

APRIL 2016 No. 96

FREE

The HAILEY CENTRE

Information Newsletter



THIS MONTH WE WOULD LIKE TO THANK:

OUR VOLUNTEERS

Who make it possible to keep the Centre open

THE MEETING PLACE FOR
THE OVER FIFTY-FIVES

www.haileycentre.co.uk

Registered Charity Number 1030820

KEEPING YOU POSTED

PHOTO: One of Spring's first daffodils.

I hope you all had a lovely Easter and I am sure you will agree the newly painted main hall and entrance hall look great and once the new carpet has been laid will give the Centre a new look, keeping it a lovely place to come. The carpet will be laid on 9th and 10th April. Our grateful thanks go to Hertfordshire Community Foundation for their generous grant which is enabling us to keep the Centre looking great.



Fiona

As many of you will already be aware Gill, our Cook, is moving on and I am sure you would all like to join with me to thank her for all her hard work in the kitchen over the past four years and wish her well in the future.

Fiona, who has been with us for a number of years as a volunteer Cook and has also been helping out at fund raising events, will now be joining us as part of the team. Fiona will be working three days a week, so I'm sure you would all like to welcome her officially and hope she will be with us for many years to come.

We will be starting a "Healthwise" Course on Tuesday 5th April from 10.00 a.m.–11.00 a.m., a 10 week free course run by Age UK Hertfordshire. Please see separate advert and if you would like to join us, please put your name down in the office. This means we will no longer be open for refreshments on a Tuesday morning.

We are delighted to note that Hertfordshire County Council is promoting the year of volunteering. We know just how valuable our volunteers are to the success of our Centre.

I look forward to seeing you all soon and thank you for your support as always.

Sue
Centre Manager

Healthwise...



...healthy eating, gentle exercise, computer skills and friendship

Healthwise helps older people aged 50 plus retain their independence through an enjoyable programme of:

- healthy eating • gentle exercise • digital inclusion • social interaction

Your next **FREE** 10 week course starts at:

The Hailey Centre, Sayesbury Manor, Bell Street, Sawbridgeworth, CM21 9AN

on **Every Tuesday 10.00 - 11.00. Starting 5th April - 7th June 2016. Join Anytime.**

To book call Susan Johns, Healthwise Coordinator:

T: 07772 173682 E: healthwise.1@ageukherts.org.uk

www.ageuk.org.uk/hertfordshire

Registered charity number 1116682



The Hailey Summer Holiday
13th June 2016 for 4 nights.
ALVASTON HALL HOTEL
Nantwich, Cheshire.

This Warners Hotel is situated in Cheshire's rolling countryside with its own golf course and lovely landscaped gardens. The price includes: Dinner, Bed & Breakfast, Entertainment, Insurance and Coach Travel and one excursion to Blakemere Shopping Experience.

All rooms are en suite and have colour TV, tea/coffee making facilities, hair-dryer, bright reading lights, comfy chairs and telephone. The hotel also has a 250 metre bay floodlight driving range, indoor heated swimming pool, sauna & steam room including a Salon Spa.

The cost is £369.00. There are limited places available, please book with a £30 deposit in the office.





NATURE'S CORNER



Hello Folks,

I'm hoping by the time you are reading this article, some of our birds will be bringing their young into the gardens to show them what to feed on and how to do it.

The mob of ruffian Blackbirds are still sat around the garden each morning awaiting for their feed of dried fruit and also getting good numbers of house and hedge sparrow feeding along with all the other species.

If any of you good people are feeding peanut to the birds will you please crush them up or buy peanut nibs, as whole peanuts can choke young birds. By this time of year all nest boxes should have been cleared out and ready for use.

As the weather warms up, we hope to start seeing (and to feed) Hedgehogs who will need to be fed and watered but please "no bread and milk" it's not good for them.

More soon.....Pee Jay



HERTFORDSHIRE
CONSTABULARY



COMMUNITY INFORMATION EVENT

Thursday 12th May

9.30am-12.00pm at



The Hailey Centre/Town Council offices Sawbridgeworth

Come along to get support, information and advice from many different agencies including



We will also be serving light refreshments including bacon rolls, tea, coffee and cakes!

ON TUESDAY
5TH APRIL
2 - 4PM



HOY BINGO

COST £5.00 PER PERSON TO INCLUDE
LIGHT REFRESHMENTS, AND IN THE FIRST
HALF WE WILL BE PLAYING FOR PRIZES
AND THE SECOND HALF FOR CASH PRIZES



LINE DANCING

Tuesday 19th April
(Every 3rd Tuesday in the month)
2-4pm

Cost £5 including light refreshments

Please book in the office



THE HAILEY FUN



Quiz

Tuesday 12th April at 2.15 - 4.15pm.
£4.00 to include light refreshments.
Please book in advance.

With
Quizmaster
EDDIE
AND CASH PRIZES!

APRIL



Regular

MONDAY

9.00am-12 noon

Open for refreshments and a chat.

12.30-1.45pm

Monday Lunch at the *Hailey Centre*.

Please book in the office. £5.00 including tea or coffee.

2.30-4pm

Thelma's Keep Fit Class

TUESDAY

10.00am-11.00am

Healthwise

(Closed for refreshments on Tuesday mornings)

11.30-12.30pm

Pilates Class.

12.30-1.30pm

Pilates Class.

WEDNESDAY

9.00am-12 noon

Call in for refreshments and a chat.

Morning

Photography Course. *(Booking essential)*

12.30-1.45pm

Wednesday Lunch at the *Hailey Centre*.

Please book in the office. £5.00 including tea or coffee.

2.30-4.30pm

Art Class.

2.30-4.30pm

Craft. *(No booking necessary. Fun and informal, and make items for the Centre to sell at events).*

THURSDAY

9.00am-12 noon

Open for refreshments and a chat.

Morning

Silver Surfers.

1.30-4pm

Whist. *(Tables available)*

Events

Details on Page 8



FRIDAY

9.00am-12 noon

Open for refreshments and a chat.

12.30-1.45pm

Friday Lunch at the *Hailey Centre*.

Please book in the office. £5.00 including tea or coffee.

2.30-4pm

Bingo! (*Players welcome*)

SATURDAY

10am-12 noon

Call in for refreshments and a chat.

(Closed on Saturday 9th April)

Future Events



Tuesday 31st May 2.00pm - 4.00pm
to celebrate Queen Elizabeth's
90th Birthday, we have Mickie Driver
to entertain us.

Cost to be advised.



TESCO and THE RANGE SHOPPING BUS

Wednesday 6th April at 11am

Remember -

You will be dropped off at your home
address with your shopping.

Cost £3.50.

Please book in the office.



EXTRA DIARY DATES - APRIL

MONDAYS

- 11th April Hearing Aid Service 10.00 - 11.30am. 50p per visit.
- 18th April Sainsbury's Shopping Bus (*Limited spaces available, please book in the office to avoid disappointment*).
- Monday evenings Slimming World 5.30pm & 7.00pm.
-

TUESDAYS

- 5th April Hoy Bingo! 2 - 4pm. £5.00 to include light refreshments. In the first half we will be playing for prizes and second half playing for cash prizes. (*Please book in advance*)
- 12th & 19th April Chiropodist (*Booking essential*).
- 12th April Fun Quiz with Eddie 2.15 - 4pm. £4.00 to include light refreshments. With cash prizes. (*Please book in advance*)
- 19th April Line Dancing (every third Tuesday in the month) 2.00 - 4.00pm Cost £5 including light refreshments. (*Please book in the office*).
- 26th April The Hailey Cinema presents *Frank Sinatra - Concert for the Americas* at 2.00pm. Cost £4.00, to include light refreshments and choc ice. (*Please book in advance*).
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WEDNESDAYS

- 6th April Tesco & The Range Shopping Bus leaves the Hailey at 11am. You will be dropped off at your home with your shopping. (*Please book in the office*).
- Wednesday evenings Weight Watchers 5.30pm.
-

THURSDAYS

- 21st & 28th April Sawbridgeworth Camera Club 7.00 -9.00pm.
-

SATURDAYS

- 2nd April Bacon Rolls and refreshments 9.00am - 12.00pm.
- Closed Saturday 9th April**
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SUNDAYS

- 3rd April Sunday Service at the Congregational Church at 3.00pm
- 17th April Sunday Service at the Hailey Centre at 3.00pm
-

The Hailey Cinema presents...

FRANK SINATRA CONCERT FOR THE AMERICAS

TUESDAY 26TH APRIL

AT 2.00PM

COST £4.00

TO INCLUDE LIGHT
REFRESHMENTS AND CHOC ICE
BOOKING ESSENTIAL

"Spend a great afternoon with Frank Sinatra"



The Hunting Lodge

Visit to The View Visitors Centre & Queen Elizabeth Hunting Lodge followed by Lunch at The Queen Elizabeth Restaurant
Thursday 14th April 2016

The View: Tells the story of Epping Forest through interactive exhibitions on wildlife, the history of the Forest, and its role in the community. Finally, don't miss out on the spectacular view over Epping Forest from our famous balcony, which gave The View its name!

Hunting Lodge: There are three floors in the Hunting Lodge, each with a themed display. Discover the sights and sounds of a Tudor kitchen, explore the world of Tudor fashion on the first floor, from the second floor windows, you can admire the most spectacular view of the Forest and imagine it on a Tudor hunt day.

Queen Elizabeth Restaurant: At Queen Elizabeth in Chingford we serve the best quality, hearty pub food, cooked just the way you like it. We use only the best hand-picked ingredients.

Price per person: £10.00 (transport only) payable at time of booking.

Please see Sue or Julie to book your place.



The View



SAWBRIDGEWORTH CAMERA CLUB

Saturday the 12th of March saw 13 members and 3 spouses make their way to Anglesey Abbey, just north of Cambridge. Despite roadworks on the M11 and the A14, we all managed to meet up in the car park there pretty much on time. As is usual, we all piled into the temporary café for coffee and tea before dispersing around the 114 acres of grounds. Much of the estate is covered in a wide variety of trees and avenues of grassland. We just missed out on the best of the snowdrops which are quickly coming to an end. But the daffodils and narcissus are well on the way. The more formal gardens are ready to burst into life soon, particularly the Rose Garden behind the main House. We were surprised and pleased to see many statues around the grounds adding to the general architecture of the planting. The weather was great, not too hot or cold, and the light for photography could not have been better although a little misty. After various lunches on the move and more refreshments in the afternoon, we left the Abbey full of vitals and pictures. The staff at the Abbey should be highly praised for the immaculate condition of the whole estate. Certainly a return visit is a must.

New Club Members are always welcome at all levels so if you, or someone you know, is interested in joining us please contact Sue in the office on 01279 721221.

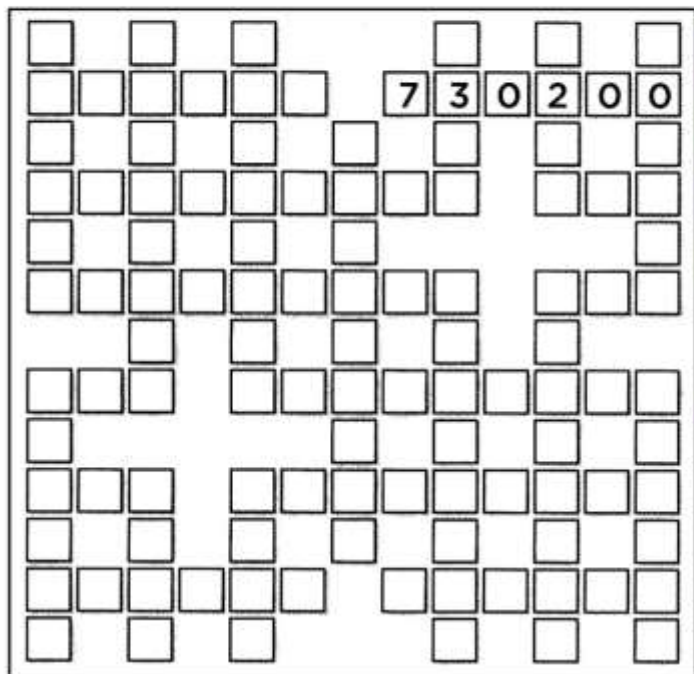
The front page photo is one of the first Daffodils.

Very best wishes,

Alan Reed, President

Ralph Reed, Secretary/Treasurer





All of the listed numbers fit into the grid, and there's only one way to do it. A number has been provided to get you started.



3 digits

103

4 digits

2572

6 digits

300534

8 digits

24657449

9 digits

218080845

465

3703

334653

61328432

455540826

761

4366

465134

68743541

464454646

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6214

578340

84128861

660878285

~~730200~~

958035174

731398

930871

957444

4	1	3	7	5	2	6	8	9
7	2	8	3	6	9	4	5	1
9	5	6	8	1	4	3	7	2
2	8	9	4	3	1	5	6	7
5	7	4	6	2	8	1	9	3
6	3	1	9	7	5	8	2	4
8	6	7	1	9	3	2	4	5
3	9	5	2	4	6	7	1	8
1	4	2	5	8	7	9	3	6

Sudoku answers for March.



On Saturday 2nd April, 9am-12pm,
we will be serving **BACON ROLLS**
with our refreshments.
Please come and support us.



THE HAILEY SUNDAY SERVICES



We meet in April on the 3rd at the Congregational Church and at the Hailey Centre on the 17th at the usual time of 3pm.

'It would be great to see you all'

Just to remind everyone that transport can be arranged.

Please contact Maurice on 01279 730210.

Sawbridgeworth Congregational Church

We are most grateful to all the volunteers who make it possible to keep the Centre open and who ensure that it is a warm and welcoming place to visit.

These facilities are open to everybody with no priority being given to any one person or demand made for regular attendance at the Centre in order to qualify for services.

**Art • Craft • Bingo • Whist
Outings • Keep fit • Holidays • Lunches
Refreshments • Shopping trips • Cinema
Quizzes and much more...**

...You're welcome to come and join us!

Address: The Hailey Centre, Sayesbury Manor, Bell Street,
Sawbridgeworth, Herts. CM21 9AN

Office Telephone Number: 01279 721 221

Website: www.haileycentre.co.uk

Email: haileycentre@gmail.com

We are open 9.30am-4.30pm Monday-Friday
and 10am-12noon Saturday.

Situated just off the Bell Street car park.

Please use the Bell Street pay and display car park.

This newsletter is available from The Hailey Centre, Library,
Doctors' Surgery and other carefully selected outlets.