

SMART

St. Mark's Afternoon Retirement Team

SMART PROGRAMME FOR 2023



SMART meets on the **first Thursday of each month between 2pm - 4pm in St. Mark's Hall.**

SMART is for anyone of retirement age who lives locally and enjoys meeting others for interesting discussion and conversation, accompanied by suitable refreshments.

SMART is run by Sarah Cousins. Please contact the Parish Office on 01737 210785 for further details. We are always happy to welcome new members, arrange lifts to the meetings etc.

For meetings in the church hall there will be a charge of **£1.00** for tea and coffee etc unless stated otherwise*.

Jan 5th **No meeting** - Happy New Year!

Feb 2nd **"DO YOU REMEMBER YOUR VALENTINE?"**- light-hearted reminiscences about any childhood or adult valentines. Please come prepared to share and enjoy.

Mar 2nd **"LAUGHTER IS THE BEST MEDICINE!"** Nicki is coming back again to help us to enjoy some laughing yoga.

April 6th TBC Discussion to be announced

May 4th **"THE TREASURES OF THE WISDOM OF GOD"** - an outing to Rev'd Chris Colton's splendid church in Kingswood with a lovely tea. Please sign up for lifts.

Jun 1st* **"OUTING TO PRIORY FARM CAFÉ"** - for tea and a browse through the plants. Please put your name down early for a lift and RSVP to Sarah.

July 6th **"STRAWBERRY TEA"** - with scones and cream in the hall. Also please come ready to share your memories of the best or worst picnic or where you would love to have a picnic!

Aug 3rd **"ANOTHER OUTING TO PRIORY FARM CAFÉ"** for tea and a browse through the shop. Please put your name down early for a lift and RSVP to Sarah.

Sep 7th **"SIGHT FOR SURREY"** Samantha Head will speak to us about her charity that works to support all Surrey residents who are blind, vision impaired, Deaf, deaf blind and hard of hearing.

Oct 5th **"MUSIC AND FUN"** Bruce Cousins entertains with songs you may remember! Please come to have fun and join in.

Nov 2nd **Revd Martin Colton** will be our speaker – on subject TBC

Dec 7th **"CHRISTMAS IS COMING!"** Come and celebrate Christmas with carols and plenty of Christmas fare. Please bring a friend or family member.