



The Queen's Award

Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015
Registered Charity No. 1121930



www.nvk.org.uk

Newsletter: Issue 7 Vol-7 (July 2019)

Thursday Meetings at: Sattavis Patidar Centre, Forty Avenue, Wembley, Middx HA9 9PE

Disclaimer: Navjivan Vadil Kendra is not liable for any personal injury, accident or mishaps that may occur during any of its activities/events/outings

For Photos click on: www.nvk.org.uk/galleries/all

JAI JINENDRA & JAI SHREE KRISHNA

THOUGHT FOR THE MONTH:

Kindness is more than deeds. It is an attitude, an expression, a look, a touch.

It is anything that lifts another person.

Honorary

Patrons

Manick Choraria
Pranlal V Parekh

President

Vinod Parekh
020 8537 5592

Vice President

Vinod Kapashi

Secretary

Jayant U Doshi
16 Haywood
Close
Pinner
HA5 3LQ
020 8954 1859

Joint Secretary

Purnima Mehta
P.R.O.
Praful G Shah
pgshah42@yahoo.
co.uk

Treasurer

Punam Patwa
020 8958 2714

Jt Treasurer

Kishor Doshi

Webmaster

Chiman Sheth

Entertainment

Vinod Kapashi

Committee

Ella Shah
Dr Mahendra
Vora
Purnima Mehta
Hasmukh Parekh
Kusum Punater
Harendra
Meswani
Hasu Mandalia

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then **Sponsor** a lunch for **£301.00**. 10 guests allowed. Special lunch for **£601.00**

Dear Vadil Members

Welcome to July Newsletter. The weather has been very good towards the end of June. Summer is here now and it's time to visit the local parks with your family, and have picnics and play games.

DONATIONS:

6/06: *Chas for June was sponsored by **Dinkerrai Seth**. Many thanks to him.

20/06: *£25 from **Neemaben and Surubhai Kakad** on celebration of their **54th Wedding Anniversary** on 20/06. Kendra's Best Wishes and pray that they enjoy and celebrate many more anniversaries to come.

27/06: *£51 from Rasilaben and Prabhudasbhai Shah, who recently celebrated their **64th Wedding Anniversary**. Kendra's Heartiest Congratulations and we pray that they will celebrate many more anniversaries to come. They have also donated several packets of assorted biscuits for today's Tea Time. Kendra's many thanks for the donation.

*£51 from **Ramanbhai G Shah** who is celebrating his **80th birthday** on **28/06**. We wish him a very Happy Birthday and pray that he enjoys many more to come.

*An anonymous member has donated some more biscuits. Many thanks from Kendra.

PROGRAMMES IN JUNE 2019:

6/06: There was no programme after lunch as we couldn't use the hall.

13/06: Bingo was played after lunch. Many members stayed to play and enjoyed thoroughly. Prafulbhai conducted the bingo and two games were played. There were also two surprise prizes.

20/06: After lunch we had a very interesting discussion on **Generation Gap**. Many members took part on this topic and spoke of their experiences and how our younger generation now, is so involved in modern technologies and their way of life is completely different to ours, thus doing what they would like to do which may not be appropriate or liking to the elderly generation. **Vinodbhai Kapashi** kept on giving good quotations after each speaker's recitation. He thanked all who took part.

27/06: After lunch **Vinodbhai Kapashi** had arranged for **Dr Ajit Shah**, to visit us and give a talk on our Wellbeing. He gave a very interesting talk on how the senior citizens can take care of their health. He explained that at our age we have to change our life style by eating healthier food and exercise regularly. He also talked about the knee pain and other problems we face as we grow old and gave guidance on how to look after them. There was a Question and Answer session also.

25/06: This was the eighth visit to the care home. The team visited **Karuna Manor Care Home**. Weather conditions permitted the team to entertain the residents out in the open. They entertained over 30 residents with Gujarati folklore songs, garba with a few residents joining the garba. This was followed by a couple of Stavans but in a form of quwalis. A popular golden oldie Bollywood song “Tu Ganga ki mouj me Jumna ka Tara” in which all residents took part. A game of ‘pass the parcel’ was played afterwards, with all residents getting a chance to participate. Our entertainment ended with Dandia Raas.

This was our second visit in the last two years at Karuna. This time round the atmosphere was electrifying and was very uplifting with the resident pujari joining in our **Garba and Dandia Raas**. This visit was attended by: **Vinodbhai Parekh, Dr Vora, Dineshbhai Shah, Sudhaben Kapashi, Kusumben Punater and Purnima Mehta.**

Some of the photos from our visit to Karuna Manor Care home

