

# Lewtrenchard WI March Report

**We met on March 13 at Lewdown Victory Hall.** Margaret welcomed 24 members and our speaker Jean Harris. After a lovely rendition of Jerusalem, it was quickly down to business as we had a lot to get through. We had 2 Birthdays: Karen & Nicola. Our Jumble sale raised £288.95, a big thank you to everyone.



**Subs:** are due in April, now is a good time to join our friendly and lively WI. We also have a couple of vacancies on the committee.

**Spring Council:** in Torquay is on 26/04/23 always a great experience.

**After all that business it was time to hand over to our speaker:** Jean Harris for our chair yoga session. Jean is a local lady living in Lewdown. We started with



breathing & warming up exercises. Feet flat on the floor, sitting near the edge of the seat and pushing down into your feet makes your back & shoulders straighten. Jean was very patient and complimentary about our abilities. For about 45 minutes Jean taught us many exercises, we could certainly feel our arm & leg muscles beginning to ache. We

finished off with cooling down moves and the session ended. The ladies did ever so well and were rewarded with Jeans favourite yoga music and a cup of tea. It was a very enjoyable session, everyone took part with a smile on their face.

**Date and venue for next meeting:** April 3, 2023, 7.30pm (BST) Victory Hall Lewdown. Interesting item with 'I' plus flapper headband for Tamar Group Meeting & Cookery with Linda.

**April dates for your diary:**

13 - Walk - Bridestowe - Sourton

20 - Coffee morning at Roadford Lake

**Don't feel left out, Mary E is always on hand to organise a lift.**