



Annual Report from September 2023 - June 2024.

This year saw some changes to the structure of our programme when we reduced our meetings from every Monday of the month to the first three Mondays of each month. This new arrangement resulted in the first Monday being our fitness event, the second a social event and the third a guest speaker. These changes did not result in a decrease in our numbers attending each week, indeed we welcomed new members.

It is good to keep active and the exercise routines were embraced by everyone. We had some interesting discussions during our social time when we interacted with others and shared opinions and differences.

In September we had a colour analysis expert come to help us look our best by wearing colours to reflect our personality. Continuing this theme in October the ladies from the local beauty salon taught us how to apply make-up to enhance our features and not to look like mutton dressed like lamb.

In November we received nutritional advice and in December we enjoyed an excellent Christmas dinner followed the next week by an enchanting show of Christmas music by candlelight.

The arrival of 2024 didn't deflect us from continuing with our exercise routine every month and we invited a representative from MEEAP to inform us of the many benefits available to the older person. In February and March, we had two very informative and important talks on how to keep our brain fit and healthy as we age. These talks gave our members plenty to think about and assured us that the activities of the Monday club were helping to encourage social engagement, keep our bodies active and to learn new things.

Our spring outing to Clogher cathedral and Forth Chapel was a very different and most enjoyable experience. The talks by the guides in each location gave us some wonderful information about the history of each place of worship and the determination of the custodians to maintain the buildings despite the financial pressures they encounter. Our lunch in Corrick House hotel was delicious and we had time to explore the beautiful gardens.

In April we had an exciting table quiz when the questions varied from easy to 'I've never heard of that'. For our social event in May we invited a speaker to talk about maintaining a healthy gut and the importance of good eating habits. She brought along some products and the members were happy to buy some and begin the process of building up good bacteria in their gut.

In June our summer outing took us to the Tayto factory when we had to robe up in protective clothing to take our guided tour around the castle. The guides were very informative and some of us were surprised at the level of noise in the building. We came home with a large packet of crisps.

Over the year we had an average attendance of 40 members at each event with a slight decrease on the days when we do the exercise! The feedback I received and the obvious enjoyment and participation in all the events makes my preparation and planning worthwhile. As a community we need each other and a kind word of comfort is more important now than ever. Community support

at times of bereavement and sickness goes a long way to showing that we care. Our efforts were acknowledged at the MEAAP celebration event when our club was awarded first price in the Community friendship category. There were over 40 entries in this category and it was a recognition of just how friendly Portglenone is as a community. This was a wonderful surprise and we felt that we were appreciated by the wider community.