

*Milford
Community
Friendship Circle*

The ladies met at the home of Gillian Parker on Thursday, January 11th at 1:30 p.m. President Mary Creasy welcomed everyone and wished them a Happy New Year.

She opened with the thought - Worry is like a rocking chair - it gives you something to do but it doesn't get you anywhere.

Marg Crouse had two Thoughts For The Day

(1) Middle age is where broadness of mind and narrowness of waist change places.

(2) Men are from earth. Women are from earth. Deal with it.

Secretary Marge Drury reacquainted us with our November and December Meetings and the Minutes were approved as read. (Who would remember what happened that far back, anyway?)

Ten members answered roll call by telling how they got their exercise. Some were by walking, doing housework, gardening, stretching, riding stationary bike, going to rec plex and - bending her elbows.

Treasurer Wilma Creasy attended our financial business very capably as usual - taking in money and paying our bills.

A quilt has been set up at Marg Crouse's and the ladies are working on quilts for the homeless.

The programs were filled in up to and including the month of June. Ladies please note - the date for our Meetings has been changed from the second Thursday of the month to the FIRST Thursday.

Gillian changed her program from doing manual exercises to exercising our brains. I don't know which one we would have been better with.

The ladies enjoyed a delicious lunch served by our hostess who was thanked by Alice.

Arthritis Clinic - Wednesday, February 7th

Prince Edward Community Care for Seniors and the Arthritis Society are co-hosting arthritis clinics in Picton, with physiotherapist Pat D'Hondt.

The clinics are held the first Wednesday of each month, from 12:00pm to 4:00pm. at the Community Care office in The Armoury, 206 Main St., in Picton.

For an appointment call the Belleville Arthritis Society at 613-967-1933 and ask for Pat .

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