

Douglas Brunton Centre

What's On



July – September 2014



Park Road, Caterham on the Hill CR3 5TA
(Entrance on Chaldon Road)
Telephone: 01883 347230
Email: dbc@tandridge.gov.uk

Editorial

Summer has arrived; come along and enjoy the Centre's Special Lunches or sit in the garden under the pergola

Come along and enjoy the Reading Together and Talk and Chat - see the diary for details of when they will take place.

Some members have still to renew their membership for 2014; if you haven't already renewed please see the office staff. The membership fee for 2014 is £18.00.

The Centre will be closed Monday 29th September to Friday 3rd October for Autumn Cleaning - reopening on Monday 6th October.

Other Centre Facilities

Lunch - Daily - 01883 347230 (Please book by 11.00am)

Hairdressers - By appointment on 01883 347260

I.T. Suite - Computer Facilities Available Daily 9.00am - 4.30pm

Chiropody/Podiatry - Private appointment on 07738762210 available
Monday and Friday from 10.00am

Care Support & Bathing Service - Available Monday to Friday

Snack Bar / Shop - Open daily 9.30am - 3.30pm.

East Surrey Dial-A-Ride - daily in person - 9.30am - 3.30pm
24 hour answer phone 01883 349001

Meals On Wheels - 01883 347230 (Office)

Age Concern - 01883 344307 - Daily 24 hour answer phone.

Age UK Home Time - Monday to Friday 01883 343095
24 hour answer phone

The Editor reserves the rights to change, delete or add to this programme

Telephone: 01883 347230 • **E-mail:** dbc@tandridge.gov.uk

Weekly Activities

Monday	Active For Life £1.50 per session	1.30pm - 2.30pm
Tuesday	Exercise with Rosie	1.00pm - 2.00pm
Wednesday	Bridge Indoor Bowls	1.00pm - 3.30pm 1.00pm – 3.00pm
Thursday	Art Club £1.50 per session	1.15pm - 3.00pm
Friday	T'ai Chi £5.80 per session payable to Lou Craft Class Bingo	10.00am – 11.30am 10.00 – 12.00 noon 1.30pm - 2.20pm

Computer Suite – available to use daily – also FREE lessons available by appointment. Speak to the office to book a slot with one of our I.T. volunteers.

Men in Sheds – Open by appointment. For more information contact the Office on 01883 347230.



Everybody is welcome to join in with any activity.

Opening Times: Monday to Friday 9.30am to 4.00pm

July

Miracles

*Beneath a blade of grass I saw a miracle;
A company of ants, struggling valiantly
To bring a fallen comrade home.
Among the honeysuckle I saw a miracle;
A crowd of plump, glad bumblebees,
Guiding each other to the sweetest blooms.*

*In the forest I saw a miracle;
Naive saplings sheltered by their leafy peers
Against the wind and sun.
At the river,
Where rocks had hurled themselves from the banks,
I saw a miracle;
A family of wrens, drinking side by side.
Never tell me the simplest dearest things
Are not the most extraordinary,
Placed carefully to teach us
All that's precious.*



Rachel Wallace-Oberle

Wednesday 2nd

Games Afternoon from 1.15pm

Thursday 3rd

Chair Exercise with Fran from 11.00am to 12.00noon
Rhythm Revolution with Kate at 1.15pm

Friday 4th

Craft Class from 10.00am to 12.00noon

Monday 7th

Art and Craft afternoon with Kerry at 1.30pm

Wednesday 9th

Reading Together-Reading Aloud with Julia or
Maggie at 10.45am to 11.30am
Games Afternoon from 1.15pm

<u>Thursday 10th</u>	Chair Exercise with Fran from 11.00am to 12.00noon Come along bring a friend to the 'Summer BBQ' In the afternoon Brian and Alex will entertain at 1.15pm
<u>Friday 11th</u>	Craft Class from 10.00 am to 12.00noon
<u>Monday 14th</u>	Tea and Chat with Age UK from 10.30am to 12.00noon Art and Craft afternoon with Kerry at 1.30pm
<u>Wednesday 16th</u>	Games Afternoon from 1.15pm
<u>Thursday 17th</u>	Chair Exercise with Fran from 11.00am to 12.00noon Quiz Afternoon
<u>Friday 18th</u>	Craft Class from 10.00am to 12.00noon
<u>Monday 21st</u>	Nick Brown plays Guitar at 1.15pm
<u>Tuesday 22nd</u>	Annual General Meeting of the Douglas Brunton Steering Group at 1.00pm
<u>Wednesday 23rd</u>	Reading Aloud – Reading Together with Julia or Maggie at 10.45am to 11.30am Games Afternoon from 1.15pm
<u>Thursday 24th</u>	Chair Exercise with Fran from 11.00am to 12.00noon Cinema Afternoon 'War Horse' commencing at 1.00pm
<u>Friday 25th</u>	Craft Class from 10.00am to 12.00noon
<u>Monday 28th</u>	Tea and Chat with Age UK from 10.30am to 12.00noon Art and Craft afternoon with Kerry at 1.30pm
<u>Wednesday 30th</u>	Games Afternoon at 1.15pm
<u>Thursday 31st</u>	Chair Exercise with Fran from 11.00am to 12.00noon Steve Robbins on Piano at 1.00pm

Opening Times: Monday to Friday 9.30am to 4.00pm

August

An Old Battlefield

The evening broods, it's growing late;
I lean upon a mossy gate
To watch the deep-blue leave the sky,
And see the homing rooks drift by.

They say that men came here to fight,
But not who won, whom put to flight.
The battle raged so long ago,
And why 'twas fought we'll never know.

Beyond the shadows of the trees
The lush grass ripples in the breeze.
The sun slips down behind the hill,
And all is restful, hushed and still.

Then, half a-dream, I seem to hear,
Faint and afar, but ringing clear,
The war-horns of a coming throng,
Eager to combat, right or wrong.



Peter Cliffe

Friday 1st

Craft Class 10.00am to 12.00noon

Monday 4th

Art and Craft with Kerry at 1.30pm

Wednesday 6th

Reading Together-Reading Aloud with Julia or
Maggie at 10.45am to 11.30am

Games Afternoon from 1.15pm

Thursday 7th

Chair Exercise with Fran from 11.00am to 12.00noon
Rhythm Revolution with Denny at 1.15pm

<u>Friday 8th</u>	Craft Class from 10.00am to 12.00noon
<u>Monday 11th</u>	Art and Craft Afternoon with Kerry at 1.30pm
<u>Wednesday 13th</u>	Games Afternoon from 1.15pm
<u>Thursday 14th</u>	Chair Exercise with Fran from 11.00am to 12.00noon Musical afternoon with Jon McDevitt
<u>Friday 15th</u>	Craft Class 10.00am to 12.00noon
<u>Monday 18th</u>	Tea and Chat with Age UK at 10.30am to 12.00noon NO Art and Craft Afternoon with Kerry at 1.30pm
<u>Wednesday 20th</u>	Reading Together-Reading Aloud with Julia or Maggie at 10.45am to 11.30am Games Afternoon from 1.15pm
<u>Thursday 21st</u>	NO Chair Exercise with Fran Silver Belles entertain at 1.30pm In the afternoon Rhythm Revolution with Kate at 1.15pm
<u>Friday 22nd</u>	Craft Class from 10.00am to 12.00noon
<u>Monday 25th</u>	Centre Closed for Late Summer Bank Holiday
<u>Tuesday 26th</u>	Exercise with Rosie at 1.00pm
<u>Wednesday 27th</u>	Games Afternoon from 1.15pm
<u>Thursday 28th</u>	NO Chair Exercise with Frances Afternoon of Songs with Nathan at 1.30pm
<u>Friday 29th</u>	Craft Class from 10.00am to 12.00noon

Opening Times: Monday to Friday 9.30am to 4.00pm

September

*We thank you for the harvest, Lord,
The bounty in your hand,
For every season of the year
Which touches all the land.
For fruit and flowers, trees and plants,
The miracle of seeds,
For food and comfort through the months
Providing for our needs.*

*We thank you for the love we share,
The harvest of the heart,
For all the precious gifts of life
Your hope and joy impart.
We pray for those less fortunate
Who suffer every day?
Be with them on their journey, Lord,
And help them find the way.*

*And now, once more, we thank you, Lord,
For blessings great and small,
But most of all, your endless love,
The greatest gift of all.*



Iris Hesselden

Monday 1st

Nick Brown plays Guitar at 1.15pm

Wednesday 3rd

Reading Together- Reading Aloud with Julie or Maggie at 10.45am to 11.30am

Games Afternoon from 1.15pm

Thursday 4th

Chair Exercises with Fran from 11.00am to 12.00noon

Quiz Afternoon

Friday 5th

Craft Class from 10.00am to 12.00noon

Monday 8th	Tea and Chat with Age UK 10.30am to 12.00noon Art and Craft with Kerry at 1.30pm
Wednesday 10th	Come along bring a friend to a Pub Lunch at 12.00noon Games Afternoon from 1.15pm
Thursday 11th	Chair Exercise with Fran from 11.00am to 12.00noon Rhythm Revolution with Denny at 1.30pm
Friday 12th	Craft Class from 10.00am to 12.00noon
Monday 15th	Talk and Slides by Jim Miles on the 'Diamond Centre' at 1.30pm
Tuesday 16th	NO ROSIE
Wednesday 17th	Reading Together-Reading Aloud with Julie or Maggie at 10.45am to 11.30am Games Afternoon from 1.15pm
Thursday 18th	Chair Exercises with Fran from 11.00am to 12.00noon Len Quinnell on his Ukulele at 1.30pm
Friday 19th	Craft Class from 10.00am to 12.00noon
Monday 22nd	Tea and Chat with Age UK 10.30am to 12.00noon Art and Craft with Kerry at 1.30pm
Tuesday 23rd	NO ROSIE
Wednesday 24th	Games Afternoon from 1.15pm
Thursday 25th	Chair Exercise with Fran from 11.00am to 12.00noon Ann and Ian 'Midnight Sunset' entertain at 1.15pm
Friday 26th	Craft Class from 10.00am to 12.00noon

Centre Closed

**Monday 29th September to Friday 3rd October for Autumn clean
Re-opens Monday 6th October**

Opening Times: Monday to Friday 9.30am to 4.00pm

Other Information

Keep an eye on the Notice Board for outings or extra activities not mentioned in *'What's on'*.

Note: Lunches will increase on Monday 7th April 2014 to £4.20 (£3.40 for main course and 80p for a desert).

Lunches – Our kitchen team caters for all dietary needs. You can choose from the Menu any one of the three delicious main courses and a wonderful dessert for just £4.20 for Members. Meals can be booked with our volunteers on the front desk, weekly or daily before 11.00 a.m.

Friends, family and visitors are always welcome.

Competitions

A competition will take place each month so have a go!

Quotes of The Month

- Taken from the Book of Friendship and The Fireside Book.

September Competition

What is the greatest gift of all?

Answer

Name



.....cut here.....

August Competition

What ripples in the breeze?

Answer

Name



.....cut here.....

July Competition

I saw what?

Answer

Name





Other services provided for older people by Tandridge District Council

Other services provided for older people:

- ◆ Sheltered Housing at various sites throughout the District.
- ◆ Advice about minor repairs and adaptations to your home.
- ◆ Insulation and energy efficiency advice.
- ◆ Care and repair service to assist older or disabled homeowners.
- ◆ Handyperson service for older or disabled people.
- ◆ Meals on Wheels service throughout the District.
- ◆ Community Alarm Service and Telecare.

Tandridge District Council also supports voluntary groups providing weekly Lunch Clubs within the District.

For further details please contact Customer Services:

Telephone: **01883 722000**

Email: **customerservices@tandridge.gov.uk**

www.tandridge.gov.uk/olderpeople