

**Berkhamsted/Tring Stroke Support Group**  
**Contact: Ian Hines 01442-381606**  
**2023 meeting dates at Northchurch Social Centre (amended)**

<b>January</b>	<b>3</b>	<b>Welcome back and exercises</b>
	<b>17</b>	<b>Roswitha Lamb - Accordion</b>
	<b>31</b>	<b>Quiz</b>
<b>February</b>	<b>14</b>	<b>Birthday Lunch - World's End</b>
	<b>28</b>	<b>Tringers</b>
<b>March</b>	<b>14</b>	<b>Exercises and quiz</b>
	<b>28</b>	<b>Games</b>
<b>April</b>	<b>4</b>	<b>Art - Peter</b>
<b>(Easter GF 7 Apr)</b>	<b>18</b>	<b>Canal trip</b>
<b>May</b>	<b>2</b>	<b>Exercises and Music - name that tune</b>
<b>(Bank Holiday 1 May and 29 May)</b>	<b>16</b>	<b>Speaker</b>
	<b>30</b>	<b>Quiz</b>
<b>June</b>	<b>13</b>	<b>Pub lunch</b>
	<b>27</b>	<b>Exercises and bingo</b>
<b>July</b>	<b>11</b>	<b>Seaside - Clacton</b>
	<b>25</b>	<b>Charades</b>
<b>September</b>	<b>5</b>	<b>Welcome back and exercises</b>
	<b>19</b>	<b>Speaker</b>
<b>October</b>	<b>3</b>	<b>AGM</b>
	<b>17</b>	<b>Outing</b>
	<b>31</b>	<b>Sing-along</b>
<b>November</b>	<b>14</b>	<b>Exercises and quiz</b>
	<b>21</b>	<b>Cards - Karylyn</b>
<b>December</b>	<b>5</b>	<b>Christmas lunch</b>
	<b>19</b>	<b>In house lunch and carols</b>