

# Waterhouse Times

Welcome to a mini version of the Waterhouse Times newsletter- to talk about what's happening for Christmas!

## Christmas Coffee Morning



On 15<sup>th</sup> December 2023 we are holding our Christmas Coffee morning. It is also the same day as Overgate Hospice's Christmas Jumper Day so we can wear a Christmas jumper or something sparkly to get into the Christmas spirit!

Pam and Maureen have been super busy making their lovely Christmas Crafts to sell and we will also have a raffle (which is always an event in itself!). All proceeds raised will go to Overgate Hospice.



## Upcoming Events

### November 28

We are decorating our Christmas Tree at the Halifax Minster.

### December 5

Chair Yoga

### December 10

HATY Christmas Show

### December 15

Christmas coffee Morning

### December 18

Church Service



## Armchair Yoga

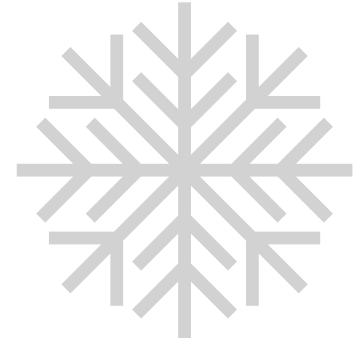
Benefits of Yoga-

- Helps to strengthen bones
- Reduces stress and helps mental health
- Improves sleep
- Helps flexibility and mobility
- Helps aches and pains

Armchair Yoga by Adele runs 2.00-3.00pm, every other Tuesday in the Community Room, at Waterhouse Homes. The cost per resident is £4.00 per session. Please note the Charity contributes towards the total amount to keep the cost as low as possible.

The feedback has been very positive and we would encourage everyone to give yoga a try and see what you think?

Everyone is very welcome- so if you know anyone that wants to come along please contact Cath (07855 331150) to book a session.



## Christmas with HATY

---

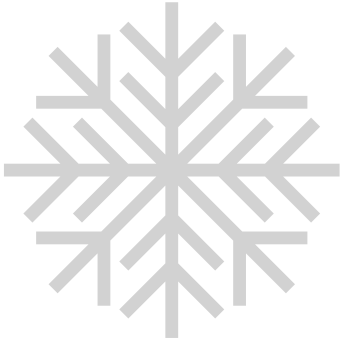
We are very excited to announce that HATY are coming to sing us for us on 10<sup>th</sup> December 2023 at 3pm. Everyone loved their last performance and we can't wait to see them again. Please let us know if you are planning on coming along- just so we have an idea of numbers.

## Christmas Church Service

On Monday 18<sup>th</sup> December, at 2:00pm, there is our Christmas Church Service. After the service we will serve drinks and mice pies.

## Christmas fun!

- The first Christmas Card was invented in 1843.
- A Christmas pudding was initially made with meat not fruit.
- In 2013 the largest ever Gingerbread House was made in Texas – the house was 60ft long, 42 ft wide and 10.1 ft high!
- Silent Night is the most recorded Christmas song in history- it's had more than 733 different versions copyrighted since 1978.



**“What do snowmen eat for breakfast?”**

**“Snowflakes!”**

**“What did the grumpy sheep say when his friends wished him a Merry Christmas”**

**“Baaaaaa humbug!”**