

January 2012

1 Sun	A Happy New Year to all our members
2 Mon	Office closed
3 Tue	No Chair Based Exercise
4 Wed	2:00-4:00 Tea & Chat
5 Thu	11:00-12:00 Walking Group
6 Fri	
7 Sat	
8 sun	
9 Mon	
10 Tue	09:30–10:30 Chair Based Exercise
11 Wed	2:00-4:00 Tea & Chat
12 Thu	11:00-12:00 Walking Group
13 Fri	Last day for items for the newsletter.
14 Sat	1:00-3:00 Rushey Green Ward Assembly meeting Rooms 1&2, Civic Suite
15 Sun	
16 Mon	1:30-5:30 15 Swedish visitors attending workshop on timebanking
17 Tue	09:30–10:30 Chair Based Exercise
18 Wed	2:00-4:00 Skills Fair!!
19 Thu	11:00-12:00 Walking Group
20 Fri	
21 Sat	
22 Sun	
23 Mon	
24 Tue	No Chair Based Exercise
25 Wed	10:30 -11:30 Drop In – Coffee Morning
26 Thu	11:00-12:00 Walking Group. 1:00 Onwards come and help do the February mail out.
27 Fri	12:00-2:00 Bring and share lunch. Discover what's happening in 2012.
28 Sat	
29 sun	
30 Mon	
31Tues	09:30–10:30 Chair Based Exercise

Notices:

- The Skills Fair will take place instead of Tea & Chat, though you can still enjoy both in addition. Have some fun and be prepared to share and boast about your skills, talents and interests!

- Newsletter. Get involved in producing it and earn credits.
- Time Banking UK New Year party featuring *The Red Stripe Band!* Cafe de Paris, central London, 7pm to midnight. Hot food and a welcome drink £6. Please give your ticket money to the Office by January 10th.
- Ward Assembly meeting. Come and hear what is happening in the ward and also support RGTB submission for some funding towards time bank projects in 2012.
- We have 15 people visiting from Sweden to attend a new workshop about timebanking. Come and welcome them, perhaps share your story if you like, prepare and serve refreshments. Earn those time credits you wanted. Venue: NEXUS Services 84-86 Rushey Green SE6 4HW.
- Advance notice: Saturday 11th February 6-11pm Fundraising Bonanza with up to 200 people at St Laurence's Church Hall. Food, music, entertainment, dancing. Details to follow. Admission by ticket in advance. Details at the office.

Final Note

This month we have had 5 new members complete our joining process. In no particular order they are Rosebell McCook, Patrick McKee, Maheswary Anantharajam, Jo Ryan, and Rachel Alem. We hope they can come along to the Skills Fair where they can boast about their skills. In a modest way of course.

Exchanges for November were 508 hrs.

Please remember to submit your hours. We need to record every one. Well done to Jamie who earned 9 hours driving the mini bus to Rochester which was a great trip.

December's cake sale went down a storm and raised £103.50 including £20 donated. Well done Pauline and team.

Chair Exercise Class: gentle chair-based exercise for the over 55s to help you keep fit and healthy;
Location: Room 21, Rushey Green Time Bank; Cost 1 Credit

Tea & Chat: our weekly social event and your chance to meet other Time Bank members
Location: Room 21, Rushey Green Time Bank; Earn: 1 Credit

Drop-In Coffee Morning: our monthly get-together and your chance to meet other Time Bank members and catch up on Time Bank news
Location: The M-Eating Place, 127 Rushey Green (opposite Argos); Earn: 1 Credit

Walking Group: Improve your health and well-being with a walk around Ladywell Fields; all levels of fitness catered for;
Location: Main reception, Lewisham Hospital; Earn: 1 Credit