

IN TOUCH – the UKCA weekly newsletter – 5th February 2017

FREE Friday Evening Entertainment

Why not come down to the Club, and join the Free-Friday-Nighters! Debbie's kitchen is open from 7pm, for a great choice of food with meals from as little as €7, cooked and prepared to perfection!

Friday 10th February - **Graham Doolan** - an easy-going singer with songs from all eras

Friday 17th February 2017 – **Andrea Morrelli** – new singer at the Club

WEEKLY EVENTS

Monday 6th February

- 9.30 -11.30am - Tom Brown with "Cameras - Back To Basics" HELD every other week – next session 6th February
- **2pm** - Simple Scottish Country Dancing 2-4 pm. Absolute beginners welcome, no partners necessary, wear soft, flat shoes, be prepared to enjoy yourself. €2, Non-members welcome (Guest fee applies) Tel Janine 9771 5679 for info.
- Every Monday, **Darts Practice** starts at 6pm.
- *Pop down to the Club tonight, for a super value meal. There are always six choices of meals every week, and all meals at the price of just €7.50. Book your table and meal, by filling in names and meal choice in the blue book in the Club foyer. There is a special draw takes place each Monday evening – €1 a ticket – and the winner takes all proceeds.*

Tuesday 7th February

The UKCA Games Evening at 7:00pm

Come along to this popular evening and play your favourite games or learn new ones. Scrabble, bridge, crib, rubicub, Bolivia, mahjong, backgammon, monopoly and Mexican train dominoes have so far been played with the latter being the most popular. All members of the UKCA are most welcome to join in; the more the merrier!

Organizer **Angie Nicholls**

Wednesday 8th February

- *** **Computer & Camera Group** - meetings at 9.30am, OPEN TO ALL UKCA members
- *** **Backgammon**, starts at 7.30pm - everybody welcome. Lessons for beginners if needed
- *** **Cash Bingo**, this week, starting at 8pm. The Jackpot **wasn't won** last week, so now at €140

Friday 10th February

Tonight the restaurant and bar are open as normal, with the restaurant serving a range of freshly-cooked meals, with all your favourites - Pies, Gammon Steak, Fish "n Chips, Prawn/Chicken Stir Fry, Roast Beef and more.

LUCKY NUMBERS RESULTS - Friday 3rd February

Jackpot 1 €300 – 4 and 32 - NO WINNER!

Jackpot for 10th February - €400

Sunday 5th February

Every Sunday, the Restaurant serves a sumptuous Carvery Lunch – 1, 2 or 3 courses. Served from 12.30pm – **BOOKING IS ESSENTIAL** – use the Blue book in the Club foyer. Following lunch, join in with.....

John and his Karaoke Show from 2.30pm.

Sunday Football Draw – LATEST WINNERS

6 th November	Phil Manning	Bolton	€60
6 th November	NWH	Leicester	€60
13 th November	Dinah	Burnley	€60
20 th November	Sue Hunt	Leeds	€60
27 th November	Cliff	Tottenham	€60
11 th December	Alec Nicholl	Barnsley	€60
18 th December	Ron Bell	Celtic	€60
18 th December	Gina T	Blackburn	€60

MEMBERSHIP RENEWALS for 2017

- All membership renewals should have been completed by **FRIDAY 3rd FEBRUARY**.
- The membership secretaries will be on duty on **Tuesday and Friday - 12noon till 2pm**

ALL membership renewals, or applications for new memberships, can either be left with the Door Stewards or placed in the Membership safe - these will be processed by Friday 3rd February.

The Social Committee, which proposes and organises the social and entertainment calendar of the club, is a little 'thin on the ground' at present and would welcome additional volunteers. The committee meets 'as and when needed' usually never more than once monthly. If you are interested please contact the Chairman or Secretary for more information.

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FILM MATINEE

Thursday 2nd March - 1.30pm



"Spotlight"

With Mark Ruffalo & Michael Keaton

The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic Church to its core.

When the Boston Globe's tenacious "Spotlight" team of reporters delves into allegations of abuse in the Catholic Church, their year-long investigation uncovers a decades-long cover-up at the highest levels of Boston's religious, legal, and government establishment, touching off a wave of revelations around the world.

The restaurant will be open from 11.30am, so pop down and have something to eat before the film starts at 1.30pm



SATURDAY 11TH FEBRUARY

MEMBERS €10.00 - OPTIONAL MEAL €7.50
(Small Guest Fee applies)

Meals available – Steak Pie, Chicken, Fish, Veggie option
(all served with Chips and Peas)



**Be serenaded by
the great tenor
voice and wide
range of music
from ...**

TEO

Breast Cancer Support Group - 'Breast of Friends'

Planning for a breast cancer support group started in March 2016. Cherrie Gregory, a recovering breast cancer patient herself, wanted to get together with other breast cancer patients to provide a relaxed, informal atmosphere where members, if they wish, could talk freely and confidentially about all stages of their illness and recovery.

Approaching her friend Maxine O'Daly who had been involved with the Cancer Patients Support Group for some years, the two of them started elaborating on their plans and the group now provides an informal, self help association bringing friendship to like minded ladies.

Both ladies have been trained by qualified facilitators in Cancer, Illness, Loss and Grief which enables them to act as part of a Cancer Patients Support Volunteer Group for the PASYKAF nurses in Paphos. A position they are still very much involved in today.

The aim of the 'Breast of Friends', was to find a private room for members to talk freely and the group are grateful to the UKCA for donating a room at The Club so that breast cancer support members can enjoy a relaxed atmosphere for coffee, form friendships, exchange experiences and generally be a support network for each other. Where possible interesting speakers on health and well being issues were introduced during 2016 something they hope to continue during 2017.

Also on board are Pamela Mills a trained Counsellor who is available for those members who wish to have one-to-one counselling and Victoria Constantiniou a qualified Lymphoedema and Rehabilitation Specialist. Cherrie and Maxine's connections with PASYKAF and the Cancer Patients Support Group mean that support and medical information are on hand should it be needed.

For more information. contact Cherrie Gregory on 96333072, Maxine O'Daly on 26 272701.

Breast Cancer Support Group, Paphos

Thursday 9th February 2017

February meeting of The Breast of Friends will be held at 10.30am in the private room donated to the group by the UKCA.

Meetings Are Confidential And Are For Breast Cancer Patients Only.

**For Enquiries Please Call Maxine O'Daly 26 272701 or Cherrie Gregory 96333072
'The Breast of Friends' Counsellor is Pamela Mills 99975593**

Especially For The Over Fifties

I will seek and find you. I shall take you to bed and have my way with you. I will make you ache, shake & sweat until you moan & groan. I will make you beg for mercy, beg for me to stop. I will exhaust you to the point that you will be relieved when I'm finished with you. And, when I am finished, you will be weak for days.

All my love, The Flu

Now get your mind out of the gutter and go get your flu shot!