**SIPG** (correct as at 29/02/24)

**3rd WEDNESDAY of the Month at the Stevenson Centre**

**AFTERNOON MEETINGS – all at 1:45 for 2pm through to 4 pm**

**GUEST SPEAKERS / ENTERTAINERS**

**January 17** *(Apologies from Ben Smith, Musician / Singer - Singalong - could not make it due to Covid)*

**Plus: Tracey Ward, Parkinson’s Disease Specialist Nurse, NHS accompanied by colleague**

**February 21** Ben Smith, Musician / Singer – Singalong - CONFIRMED

**Plus: GRAHAM SCOTT, Magician** **- CONFIRMED**

**March 20** Ben Smith, Musician / Singer – Singalong - CONFIRMED

**Plus: Annual General Meeting – Review of 2023 & Voting-In New Committee Member(s)**

**Plus: possibly a guest speaker – To be Decided**

**April 17** Ben Smith, Musician / Singer – Singalong - CONFIRMED

**Plus: ANDREA WALSH – To be Confirmed - to promote benefits of The Alexander Technique – with a view to setting up the next course**

**May 15**  Ben Smith, Musician / Singer – Singalong – CONFIRMED

**Plus: ROBIN DRURY – The Talbot Trail in Sudbury** **- CONFIRMED**

**June 19** Ben Smith, Musician / Singer – Singalong – CONFIRMED

**Plus: Gainsborough House talk / presentation - CONFIRMED**

**July 17** Ben Smith, Musician / Singer - Singalong - CONFIRMED

 **Plus: Pip Wright – Historical Talk – “George Wombwell , Britain’s Greatest Showman”** **–**

**CONFIRMED**

**August 21** Ben Smith, Musician / Singer – Singalong - CONFIRMED

**Plus: Guest Speaker / Presenter / Entertainer – To Be Decided**

**September 18** Ben Smith, Musician / Singer - Singalong – CONFIRMED

**Plus: Guest Speaker / Presenter / Entertainer – To Be Decided**

**October 16** Ben Smith, Musician / Singer - Singalong – CONFIRMED

**Plus: Guest Speaker / Presenter / Entertainer – To Be Decided**

**November 20** Ben Smith, Musician / Singer - Singalong – CONFIRMED

**Plus: Guest Speaker / Presenter / Entertainer – To Be Decided**

**December** - **NO MEETING in December, but instead we have our CHRISTMAS LUNCH – WITH ENTERTAINMENT - in Late NOV or Early DEC – EXACT DATE TO BE ADVISED**

**Please Turn Over for Itineraries of Evening Meetings and Outings**

**SIPG** (correct as at 29/02/24)

**1st Thursday of the Month at The Maldon Grey**

**EVENING INFORMAL MEETINGS – all from 7pm onwards**

**Come and have a Drink – Food if you fancy and – and a chat with friends**

**January (No meeting)**

**February 1st**

**March 7th**

**April 4th**

**May 2nd**

**June 6th**

**July 4th**

**August 1st**

**September 5th**

**October 3rd**

**November 7th**

**December 5th**

**Please Turn Back / Over for Itineraries of Afternoon Meetings / Outings**

**SIPG** (correct as at 29/02/24)

**2024 OUTINGS – TRANSPORT COURTESY OF FELIX COACHES**

**April Friday 12th - The Hut, Felixstowe promenade** – We have our own fully-fitted private premises right on the beach promenade, for the day, **and we’ll have Fish & Chips for lunch** for those who want it – but we will have to pre-order the food so **your booking for this day out and your fish & chips order is needed QUICKLY, please - ASK US FOR THE MENU as we have to order menu choices in advance**

<http://www.fopwa.onesuffolk.net/the-hut/>

**May**  **Wed 8th –** **Thorpeness or Aldeburgh** – we will visit one of these lovely coastal / seaside, off-the-beaten-track locations

<https://www.thesuffolkcoast.co.uk/suffolk-coast-towns-and-villages>

**June**  **Tuesday 11th – Princes Theatre, Clacton – Early Afternoon Matinee Live Show: D-Day Anniversary** Music & Song with Neil Sands and the Girls (who did such an excellent Christmas show that we went to last year)

<https://neilsands.com/>

<https://princestheatre.co.uk/>

**June** **Thursday 27th – Marks Hall Estate – Orchard Kitchen Café,**

**Gardens, Arboretum, Lakes, Walled Garden and Woodland Walks** -

<https://www.markshall.org.uk/>

**July**  **Tuesday 23rd -** **Stonham Barns** **– in a Vintage Coach** (unless closer to time, once bookings some in, we need to have a more modern wheelchair access vehicle) **– Shopping Village, Bistro & Tea Room, The Legends Sports Bar, Suffolk Owl Sanctuary - lots to see and do** and we’ll have **hot food - booking for this day out and your food order is needed as soon as possible, please – ASK US FOR THE MENU as we have to order menu choices in advance**

<https://www.stonhambarns.co.uk/>

**August** **Wednesday 7th -** **Garden Party – including Fruit Picking** - at

our committee member **Jackie Trudgett’s home** near Boxford

**September**  **Friday 27th -** **Mississippi Paddle Boat Cruise and Lunch** (Please

note that this will be a longer day, because we go into Norfolk for this

trip) and we’ll have **hot food at The New Inn in Horning - booking for this day out and your food order is needed as soon as possible, please – ASK US FOR THE MENU as we have to order menu choices in advance**

**October**   **Wednesday 23rd -** **Visit to a Scotsdales Garden Centre and possibly other nearby location(s)**

**November**   **Thursday 7th - Princes Theatre, Clacton – Christmas Memories**

**Show** **Early Afternoon Matinee Live Show**: Christmas-themed Music & Song / Singalong show – with lot of laughs with Neil Sands and the Girls (who did such an excellent Christmas show that we went to last year)

<https://neilsands.com/>

<https://princestheatre.co.uk/>

**Please Turn Back / Over for Itineraries of Wednesday of Evening and Afternoon Meetings**