire 1:30pm – 3:30pm Age UK Hythe		Botanical casting with Claire	1:30pm – 3:30pm	Age UK Hythe
Walking Tennis 3pm – 4pm Hythe Tennis Club		Walking Tennis	3pm – 4pm	Hythe Tennis Club
Knit and natter (14.4.22) 5pm – 7pm Age UK Hythe		Knit and natter (14.4.22)	5pm – 7pm	Age UK Hythe
Bingo Night (5.4.22) 6:30pm – 8pm Age UK Hythe		Bingo Night (5.4.22)	6:30pm – 8pm	Age UK Hythe
Friday Pilates with Katherine 9:30am – 10:30am Age UK Lyminge	Friday	Pilates with Katherine	9:30am – 10:30am	Age UK Lyminge
Dance fit with Charlotte 10:45am – 11:45am Age UK Lyminge		Dance fit with Charlotte	10:45am – 11:45am	Age UK Lyminge
Low impact aerobics 10:30am – 11:30am Guide Hall - Hythe		Low impact aerobics	10:30am – 11:30am	Guide Hall - Hythe
Arts and craft 10:45am – 11:45am Age UK Hythe		Arts and craft	10:45am – 11:45am	Age UK Hythe
Games and cards 10:45am – 11:45am Age UK Hythe		Games and cards	10:45am – 11:45am	Age UK Hythe
Shed project 1pm – 2:30pm Age UK Hythe		Shed project	1pm – 2:30pm	Age UK Hythe
Games and quizzes 1:30pm – 2:30pm Age UK Hythe			· · · · · · · · · · · · · · · · · · ·	J J J
Ukulele 1:30pm – 3pm Age UK Lyminge		·	•	

## Coming up

6th May - Walk Right Back, Eversly Brothers - Leas Cliff Hall 2nd June - Some Guys Have All the Luck – Leas Cliff Hall 24th June – The Drifters – Leas Cliff Hall



# To book call 01303 269602



# April Newsletter





Improve your sense of happiness and wellbeing

01303 269602

Hythe & Lyminge





Those involved in organising are:







Stanhope Road Ashford, Kent TN23 5RF Tel: Jo Gregory 07521 507451

Charity No. 1152993 Company No.8248833

Made with PosterMyWall.com



Tel: Jo Gregory on 07521 507451

Charity Number 1152993 Company Number 8248833



Our café provides a drop in serivce for anyone who may need support, information or adivce about Dementia. This informal get together can be attended without booking or referral. Age UK Lyminge 63 Station Road, Lyminge, Kent. CT18 8HQ Telephone: 01303 269602 Charity No. 1125274 Company No. 6589817

# Ashford Dementia Café

Wednesday 27th April

10.30am - 12.30pm

EC30 Recreation Ground Road Tenterden, Kent TN30 6RA Telephone: Jo Gregory 07521 507451

Charity Number: 1152993 Company Number: 8248833

de with PosterMyWall.com



# **Dementia Café**

## 1.30pm -3.30pm

### The last Wednesday of each month

Our Dementia Café provides a drop in service for anyone who may need support, information or advice about all aspects of Dementia. This informal get together for carers and cared for can be attended without any booking or referral.

### Why not come along?

### Age UK Lyminge

### 63 Station Road, Lyminge, Kent. CT188HQ

Wednesday 30 <sup>th</sup> March 2022	Wednesday 31 <sup>st</sup> August 2022
Wednesday 27 <sup>th</sup> April 2022	Wednesday 28 <sup>th</sup> September 2022
Wednesday 25 <sup>th</sup> May 2022	Wednesday 26 <sup>th</sup> October 2022
Wednesday 29 <sup>th</sup> June 2022	Wednesday 30 <sup>th</sup> November 2022
Wednesday 27 <sup>th</sup> July 2022	Wednesday 28 <sup>th</sup> December 2022

For more information please contact 01303 269602. Age UK Lyminge. Registered Charity Number 1125274. Company Number 6589817

	Dinner menus f	or the me	onth
	<u>Week Commencing 04/04/22</u>		<u>Week Co</u>
MONDAY	MINTED LAMB STEW WITH DUMPLING, MASH, SWEDE AND GREEN BEANS PEACH CRUMBLE AND CUSTARD DIABETICS: AS ABOVE	MONDAY	
TUESDAY	ROAST PORK, STUFFING, ROAST POTATOES, CAULIFLOWER CHEESE AND PEAS TRIFLE DIABETICS: AS ABOVE	TUESDAY	2
WEDNESDAY	BEEF AND MUSHROOM PIE, MASH, CARROTS AND CABBAGE LEMON SPONGE AND CUSTARD DIABETICS: AS ABOVE	WEDNESDAY	ROA! CHO
THURSDAY	LIVER AND BACON, NEW POTATOES, BROCCOLI AND SWEDE ANGEL DELIGHT WITH FRUIT DIABETICS: AS ABOVE	THURSDAY	COC
FRIDAY	FISH PIE, PEAS AND CARROTS CHOCOLATE SPONGE AND CUSTARD DIABETICS: AS ABOVE	FRIDAY	SLICED
<b>SATURDAY</b> Lyminge/Hythe Only	CHICKEN HOTPOT, RED CABBAGE AND BROCCOLI STRAWBERRY CHEESECAKE DIABETICS: FRUIT AND CREAM	<b>SATURDAY</b> Lyminge/Hythe Only	SLI
SUNDAY Lyminge/Hythe Only	ROAST BEEF, YORKSHIRE PUDDING, ROAST POTATOES, SWEDE AND GREEN BEANS SYRUP SPONGE AND CUSTARD DIABETICS: SPONGE AND CUSTARD	SUNDAY Lyminge/Hythe Only	ROA
Ashford Beuk	TO ORDER 'PHONE ASHFORD 01233 668765, HYTHE & LYMINGE 01303 269602 BEFORE 10.30AM WE DO NOT PROVIDE MEALS TO THE ASHFORD AREA SATURDAY OR SUNDAY	ORD 01233 668765, 9602 BEFORE 10.30AM <mark>-ORD AREA SATURDAY OR</mark>	R SUNDAY

	Dinner menus	IS for the mo	month
	<u>Week Commencing 04/04/22</u>		Week Commencing 11/04/22
MONDAY	MINTED LAMB STEW WITH DUMPLING, MASH, Swede and Green Beans Peach crumble and custard Diabetics: As above	MONDAY	SAUSAGES IN ONION GRAVY, MASH CARROTS AND PEAS FRUIT, JELLY AND WHIPPED CREAM DIABETICS: FRUIT AND CREAM
TUESDAY	ROAST PORK, STUFFING, ROAST POTATOES, CAULIFLOWER CHEESE AND PEAS TRIFLE DIABETICS: AS ABOVE	TUESDAY	STEAK AND KIDNEY PIE, NEW POTATOES BROCCOLI AND SWEDE PLUM CRUMBLE AND CUSTARD DIABETICS: AS ABOVE
WEDNESDAY	BEEF AND MUSHROOM PIE, MASH, CARROTS AND CABBAGE LEMON SPONGE AND CUSTARD DIABETICS: AS ABOVE	WEDNESDAY	ROAST CHICKEN, STUFFING, ROAST POTATOES CAULIFLOWER AND RED CABBAGE CHOCOLATE BROWNIE AND WHIPPED CREAM DIABETICS: FRUIT AND CREAM
THURSDAY	LIVER AND BACON, NEW POTATOES, BROCCOLI AND SWEDE ANGEL DELIGHT WITH FRUIT DIABETICS: AS ABOVE	THURSDAY	MINCE BEEF COBBLER, MASH GREEN BEANS AND CARROTS COCONUT AND JAM SPONGE WITH CUSTARD DIABETICS: COCONUT SPONGE WITH CUSTARD
FRIDAY	FISH PIE, PEAS AND CARROTS CHOCOLATE SPONGE AND CUSTARD DIABETICS: AS ABOVE	FRIDAY	SLICED PORK IN APPLE GRAVY, ROAST POTATOES CABBAGE AND SWEDE BANOFFEE PIE DIABETICS: FRUIT AND CREAM
<b>SATURDAY</b> Lyminge/Hythe Only	CHICKEN HOTPOT, RED CABBAGE AND BROCCOLI STRAWBERRY CHEESECAKE DIABETICS: FRUIT AND CREAM	SATURDAY Lyminge/Hythe Only	SLICED GAMMON WITH PINEAPPLE, MASH SWEETCORN AND BROCCOLI GINGER SPONGE AND CUSTARD DIABETICS: AS ABOVE
SUNDAY Lyminge/Hythe Only	ROAST BEEF, YORKSHIRE PUDDING, ROAST POTATOES, SWEDE AND GREEN BEANS SYRUP SPONGE AND CUSTARD DIABETICS: SPONGE AND CUSTARD	SUNDAY Lyminge/Hythe Only	ROAST TURKEY, STUFFING, ROAST POTATOES CARROTS AND SPROUTS KEY LIME PIE DIABETICS: FRUIT AND CREAM
Ashford	TO ORDER 'PHONE ASHFORD 01233 668765, HYTHE & LYMINGE 01303 269602 BEFORE 10.30AM WE DO NOT PROVIDE MEALS TO THE ASHFORD AREA SATURDA	ASHFORD 01233 668765, 33 269602 BEFORE 10.30AM ASHFORD AREA SATURDAY OR SUNDAY	souday

		Dinner menu	IS for the m	onth
All AK	te t	<u>Week Commencing 18/04/22</u>		Week
KUE	MONDAY	TURKEY AND HAM PIE, NEW POTATOES, SWEDE AND GREEN BEANS ORANGE SPONGE AND CUSTARD DIABETICS: AS ABOVE	MONDAY	BEEF
	TUESDAY	CHICKEN IN WHITE WINE AND MUSHROOM SAUCE, MASH, SWEETCORN AND BROCCOLI RED CHERRY CHEESECAKE DIABETICS: FRUIT AND CREAM	TUESDAY	⊡ E
	WEDNESDAY	HONEY AND GARLIC PORK STEAK, MASH, RED CABBAGE AND CARROTS APRICOT CRUMBLE AND CUSTARD DIABETICS: AS ABOVE	WEDNESDA	
	THURSDAY	ROAST BEEF, YORKSHIRE PUDDING, ROAST POTATOES, CAULIFLOWER CHEESE AND SWEDE CRÈME CARAMEL DIABETICS: FRUIT AND CREAM	THURSDAY	
	FRIDAY	FISH PIE, CARROTS AND PEAS APPLES, SULTANAS WITH CUSTARD DIABETICS: AS ABOVE	FRIDAY	ROAST LAN
	SATURDAY Lyminge/Hythe Only	BEEF STEW WITH DUMPLING, MASH, RED CABBAGE AND SPROUTS BLACK FOREST GATEAU DIABETICS: AS ABOVE	SATURDAY Lyminge/Hythe Only	E
	SUNDAY Lyminge/Hythe Only	ROAST PORK, STUFFING, ROAST POTATOES, BROCCOLI AND SWEDE BREAD AND BUTTER PUDDING WITH CUSTARD DIABETICS: AS ABOVE	SUNDAY Lyminge/Hythe Only	ROAS
	Ashford	TO ORDER 'PHONE ASHFORD 01233 668765, HYTHE & LYMINGE 01303 269602 BEFORE 10.30AM WE DO NOT PROVIDE MEALS TO THE ASHFORD AREA SATURDAY OR SUNDAY	HFORD 01233 668765, 269602 BEFORE 10.30AM SHFORD AREA SATURDAY	OR SUNDAY

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	Week Commencing 25/04/22
MONDAY	BEEF IN RED WINE GRAVY, ROAST POTATOES, CARROTS AND PEAS LEMON CHEESECAKE DIABETICS: FRUIT AND CREAM
TUESDAY	SAUSAGES, BACON, HASH BROWNS, MUSHROOMS AND BEANS CHERRY PINEAPPLE SPONGE WITH CUSTARD DIABETICS: AS ABOVE WITHOUT CHERRY
WEDNESDAY	MINCE BEEF PIE, MASH, SWEDE AND GREEN BEANS ETON MESS DIABETICS: BERRIES AND CREAM
THURSDAY	CHICKEN WRAPPED IN BACON, MASH, BROCCOLI AND CARROTS APPLE CRUMBLE AND CUSTARD DIABETICS: AS ABOVE
FRIDAY	ROAST LAMB, YOURKSHIRE PUDDING, ROAST POTATOES, CAULIFLOWER CHEESE AND SPROUTS TRIFLE DIABETICS: AS ABOVE
SATURDAY Lyminge/Hythe Only	FISH IN PARSLEY SAUCE, NEW POTATOES, CARROTS AND PEAS PEACH SPONGE AND CUSTARD DIABETICS: AS ABOVE
SUNDAY Lyminge/Hythe Only	ROAST CHICKEN, STUFFING, ROAST POTATOES, SWEDE AND BROCCOLI COFFEE CAKE WITH WHIPPED CREAM DIABETICS: AS ABOVE
ORD 01233 668765, )602 BEFORE 10.30AM <mark>-ORD AREA SATURDAY OR SUNDAY</mark>	SUNDAY SUNDAY

# us for the month

binner me

mmencing 02/05/22

AMMON, STUFFING, ROAST POTATOES, ABETICS: SPONGE AND CUSTARD **D CABBAGE AND GREEN BEANS** JAM SPONGE AND CUSTARD

(EN AND LEEK PIE, NEW POTATOES, **DIABETICS: FRUIT AND CREAM MINCE BEEF COBBLER, MASH, SWEDE AND BROCCOLI** VANILLA CHEESECAKE **CARROTS AND PEAS** 

EACH CRUMBLE AND CUSTARD **DIABETICS: AS ABOVE** 

**PORK STEAK, SAUTE POTATOES**, **ANGEL DELIGHT WITH FRUIT CABBAGE AND CARROTS DIABETICS: AS ABOVE** 

**ULIFLOWER AND GREEN BEANS JLTANA SPONGE AND CUSTARD** LIVER AND BACON, MASH, DIABETICS: AS ABOVE **FEW WITH DUMPLING, DAUPHINOISE BROCCOLI AND SWEETCORN** POTATOES,

*AON POSSET WITH SHORTBREAD* **DIABETICS: FRUIT AND CREAM**  YORKSHIRE PUDDING, ROAST POTATOES, PLES, SULTANAS AND CUSTARD SWEDE AND RED CABBAGE **DIABETICS: AS ABOVE** 

WE DO NOT PROVIDE MEALS TO THE ASHFORD AREA SATURDAY OR SUNDAY HYTHE & LYMINGE 01303 269602 BEFORE 10.30AM E ASHFORD 01233 668765,







CHICK	TUESDAY WEDNESDAY	THURSDAY FRIDAY SU	SATURDAY LYMINGE/ HYTHE ONLY LYMINGE/ HYTHE ONLY	SUNDAY SUNDAY Iminge/ hythe only API
MONDAY			SA	SI







# April Newsletter



We continue to advise and encourage the wearing of a face coverings, if you are able, as you move around our centres and until seated on our transport. Our Staff and Volunteers will continue to wear face coverings to protect our visitors, clients and colleagues.

The COVID pandemic continues to be a part of our 'normal day' and we will continue to advise sensible precautions in our centre to minimise the risk of transmission at our sites.

We are very grateful for your support



# in maintaining a safe environment for all.



This month we are offering a exciting range of new activities and social groups, being made possible by the newly built extension.

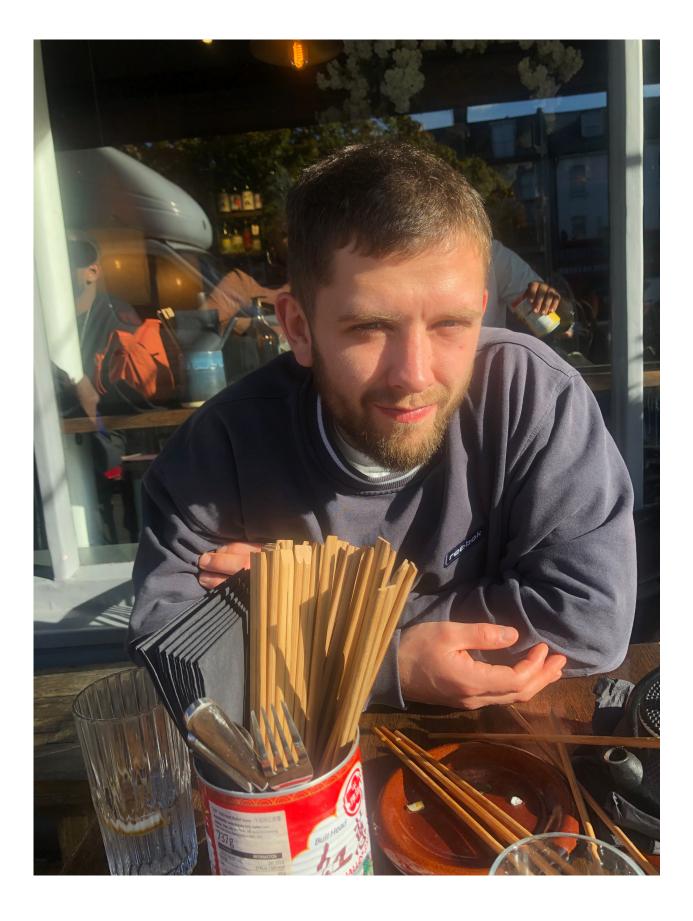
You will find information about these activities inside the newsletter. There are limited spaces, so get in contact if you want to join an activity.

Fill in below and and if there are any activities you are interest in please pass on to a member of staff.

Activities of interest.....

Preferred time of day.....

# **Meet Your Newsletter Editor**



Hi I'm Sam the Editor of your Newsletter. I'm living in London and working for the Housing Association & Charity L&Q, and volunteer for Age UK as the Editor.

If you have any suggestions on what to add to the newsletter or if there is something you would like to be included just let us know.

Sam Dance