

Dear Friends,

**August invite to the Friendship Club**

**Next event - Wednesday 21<sup>st</sup> August 10 - 12 00pm. High Newton Village Hall**

**'Outrageous Adventures for the over 70s' presented by Clive Darley renown adventurer who can tell a really good tale**

Last month we had, courtesy of Janice a 'Singing for Memory' session that we all thoroughly enjoyed. Add to that chat, a game of bingo, cakes, buns and tea and it was a very happy, successful recipe.

This month proves that age does not matter and that challenge and adventure is not just the prerogative of the young. Clive and Jennifer Darley have undertaken daring adventurous treks across alpine ranges and have journeyed into many wild and remote places in their 7<sup>th</sup> decades. Yes that really does mean in their 70s! Come and hear Clive's interesting and amusing reflections as they trekked across the frozen tundra on a Norwegian archipelago called Svalbard.

Svalbard is a Norwegian series of islands between mainland Norway and the North Pole. One of the world's northernmost inhabited areas; it's known for its rugged, remote terrain of glaciers and frozen lands sheltering polar bears, Svalbard reindeer and Arctic foxes. The Northern Lights are visible during winter, and summer brings the "midnight sun"—sunlight 24 hours a day. Come and hear whether Clive saw those magnificent Northern Lights.

Games, chat and fun will be there for your enjoyment, not to mention scrumptious cake!

If you have a friend, a neighbour, or someone who you think might benefit and enjoy an informal friendly chat, and something different to listen to, bring them along. We can provide transport by arrangement.

Volunteers, I think we get as much out of these sessions as our members. I often reflect on the interesting and often fascinating conversations I have had at these events. Being a volunteer is a privilege, if you are interested give me a call.

We look forward to seeing you, let me know if you can come or whether you need transport.

Cheers and love

Tricia and the Team of cheerful Volunteers

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