



## Trustees Annual Report to Members

June 2023.

The past year has been one of many exciting events and changes. We began the year by celebrating multi-cultural week over 4 sessions. We enjoyed a talk on Indian culture, had an African drum demonstration, enjoyed a wonderful dance performance and listened to a talk on Iranian culture. These talks culminated in a visit to the Islamic Centre in Belfast which was an interesting learning experience for everyone. These events were sponsored by Apex Housing Association to whom we are most grateful.

In October we hosted a Fashion Show from a local retailer which raised an amazing amount for money to go to our local MS group. We continued with our chair exercises on the first Monday of each month. In November we received some very informative nutritional advice which I hope we have all put into practice and this was followed by a talk from one of our members of her early life in the district. In December a local florist helped us to make a Christmas arrangement which adorned our tables during the festive season. We enjoyed a Christmas lunch and ended the month with a visit to the Waterfront for a Fairy tale of New York.

In January we spent some money at a garden centre, received advice on slow cooking and were entertained by songs of Johnny Cash. In February we were given advice on energy conservation and had a visit from the Dog's trust. We listened to a talk on the Forestry Service and completed a questionnaire on how we would like to see our forests developed within our area. On March and April, we had a talk on My Life in Galway and had an exercise session with Babs. We ended this term with a most enjoyable visit to Royal Hillsborough castle.

Leading up to our summer break we took part in a most entertaining quiz and received advice on how to access benefits for senior citizens. Our summer outing was to Blessingbourne House where the weather was very kind to us and we enjoyed a walk in the gardens and afternoon tea in the house.

During the past year we decided to honour one of the founders of our club who had recently passed away at the age of 96 years. The family donated money as did a member of the council and we were able to purchase a bench with an inscription in her memory.

The numbers attending our weekly club remain fairly constant at 40 – 45 per week and the feedback has been most positive with regard to the talks and events organised for the club.

Next year we will be reducing our club events to three per month with the first Monday being exercise, the second a social day and the third an invited speaker. Recommendations for speakers would be most welcome.