

# Newsletter February 2024



Dear member

Staff, Trustee and Committee members would like to thank you all for your support over the last 12 months and wish you all the best for 2024

Firstly, a reminder about our regular weekly sessions.

## Weekly Coffee Morning

This is held every Friday between 10 and 12 at The Housing Department Sheltered Housing Scheme community room, Whitesmith Croft off Silver Street, Kings Heath

## Seated Yoga

Seated Yoga is held on Tuesday from 10-11 at the same venue as the coffee morning. Currently £3 per session. Tea and coffee are served after the session. There are still places available so do come along.

## AGM

The AGM will be held on Wednesday 27<sup>th</sup> March. The venue is the Kings Heath Quaker Meeting Rooms in Colmore Road. The meeting will start at 11 am. Following a presentation of the Annual Report, the election of Trustees and Committee members will take place. Light refreshments will be available after the meeting.

## Membership

At the recent committee meeting it was decided to keep the annual membership fee at £3.

Membership forms have been included with the newsletter. These can be returned by post, handed in at the Friday coffee morning or at the AGM.

## Meal at Mckees Brasserie, Haigs Hotel, Balsall Common

Please see enclosed booking form and menu for details.

## Future trips

Definitely the Black Country Museum

Other suggestions are as follows:

Severn Valley Railway (very restricted dates)

Crich Museum

Weston Super Mare

Cardiff

Gloucester Docks

Worcester

More information to follow

## Contacting opnocs

Tony and Phil can be contacted as follows:

Tony 07951737875

Phil 07954605036

Also, we can be contacted by email at

[info@opnocs.org](mailto:info@opnocs.org)

Our Website is [www.opnocs.org](http://www.opnocs.org)

