

AGE Concern Wednesday Club

On our first day back after the summer break we were delighted to have Morag Robertson playing a selection of music on her accordian. And of course she had many funny stories to tell too.

17 September Geoff Bailey gave an interesting talk on the 2nd World War.

24 September Elaine and Isi from Linlithgow gave us another musical afternoon, playing and singing well-known songs.

1st October Wallace, Bill and Maggie entertained us with a variety of songs.

8th October Ian Scott told us tales of Scotland and sang Scottish songs.

15 October New to the Wednesday Club was the Mid Scotland Evangelical Choir and we shared a lovely afternoon with them.

22 October Ian, Margo and friends from Edinburgh entertained us with music, songs, and many funny readings

29 October John and Ann Cruickshank from Airdrie sang Scottish songs and also Ann told us many stories of Scotland.

5 November Val Cummings had us all doing a little light exercise and stressed the importance of keeping fit.

Many of the Wednesday Club had an evening at the Town Hall to see "**Brigadoon**" An enjoyable night which started with high tea at the Three Kings.

We still have a few Wednesdays to look forward to before our '**Christmas Party**' on the **17 December**.

Many thanks again to all our hard-working helpers. Enjoy the Christmas break.

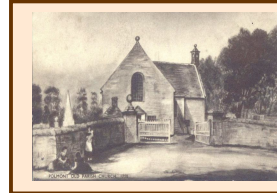
Our starting date in **January** will be **Wednesday 14th**.

Sandra Gow



Walk towards the sunshine and the shadows will fall behind you

May the closeness of friends
and the comfort of home
Renew your spirits this Christmas
Anon



History Group

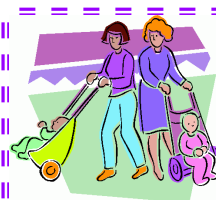
Many thanks to our speakers for the first few meetings this session – to Michael White for making football so interesting; to Grant Millard for allowing us a glimpse of what it was like to be an evacuee; to Bob Jardine for his vast knowledge of Bo'ness pottery – to all of them for making our evenings so enjoyable.

Our last meeting for this half of the season will be on Thursday 18 December. The theme that night will be "Christmas Evening".

Have you seen our "Auld Kirk" recently? Geoff Bailey, archaeologist at Callendar House has fallen in love with it and, in his own time, is painstakingly working at gently stripping away the ivy to reveal the stonework. Our first meeting of next season on Thursday 22 January will be with Geoff talking about the "Old Church Ruins and the Antonine Wall". We hope to see you all then.

Best wishes for Christmas and a happy and peaceful 2009.

Margaret Slater & Grace Hodge



Baby Group

After many, many years of organising and running the Baby Group, Margaret and Stephen Alexander have decided to call it a day.

This Group has always been regarded as a valuable resource for mothers (and parents) and babies by the local health care professionals, who recognised that being part of this group reduced the rate of post-natal depression and helped those recovering from it.

Margaret and Stephen did a great job to a very high standard with others volunteers helping too.

So, from the health care professionals, but especially from **ALL THE MUMS and BABIES** who have been part of the Baby Group over the years,

A GREAT BIG
THANK YOU!!!