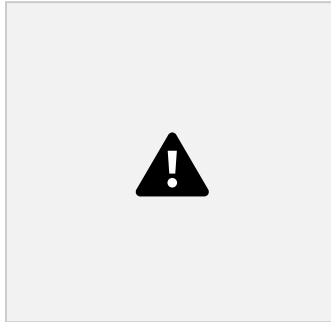


Dear Members

Lovely to be out and about at the moment with stunning snowdrops, dazzling daffodils and charming crocuses. Nature is amazing!



*I wandered lonely as a cloud
That floats on high o'er vales and hills
When all at once I saw a crowd
A host of golden daffodil
Beside the lake, beneath the trees
Fluttering and dancing in the breeze* (William Wordsworth)

GYM

Please note that in a very small bid to be more environmentally friendly (and to save us a few pennies of course), from **MONDAY 18TH MARCH** we will no longer supply glasses for water ... (did you ever wonder why we call plastic glasses 'glasses' but they are made of plastic?) ... In line with most other Gyms, if you drink water during your workout, you will need to remember to bring along a water bottle! You can still get a drink (of any kind!!!) from the bar if you forget your bottle. Thank you for your support.

BOOKS

The children's books in the Café area are for any children to enjoy, whilst at Imber. Please leave them on the shelf when you have finished with them, (donations of any children's books are welcome - thank you!). Sorry, but please note that we **don't** check

them as to suitability for the reader! It's your responsibility to determine if it's appropriate.

Any adult fiction books would be welcome on a 'take-one, leave-one' type system - thank you! ... please check if it's appropriate for you! 😊

QUIZ NIGHT - Friday 22nd March at 7.15pm for 7.30pm start

£1 entrance fee (payable on the night). 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 book a table through the office **0208 398 1267** - there is no charge for booking a table - it just helps us to know expected number of quizzers!

CRY SCREENING (Cardiac Risk in the Young <https://www.c-r-y.org.uk>) - **Saturday 20th April** **PLEASE ALL READ**

Competitive sport can put an athlete's heart under considerable strain, and underlying issues can easily go undiagnosed, leading to unnecessary risk and potentially serious implications, irrelevant of fitness levels. The good news however is that these abnormalities can be easily identified with a simple and painless screening process.

Places are limited and will be made available on a **first-come-first-served** basis so if you or your children are **aged between 14 and 35** and you would like to book a screening, please do so via the link in the letter. Feel free to share this more widely within your club and/or network so that others can take advantage of this opportunity.

The Dylan Howells Foundation (<https://dylanhowellsfoundation.org/>) is proud to be supporting this potentially life saving program.

BARBER or HAIRDRESSING CHAIR

We have a room/chair available to 'rent' for a Barber or Hairdresser on Monday's, Tuesday's and/or Friday's. Please email debbie.cook@imbercourt.com if you would like information.

BUCK MOON - Saturday 1st June - 1200noon - 10.00pm

The Early Bird Tickets sales have now sold out. We still want you, our **Members**, to grab a bargain though, so we are now selling tickets from the office at Imber at the very reasonable price of **£35** per person (No booking Fee!). These tickets will be £50 on the day (if there are any left!). For Non-Members the price is still reduced but will be £40 per person.

Rob Lamberti presenting his live show '**Perfectly George**', a tribute to the legend, **George Michael**. Rob will be performing with his full band. He will be supported by **PLATINUM** – the live **ABBA Tribute Show**. When described by the Evening Standard as “better than the original”, you know that they must be something special - 100% pure ABBA excitement. **Totally Blondie** who have rapidly gained a reputation as the best **Blondie Tribute** band in the UK! **Fil Straughan** is the best **Luther Vandross/Lionel Ritchie Tribute Vocalist** and has a date in his busy tour schedule to perform here at Imber. **Uncle Funk's Disco Inferno - Chic to Chic**, UK's top live disco band will also be performing a winning set of disco classics and modern dance numbers.

For more information and online tickets go to www.buckmoonfestival.co.uk For answers to Frequently asked Questions 'FAQs' click on the Terms & Conditions link at the bottom of their web page.

SIX NATIONS RUGBY

We will be showing **ALL** the Six Nations Rugby Matches here at Imber Court. Table bookings are free through the Ticket Source Link - <http://www.ticketsource.co.uk/imber-court-sports-club> Next games are on Saturday 9th March. We have Italy v Scotland at 2.15pm and then England v Ireland at 4.45pm. Sunday will be Wales v France at 3.00pm.

FOOTBALL

Met Police v Northwood - Saturday 2nd March - KO 3.00pm (Home)

Uxbridge v Met Police - Tuesday 5th March - KO 7.45pm (Away)

Leatherhead v Met Police - Saturday 9th March - KO 3.00pm (Away)

Raynes Park Vale v Met Police - Tuesday 12th March - KO 7.45pm (Away)

RUGBY

Met Police v Old Wellingtonians - Saturday 2nd March - (Home)

Dyfed Powys Police v Met Police - Wednesday 13th March - KO 3.00pm - (Away)

Economicals v Met Police - Saturday 16th March - (Away)

Met Police v Old Johnians - Saturday 23rd March - (Home)