

## **FEBRUARY 2018 NEWSLETTER**

### **FEBRUARY 2018!! Has a month really gone already?**

We trust readers had a restful festive season away from the hustle and bustle of everyday living. We also hope that 2018 brings you good health, happiness and fun times.

Below you can read about some of the exciting projects planned for 2018.

**FROM the PLOT to the POT** – is our gardening project delivered in partnership with Lincoln Envirotown. We have a new programme for 2018 and each month we will announce new workshops, they are different from last year and cover some interesting topics.

**FEBRUARY 24<sup>th</sup> – “BACKYARD BUGS & BIRDS”** – *how to attract native birds, lizards and insects into your garden.* From 10am until 11.30am at the Lincoln Envirotown Community Gardens, James Street – behind the Maternity Hospital, Mike Bowie, Senior Tutor in Ecology at Lincoln University will talk about which bugs and birds you can encourage into your garden. Also the pests, their enemies and ways to attract beneficial species. *Please bring a gold coin donation and park on the roadside on James Street.*



*If your car could travel at the speed of light, would your headlights work?*

**LINCOLN PATCHWORK and QUILTING** group – starts up again on 30<sup>th</sup> January – it is held every Tuesday from 6.30pm until 8.30pm at the Lincoln Events Centre.

There is annual fee of \$20.00.

Last year participants turned out some lovely pieces.

Whether you are a beginner or not, you are very welcome.



**SAYGO (Steady As You Go)** gentle EXERCISE classes – our weekly 1.30pm Wednesday sessions recommenced at Lincoln Community Care on January 3rd.

Come along, try it out for yourself and get enthused for 2018!

Due to the increased interest, we are setting up another group in The Lodge at Barton Fields.

This will be held on Tuesdays at 10am starting 27<sup>th</sup> February. It will also give another option for those who cannot come on Wednesdays or who wish to attend twice weekly.

***There is a fee of \$2.00 per session.***



*How do you tell when you are out of invisible ink?*

**A GIFT solution for an ELDERLY relative or neighbour** – have you ever considered purchasing frozen meals as a gift? They are a great standby to have in the freezer for those “off” days. We have frozen meals and desserts for sale at minimal cost.....why not purchase a dozen and make someones’ birthday? All dietary needs are catered for. Call Janet on 325 2007 to learn more and place your order.

**TREASURE TROVE AUTUMN garage sale** – on Saturday 17<sup>th</sup> March from 11am until 2pm we will be holding a “garage”sale on the green beside our building at 16 Lyttelton Street. There



will be **cash sales only** with all proceeds going to help us support residents in the Lincoln district. Come along and get yourself a bargain! There is a great array of items to choose from – toys, bedding, clothing for all ages, crockery, books, brick-a-brack, school clothes.

Ideal if you are setting up a flat or just love garage sales!

**MEDITATION classes** – on Wednesday 31<sup>st</sup> January, at 16 Lyttelton Street, Luma will be



conducting new weekly Meditation classes starting from 7.30pm to 9.00pm. There is no better way to gain inner peace and happiness than through relaxing meditation. Suitable for all ages, sessions cost \$12.00 per week. You can call Luma on 332 2076 at the Kalpa Bhadra Buddhist Centre for further information.

**FREE CONVERSATIONAL ENGLISH sessions** – these proved very popular last year and will start up again on Thursday 8<sup>th</sup> February.

Sessions are held every Thursday from 4.30pm until 5.45pm at our building 16 Lyttelton Street – behind the Lincoln Library on Gerald Street.



Our friendly Volunteer facilitators select a different topic to discuss each week to generate social conversation. We are looking forward to reconnecting with last years' participants and to seeing some new faces. Give Lois a call on 325 2007 to find out more.

**FREE SEWING CLASSES for INTERNATIONALS** – at The Workshop, Farm Road, Lincoln University.



Every Thursday from 10.30am until 12 midday volunteer teachers will assist you to make garments or items of your choice.

Come and join last year's participants and create something special for yourself, your home or a family member.

*Q - If an electric train is travelling south, which way is the smoke going?*

*A. There is no smoke, it is an electric train!*

**INVITATIONS to LINCOLN residents** – over the next twelve months representatives from our organisation will be undertaking a campaign to visit all local residents and invite them to join their neighbours in a friendly get together at our premises to share a cuppa. It will be an opportunity to learn more about what we do and to offer up suggestions of additional services you might like us to deliver. We trust you will accept our invitation to join us.



**WHY NOT BECOME a SUBSCRIPTION member** - and support all the many services we deliver? For just \$10.00 per year you can make a valuable contribution towards helping our organisation assist those in need. You are welcome to call into our office to make a payment or call 325 2007 for further information.

**The Community Care Lincoln team.**