

Dear Members

St George's Day has come and gone. Why do we make such a big deal of St Patrick's Day and not poor old St George? Did you know that he was actually born in Cappadocia (modern day Turkey) and never even visited England!

Bikini weather is just around the corner ... we hope! Here's my top tip for an exercise everyone can do - begin with a five-pound potato bag in each hand. Extend your arms straight out from your sides, hold them there for a full minute, and then relax. After a few weeks, move up to ten-pound potato bags. Then try fifty-pound potato bags, and eventually try to get to where you can lift a hundred-pound potato bag in each hand and hold your arms straight for more than a full minute. Easy!
Once you feel confident at that level, put a potato in each bag. 😊

QUIZ NIGHT - Friday 28th April - 7.00pm

Your next quiz night will be on the 28th April. There will now be a food menu for Quiz Night. £1 entrance fee (payable on the door). Please come a wee bit earlier if you would like to order food before a 7.30pm start on the Ground Floor of the Club. Come on your own to join a team or bring family, friends, or some work colleagues (up to 8 people). Please phone the office to book a table so that we know how many quizzers to expect - **0208 398 1267**. **Sorry, but no pizzas/food are to be brought in from outside.**

The Coronation Family Fun Day is now ... **SOLD OUT** ... however, if you are a Member, please contact the office as we may be able to increase capacity slightly! You could also look on the website to see if there are any

CLUB HOUSE OPENING HOURS - Bank Holidays - Monday 1st May, 8th May & 29th May - 8.00am - 8.00pm

Thank you to all our Members who so kindly donated plants for our lovely gardens. If you have any more 'spares', they will be gratefully received.

IN OTHER NEWS ...

We respectfully remind Members that you should not consume your own food or drinks on the premises, inside or out - thank you!
Please don't forget to carry your Membership Card whenever you use the club. Don't forget ... No Card - No Discount!

If at any time you don't want to receive emails from us, please just reply to this email with 'Unsubscribe Please' in the Subject Line and we will take you off our mailing list.

Membership Team