



Just Good Friends

March 2026 Newsletter

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REGULAR WEEKLY MEETINGS (See note below re Tuesday & Friday meetings at The Vic)

- MONDAY** 1pm - 3.30pm **'DRAMA FOR A CAUSE'** - Great Drama Class at the Links Pub, Heeley Rd, St Annes. Call Bev (number below) if you are interested in joining the Drama Group.
- MONDAY** 1pm - 4pm **'PLAY AND CONNECT'** - Chat, Games, Dominoes, Cribbage at the Links Pub
- TUESDAY** **1pm - 4pm** **'PARTY WITH PURPOSE'** - Entertainment, Dancing, Food, fun and laughter at a temporary new venue, The Townhouse Pub, St Annes with Johnny Roxx and other entertainers. See note below.
- WEDNESDAY** 10am - 12noon **'WEDNESDAY WARMTH'** at St Annes Palace, 18, Garden Street, St Annes. Tea/ coffee and chat.
- THURSDAY** 6.30pm **'TEA TIME FOOD'**. A friendly early evening get-together at various locations.
- FRIDAY** 10am **'YOUR PACE OR MINE'** - Fitness walk round Fairhaven Lake then meet up for coffee in the café.
- FRIDAY** **1pm - 4pm** **'CUE CONNECTIONS'** - The JGF Snooker Club now meet at the Mayfield Sports Bar on Mayfield Road, St Annes. See below.
- SATURDAY** 2pm - 4pm **'FUN AND FRIENDSHIP'** - at the Well Community Hub, St Albans Rd, St Annes. Tea/ coffee and chat with Games, Quizzes, Bingo and Music.
- SUNDAY** 12.30pm **'GATHER & DINE' - LUNCH** at the Clifton Park Hotel and other venues. Contact Sheila to book Clifton Park on 01253 374009 or 07486 466855. Contact Beryl for various locations 07530 588037.



Plus Events at St Annes Tennis Club and St Annes Palace – Nights out – Days out – Coach trips – Quiz nights. For more information please call Bev on 07557 734233

Saturdays at the Well Community Centre 2pm - 4pm - MARCH	
7th	Steve's Anagrams Quiz and Raffle
14th	Spin it Lucky - a fun new game
21st	Beetle Drive
28th	Bingo

See Page 3 for info re Book Corner

Due to refurbishment at The Vic Pub, our **Tuesday meetings 1pm-4pm in MARCH** will take place for the first three weeks of March at the **TOWNHOUSE PUB ST ANNES** (near Home Bargains store)

Singers

- 3rd March - Marianne Ryan
- 10th March - Johnny Roxx
- 17th March - Paul Allen

On 24th March we can return TO THE VIC

- 24th March - Johnny Roxx

FRIDAYS - AT THE VIC
1pm - 4pm
The JGF Snooker Club
Snooker & Pool with Darts



We now have a new and permanent venue and meet at **The Mayfield Sports Bar on Mayfield Road, St Annes**. Come and join us, we'd love to see more people joining us in our new place and don't forget, you can also bring friends and family along with you.

MONDAYS AT THE LINKS

1pm - 4pm

Plenty of options to select

1pm - 3.30pm DRAMA FOR A CAUSE - Drama Class

1pm - 4pm PLAY & CONNECT

(Chat, Games, Dominoes, Cribbage)



Doctors & Nurses Fundraiser

Fantastic turnout for our Doctors & Nurses afternoon with some great costumes.

Thank you so much to everyone who helped make this an enjoyable afternoon with the event raising £432.84.

Upcoming **EVENT**



Just Good Friends
 Combatting Loneliness and Isolation
Fund Raising Event

BACK 2

£15 per head

SCHOOL

SCHOOL RULES!

FRIDAY 27th MARCH 1-4pm
 FANCY DRESS OPTIONAL - RAFFLE
 SCHOOL DINNER - SCHOOL PUDDING -

PRIZES - BEST DRESSED -
 THE NAUGHTIEST PUPIL - DUNCE OF
 THE CLASS - DETENTION TABLE - LINES
 - CANE - TRUANT OF THE DAY -
 TEACHERS PET

JOIN JUST GOOD FRIENDS FOR FUN AND LAUGHTER

ST ANNES TENNIS CLUB,
 AVONDALE ROAD, ST ANNES.
 TEL: BEV 07557734233



Spring Forward

Plenty of time yet, but remember to move your clocks forward an hour Sunday 29th March.

Book Corner



On Saturday afternoons we have a Book Corner for members to borrow books.

We are in need of good quality fiction paperbacks and would be pleased if anyone would like to donate books to our Corner.

If you wish to drop them off, please call in to our meeting at the Well Hub any Saturday from 2pm until 4pm or perhaps you might like to take them to any of our other weekly meetings for us to collect.

For further information speak to Jean Mason at our Saturday meetings and thank you so much.



Jean celebrated her 75th birthday with friends this month before sharing this lovely cake.



Trip to Skipton with AKS group

On Thursday, 6th March we are taking our War Babies AKS Group to visit a local charity in Skipton called **SELFA** for our continuing intergenerational work.

The SELFA website (click on link below for more info) will best show you who they are but in brief, and amongst many of their objectives, they provide health & wellbeing programmes, targeted holiday activities, peer-support groups and mental health support for children and young people.

This is a local charity and eligible participants must either live or attend school in North Yorkshire, but our visit is to learn about their Aims and Objectives.

The day out will also be a lovely opportunity for us to chat and share our stories.

<https://www.selfa.org.uk/about-selfa-childrens-charity/>



The YMCA have opened a new Active Wellness Suite at YMCA St Annes

This innovative space has been designed with Innerva Power-assisted equipment and is a safe, accessible exercise and rehabilitation option for people limited by health conditions and reduced mobility.

Power Assisted Exercise is perfect for:

- meeting like-minded people and making new friends
- returning to physical activity
- those with neurological impairments
- recovering from injury (physio support)
- healthy aging
- improving mobility
- increasing range of movement

For more information contact <https://ymcavactive>

Meeting at The Palace

Please note that on

Wednesday 11th March at 11.00am

at the Palace Rooms St Annes, there will be a short presentation of the JGF accounts for the financial year 2024-25 by the JGF trustees.

THE MONTH OF MARCH

March 1st is **Saint David's Day**, the patron saint of Wales believed to have lived during the 5th or 6th century and was known for promoting a simple, pious lifestyle and his famous message, "Do the little things" remains a guiding principle today, encouraging people to find meaning in small acts of goodness.



The daffodil which is considered to be the national emblem will be worn on this day to show pride in Welsh heritage.

The flower symbolizes renewal, hope, rebirth and new beginnings, often representing the arrival of spring and the promise of positive change. Some daffodils have drooping heads hence the botanical name Narcissus named after a young man known for his beauty in Greek mythology who fell in love with his own reflection in a pool of water.

St Patrick's Day - 17th March commemorates the date believed to be the day he died and the arrival of Christianity in Ireland, although today it is more about celebrating the culture and heritage of the Irish in general.



Shamrock, the three-leaf clover, has been considered the unofficial national flower of Ireland for centuries and the Irish legend says that Saint Patrick used the shamrock as an educational symbol to explain the Holy Trinity to nonbelievers as he converted the Irish to Christianity in the 4th century. Today Saint Patrick's day is a public holiday and celebrations involve public parades, festivals, céilidhs and wearing green and shamrocks.

JGF Dining out

Wednesdays

Bev books a table at various venues for us on a Wednesday after our meeting at St Annes Palace.

Please let her know if you would like to join us.

Her number is 07557 734233.

Thursdays TEA TIME FOOD

Please ring to check which venue where we will meet. It is a great early evening gathering - come and join us every Thursday 6.30pm.

Please call Bev if you would like to attend.

Sunday lunch - 12.30pm

We meet at the Clifton Park on Clifton Drive South and other venues.

To meet at Clifton Park call **Sheila on 07486 466855**

and for details and to book

The Links or any other venue call

Beryl Dale on 07530 588037.



MARCH Birthdays

- 1 Jacky Ramage
- 7 Claire Addison
- 7 Tracy Gill
- 9 Margaret Smith
- 10 Stephanie Whiteside
- 14 Andrew Jamieson
- 17 Jacqueline Buksh
- 18 Stella Grimshaw
- 19 Celia Burgess
- 19 Julie Rodgers
- 20 Christopher Molyneux
- 22 Andy Rodgers
- 23 Josephine Back
- 24 Eric Coates
- 24 Susan Hornby
- 24 Alfie Wilson
- 26 Pam Anderton
- 26 Lesley Hickey
- 27 Vernon Allen
- 28 Christine McCherry
- 29 Anne Brown
- 31 David Beddows

Happy birthday to you all
and congratulations to
those with extra 'special'
birthdays.



I'm quite sure many of us have a story to tell about mishaps relating to either moving our clocks forward or backwards one hour.

In my case it was some 30 years ago as John and I were on our journey home following a lovely holiday. Flights were not as simple in those days and very often

meant reaching a destination via Heathrow as opposed to direct flights and on this occasion we had a wait of four hours in Heathrow before our flight to Manchester. We were well prepared and had it covered with time for a light lunch, books to read and we both enjoyed people watching so were comfortably settled down as the hours dragged on.

When we had reached one and a half hours left before boarding, I got up to go and check the board when I noticed a number of people moving about and as the man beside me stood up to leave, he left his newspaper on his seat. I turned to look at the front page and there it was printed in bold letters 'Have you remembered to put your clock forward?' Of course we hadn't!! resulting in us grabbing our hand luggage and running through a throng of people repeating 'excuse me, excuse me' as we ploughed through them, red faced and gasping for breath, arriving at the gate just as the last boarding call was being made. The check-in hostess sympathised with us assuming our delay was due to the short time allocated between transfer flights, but we explained nothing, just about managing to withhold our laughter until we could breathe but it was a lesson learned and we are extra careful nowadays if travelling abroad at a time coinciding with the clock change.

Celia



If only we could have this
image from YouTube in
our head when we get in a
strange coffee place!

