

Active Lifestyles

Active Mind, Body and Spirit

Message from our Chair

Winter 2017/18

Dear Members

Happy New Year! Bonne Année!, ¡Feliz Año Nuevo! Buon anno , Xin Nian yu Kuai, Sun Nien Fai Lok !

Welcome to 2018, I hope you are well and keeping warm, we are having some blistery cold weather so ensure you wrap up well and eat regular nourishing meals.

The committee is pleased to start the New Year back with some positive news for the club. The St Albans Community Grant Fund awarded us £1700 which helped towards the successful Black History Month activities and we also received £500 a year grant for 5 years from St Albans Fund for the Future which will help towards our running costs.

We unfortunately have had to close several times during the autumn period due to funerals. Our thoughts are with

the bereaved families and we wish those who are unwell the best in their treatments and to have a speedy recovery.

Our main events have been enjoyed by our members, friends and families; the Cultural Day, Black History Month and Christmas Party increased attendance to the club with positive comments for the atmosphere, the food and the good company. Well done and thank you to everyone who attended, took part, organised and supported the club during these celebrations.

We are hoping to have fun filled activities organised for the coming



Happy Birthday to our Members

December

Brian Brinkley
Jonathan Andrews
Rafina Saffee
Melda Liburd
Indrani Price-Jones

January

Kumaree Juggapah
Christine Rohan
Palmist Williams
Leynoe Stapleton
Bridget Gibson
Comfort Tetsola
Pauline Stapleton

February

Jacqueline Coveney
Devi Kularatne
Philip Morris
Robert Wallace
Lourdes Pons
Nigel Rushton
Avril Ashton
Simon Yeap
Stella Selvarajah

Please let us know if you have any special anniversaries or life events you would like to share with your friends at the club and we will do our best to include them.

Message from the Chair (continued)

year with our regulars included such as keep fit with Nigel, mystery trips, bingo and to start our members meeting on 19 January 2018 will help to plan for future trips and activities.

Finally Active Lifestyles would like to congratulate Clive Saunders, Chair of Watford African Caribbean Association on receiving an OBE in recognition of his work with vulnerable people. Well done Clive.

Best wishes

Andrene

Black History Month - introduction

October marked the 30th anniversary of Black History Month in the UK. To commemorate this Valerie organised some special activities throughout the month, culminating in an extra special Cultural Day.

We started the month with a fun quiz and a brief questionnaire about members' own experiences over the past thirty years.

Please let us know what you thought of the events - we would like it to be even bigger and better next year.

Black History Month - culture, fashion and food

The following week we all enjoyed a food tasting quiz where we had to identify the ingredients in various dishes.



Good fun and very tasty, even if we didn't get all the answers correct!



Black History Month - Music

Phyllis Chase and her guitar entertained us with a wide range of songs - favourites old and new - which we could sing along with.



Cultural Day

We celebrated the end of Black History Month with a cultural day. Members brought food from their different cultures, and some wore national dress.

Members Comfort and Rafina read some thought-provoking poems, and one of them, written by Comfort is included in this newsletter.

Johane and Amara from Luton's Carnival Arts came with some wonderful carnival costumes to show us - some members dressed up and learned a new dance routine to show us all; while others were able to have a go at making their own costumes. There were some special activities for children and younger relatives.

Our brains were exercised by a quiz to identify different flags.

Members then paraded with their own national flag - and there was a special song from Malaysia.

Thank you to DJ Natasha, who kept the party going, and a special thank you for Valerie who had organised so many activities for us during Black History Month.



Musical Treats

In December we had a musical treat when member Rafina came with her ukulele group. They had entertained us in the summer and were back by popular demand. They played a good variety of songs that we could join in with, including some Christmas favourites to help get us in the mood. Thank you to Rafina, Margaret, Linva, Sue, Janet, Steve, Chris, Val and Helen.

Chinese New Year Culture Show

Saturday 10th February 2018

Watford Palace Theatre 8pm

Tickets £8 (includes small snack box)

Christmas Party

Shortly before Christmas nearly 50 members gathered with family and friends to celebrate the festive season together.

We started with delicious samosas cooked by Mohini before tackling Jim's fun Christmas quiz. Not everyone could win a prize, but we all had fun.

This year Phyllis Chase joined us with her guitar to help with singing some of our favourite carols and Christmas songs.

Pauline did us proud as always with a delicious 3 course lunch, with choice

of beef, lamb or fish for a main course.

Our raffle had lots of prizes, so there were lots of chances to win something. Nobody went home empty-handed, however, as Valerie had organised a present for everyone.

Thank you to the committee who worked hard to decorate the room and organise entertainment and presents for everyone. And thank you to everyone else who contributed food, raffle prizes, and helped with setting up and clearing away etc.

Watford African Caribbean Association

Clive Saunders, chairman of Watford African Caribbean Association, was awarded an OBE in the Queen's Birthday Honours for his work helping vulnerable people from African and Caribbean backgrounds.

Watford African Caribbean Association
'Together we can achieve'
Anniversary Gala Ball

- 3 course seated dinner
- Live entertainment including Funk Foundation
- DJ (Mister Fixit)
- Raffle
- Dancing until 1.30am

Saturday 5th May 2018
Arrival & Reception 7.00pm
Dinner at 8.00pm (prompt)
Hilton Hotel
Elton Way
Watford, WD25 8HA

This is strictly a black tie & ball gown event
Tickets: £60 (£50 if purchased before 23rd March 2018)

Tickets are available from:
Clive: 07801 947204 | Cynthia: 01923 239814
Pearline: 07833 702942 | Garnet: 07973 744723
email: hello@wacas.org.uk

Registered Charity Number: 1144021 Company Number: 07618383

Together We Can Achieve

In God's eyes we are all the same

My hair may be grey but my grey lobes are not really grey
My ears may be as old as my age
But I will hear what I want to hear
The pupil of my eyes may be getting smaller
But I can see what I need to see.

Whether we are born
With blonde, brown, black, ginger or red colour hair,
At some stage of our lives
They will all turn grey, white or silver

What my eyes can't see my nose will smell
What I cannot swallow my tongue will taste
What my hands cannot reach and give a hug my heart will love
The blood that flows through my blood vessels is same as
yours
There is no blue blood, no watered down blood

Just few lines from one of William Shakespeare poem quotes
He was referring to the Christians and the Jews
The Jews asking the Christians if you tickle us will we not
laugh?
If you poison us will we not die?
And if you prick us will we not bleed?

In God's eyes we are all the same (continued)

Inside and underneath we are the same.
If you have the same blood type as mine I can donate my blood to you
And if you have my type I can have your blood if I need it

Some say I have more loaves than lollies
Others say I am rich
Because I have silver sprouting on my head
God loves us all just the way we are

By Comfort Tetsola

Our website

We hope you enjoy reading the newsletter. We are always happy to hear your thoughts, comments and suggestions. We will try to include all your contributions, but sometimes there just isn't enough space to include everything. For the same reason, we may sometimes have to edit pieces before publication.

Please remember, however, that our newsletter is only published four times a year, but our website is updated on a regular basis. If you have access to the internet, remember to take a look.

There are lots of photos, and more details about our activities.

www.activelifestyles.org.uk

Or contact Catherine on

outreach@activelifestyles.org.uk

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Dates for your Diary

As well as our usual games, quizzes, craft sessions and a mystery trip, we have some interesting speakers lined up:

6th April - Yvonne Bartlett from Trading Standards will tell us how to protect ourselves from scams, rogue traders and doorstep sellers.

The police are also coming to talk to us about personal safety, date TBC

And don't forget our regular keep fit sessions with Nigel, usually on the 4th Friday of the month.

There will be **no formal club meeting 2nd February, 9th February, 16th February**, (because of the holiday) but some of us will be in the Waterend Barn from 12.30. If you are not away, come and join us.

Programme

What do you like to do in your spare time? If you have a special interest or hobby that you would like to share with the rest of the club, please contact a member of the committee – we would love to hear from you. Or if you know someone who would like to come and talk to us, or give a demonstration, let us know. It is always good to learn something new.

Unless stated otherwise, all meetings start at 12.30pm, at

Townsend Bowls and Tennis Club

8 Waverley Road

St Albans, AL3 5PA

NOTE: the programme is made in advance, and may be subject to change.

For up to date information on our news and events see our website

www.activelifestyles.org.uk