



February 2016 Issue 48

The Glenmore Trust

Newsletter



My name is Morgan Thomas and I attend the Practical Cookery sessions on a Monday. This involves building my independence skills by learning to cook new things, which I can repeat at home if I wish.

Each Monday we buy the ingredients for two dishes, which have been chosen by one of the group. Each member of the group has a turn at choosing their individual dishes. The person who

has chosen their dishes takes the lead role in preparing and cooking their dishes. He or she decides to prep either the main or pudding, but he/she will cook/bake both.

The class has grown in numbers over the eighteen months it has been running. This is good because we all enjoy new challenges. We all get on very well and work together in our teams.



The dishes have ranged from soups and homemade bread, to old favourites like shepherd's pie, and usually we make a pudding like jam roly poly. The £6 cost per week covers the cost of the hire of the venue and the ingredients.

From Monday 4th January 2016 we have moved from our original location at the YMCA Building to the Denton Holme Community Centre, Morley Street, Denton Holme we hope we may attract more members to the group. If you are interested please contact Cath Arabi (see contact details).



Birth Announcement (Correction) Graham Swift has contacted me to point out that he is actually a **great great great uncle** to Evie Heather... sorry for the error Graham... you look too young !!!



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TheGlenmoreTrust

If you have some news or a story you would like to see in the newsletter why not send them in by email to: catherine.arabi@glenmore.org

Thanks to our new volunteer Lee for helping with this newsletter we hope you like the new layout.

Thanks to Alan & Corinne for sending in their news on two of their outings from last year....



On a sunny day we went to Watchtree Wheelers with Amanda. We tried all the different bikes and we explored all the tracks. Corinne was very excited as she had not rode a bike for a very long time and she absolutely loved it.

After Sunday lunch Alan, Corinne & Amanda went for a walk around Hammonds Pond. We all sat and had a drink on a bench and enjoyed the sunshine.

Happy Birthday for the month of February to:



Kingsley Green 3rd
Chris Naylor 4th
Sylvia Graham 8th
Ellen Flynn 9th
Rodney Little 14th
Angela Cartmell 15th
Rachel Lockhart 17th
Mike Bell 19th
Robert Bone 21st
Karen Crisp 22nd
David Lambert 26th
Marjorie Booth 27th

Valentine's Day

Find and circle all of the words that are hidden in the grid. The remaining letters spell a popular Valentine's Day item.

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P I H S D N E I R F D I P U C A L
V D H S U R C A C F B A L E N D O
N Y N T I A E A S O L C T O Y M V
S R N E N S N L Y E H O I E R I E
T L E D I D S F A O N T W S A R B
R E Y S L R R E C T C T L E U E I
A W S E R I F O N A I A I C R R R
E E S E E E L L R D S O O M B S D
H J C N S A V T R O N U N T E D S
T G D N T O T O P I P O A S F N A
E N Y E A A R O L L G C F E H I T
E I S D U M R B E L O V E D B I G
W L O D R P O A F F E C T I O N P
S R E M A L F R R E N T R A P A R
E A Y C N A F O R E V E R L I K E
R D R O T I U S D N O I T O V E D
    
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ADMIRER	COUPLE	FLOWERS	LOVERS
ADORE	CRUSH	FONDNESS	PARTNER
AFFECTION	CUPID	FOREVER	PROPOSAL
ATTRACTION	DARLING	FRIENDSHIP	RELATIONSHIP
BEAU	DATE	GIFT	RESTAURANT
BELOVED	DEAR	GIRLFRIEND	ROMANCE
BOYFRIEND	DEVOTION	HEARTS	ROSES
CANDLES	FANCY	JEWELRY	SENTIMENT
CANDY	FEBRUARY	LIKE	SUITOR
CHOCOLATES	FLAME	LOVEBIRDS	SWEETHEART