



Navjivan Vadil Kendra

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

Newsletter Issue 6 Volume 26 June 2024

For Photos click on: www.nvk.org.uk



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

Honorary Patrons

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Committee

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Jayant Doshi

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Hasu Mandalia

Co-Opted

Member : Karsan

Bhudia

Lunch

Celebrating a special birthday, or wedding anniversary? Or in memory of someone dear? Then *Sponsor* a lunch for **£501. 5** guests allowed. Special lunch for **£1001. 5** guests.

🙏 JAI JINENDRA & JAI SHREE KRISHNA 🙏

Dear Vadil Members,

Welcome to June Newsletter. Hope all the members are keeping well. Finally the weather is improving and we are seeing more members attending every Thursday.

Donations:

“Chaas” for the month of May were sponsored by Pritiben and Sejubhai in memory of their mother late Shardaben and Taraben and Mansukhbhai.

02/05: *£51 from Kumudbala Mahendra Shah for her birthday on 3rd May.

09/05: *£101 from Ramaben Doshi on the occasion of Jayantbhai Doshi's birthday, which was on 6 May.

*At tea time Ganthia, donated by Rashmiben and Ashwinbhai Shah on the **occasion** of their wedding anniversary, which was on 18 May

*At tea time chocolate biscuits, donated by Krishnaben and Kirtibhai Mehta.

16/05: £25 from Rohitbhai Shantilal Lathia on the occasion of his birthday which is today.

£51 from Kantaben R Mehta on the occasion of her birthday on 14/05.

30/05: £30 from an anonymous member.

Kendra's heartiest thanks to the all the above Donors for their generosity and sharing their special occasions with us and our best wishes to them.

PROGRAMMES IN MAY 2024:

02/05: Morning yoga was conducted by Manishaben. After lunch we had an interesting debate about our experiences in life and our relations with our nearest and dearest ones. The programme started at 2.15 pm and the following members shared their past experiences.

Ramesh Shah

Jasuben Mehta

Ninaben Bhuvra

Minaben Shah

Maltiben Shah

Jayshukbhai Mehta

Mayaben Parikh

Kalaben Malde

Vasantbhai Malde.

And Vijayshreeben Rajput

09/05: Morning yoga was conducted by Manishaben. After lunch we had invited Mr Shandip Shah of the 'Balanced Consultancy.' Shandipbhai explained about the necessity of Will making, what should be included in the Will and also about the Lasting Power of Attorney. He mentioned that everyone should have these. The Power of Attorney will help the authorised person to make financial or health related decisions on behalf of you in the event of your inability to make such decisions. He finally explained about the Inheritance Tax. Our members were very much interested to know about these procedures and there were several questions from the audience. Kendra's thank you to Shandipbhai for bringing this Presentation and explaining it in Gujarati.

16/05: Morning yoga was conducted by Manishaben. In the afternoon we had a change of programme. We had two guests from Ahmedabad who entertained us by singing some beautiful songs on Karaoke music. Their names were: Mrs Anal Vaishnav (Kapadia) and Mr Jaydutt Kapadia. Both are architects and renowned landscape planners too. Initially we had asked the members of the audience to come and sing but after a few songs our members wanted only guests to sing. Also, there was not enough time to accommodate all and therefore we requested our guests to sing the last three songs and finish the programme. Everyone enjoyed their singing. Kendra's thanks to both of them to come and entertain us all.

23/05: Morning yoga was conducted by Manishaben. In the afternoon we played games of skills conducted by Dr. Kapashi, started with one or two quizzes and then asked a few volunteers to come to the stage and test their memory skills. Participants enjoyed that very much. On another test they were asked to concentrate on two different things in one go. This proved a bit difficult and no one could do that. Vinodbhai then gave a few tips for shaking hands and stimulating the nerve system. More quizzes were presented and the audience enjoyed all that.

30/05: In the morning we had yoga by Manishaben. In the afternoon we had a talk on the life, Wellbeing and Spirituality by Tarlaben Doshi who was visiting UK from India. She talked on all the three subjects and how in old age we should live peaceful and in harmony. It was a very interesting talk and many members stayed to hear her. Kendra's many thanks to her.

UPCOMING EVENTS FOR JUNE:

20/06: After morning yoga and lunch, we will have live music from 2 pm onwards sponsored by Nimaben & Surubhai Kakad.

27/06: Kendra has organised a full day Music programme with live music and special lunch.

We have started selling the tickets at the front desk. Please get your tickets as soon as possible.

Tickets will cost members **£5.00** each, non-members **£15.00** each. We have arranged for a Special Lunch, so please come in your colourful attires and enjoy the day.

For **sitting arrangements** please pick up the Table list forms of 10 per table, from the Secretary at the front desk. Please complete the table list with 10 names, including the name and mobile number of the leader, and submit to the Secretary. Incomplete table lists will not be accepted so please make sure that your list is complete of names of the people on your table.