



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 23 Vol-06 (June 2021)

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](http://www.nvk.org.uk/galleries/all)



**JAI JINENDRA & JAI SHREE KRISHNA**



## Dear Vadil Members

Welcome to June Newsletter. It seem finally the summer is here, with sun shining and temperature lifting higher, after a wet May. Hope all of you are making the most of this beautiful weather. We are approaching the final step 4 of Government's Covid Road map, on 21<sup>st</sup> June. Due to The new Indian Variant of Covid in many parts of England, it seems that this will be delayed. We will have to wait for the Government to decide on this. So our request is still to be cautious and remember to,

**WASH**

**COVER**

**2 METERS APART**



**Donations: £81 from an anonymous donor on celebration of 80<sup>th</sup> birthday. Kendra's best wishes to them and thanks for their kind donation.**

**\*£51 from an anonymous donor to Kendra for arranging interesting programmes every week. Many thanks from Kendra to her.**

### **PROGRAMMES IN JUNE:**

#### **06/05:**

**Morning Yoga was conducted by Manishaben 96 devices were registered. In the afternoon, due to member's wishes, Ram Navami Bhajans were kept. There were 11 participants, and Jasuben, started the programme with giving a brief description of Ram Navami celebration. She also emphasised about Ram's exile in Jungle for 14 years, and how we have to learn from that during our Covid pandemic. Other remaining participants sang Bhajans. Dr. Kapashi ended the afternoon with, Ram Mandir built in Ayodhya (Ram's birth place) last year. It was an entertaining programme, with members showing of their talents. 68 devices were registered.**

**13/05: Morning yoga was conducted by Manishaben, 103 devices were registered. Afternoon programme was a talk by Varshaben Dodhia on my Last Wishes. She talked about how she got in this voluntary work, in giving advice in the community. She explained that she has no special training in this field but she experienced it when her in-laws were diagnosed with Dementia. She gained her experience while she was dealing with NHS, for her in-laws. She talked about why it is very important to have a valid Will made and also Power of attorney. It was a very interesting talk. Many thanks to Varshaben from Kendra, for giving up her time to talk to us. 105 devices were registered.**

### **Honorary**

#### **Patrons**

Manick Choraria  
Pranlal V Parekh

#### **President**

Vinod Parekh  
020 8907 1331

#### **Vice President**

Vinod Kapashi

#### **Secretary**

Jayant U Doshi  
16 Haywood

Close

Pinner

HA5 3LQ

020 8954 1859

#### **Joint Secretary**

Purnima Mehta

#### **Treasurer**

Punam Patwa  
020 8958 2714

#### **Jt Treasurer**

Kishor Doshi

#### **P.R.O.**

Pratul G. Shah  
[pgshah42@yahoo.co.uk](mailto:pgshah42@yahoo.co.uk)

#### **Webmaster**

Chiman Sheth

#### **Entertainment**

Vinod Kapashi

#### **Committee**

Ella Shah

Dr Mahendra

Vora

B.T. Shah

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 **£350.00**.

5 guests allowed.

Special lunch for **£750.00**

**Guest Fee £7.00**

**20/05:** Morning yoga was conducted by Manishaben, 105 devices were registered. Afternoon we had Cooking Demonstration. There were 9 participants, who showed their talents in cooking a variety of mouth-watering dishes. Also some handy tips were given. A big thank you to all the participants for joining in, and a big thank you to Zoom team for entertaining us through this Pandemic. 110 devices were registered.

**27/05:** Morning yoga was conducted by Manishaben. 88 devices were registered. In the afternoon we had a Musical Show with our own member, Bhagwandasbhai Bakhai, accompanied by Malaben Shirish Mithani who is the daughter of our past President Late Pranlalbhai Parekh. The show started with Bhagwandasbhai, giving an introduction of himself. He is 86 years old and how he has kept his passion for playing the Keyboard. He played 3 Instrumental numbers from the Bollywood Golden era films. He played them beautifully and everyone enjoyed listening to him. Kendra is very proud of having Him as our member. Then Malaben started singing in her melodious voice. She sang 9 songs, again from the Golden era. The selection of the songs was perfect for our members. I enjoyed it thoroughly singing away with her. It brought the old memories back. Kendra's thanks to both of them for an entertaining afternoon and wish both of them well. 136 devices were registered.



**Bhagwandasbhai Bakhai**



**Malaben Shirish Mithani**

## **Funny quotes about age:**

1. *Age is a very high price to pay for maturity.* ~[\*\*Tom Stoppard\*\*](#)
2. *At my age "getting lucky" means walking into a room and remembering what I came in for.* ~Author Unknown
3. *I don't do drink or drugs. At my age, I get the same effect just standing up too fast.* ~Author Unknown
4. *Age is something that doesn't matter unless you are a cheese.* ~[\*\*Luis Buñuel\*\*](#)
5. *Where does it say we have to act our age? As long as it makes me happy and I'm not hurting anyone, I will act whatever age I want to.* ~Author Unknown
6. *Middle age is when a guy starts turning off lights for economic rather than romantic reasons.* ~Eli Cass
7. *I don't let my age define me but the side-effects are getting harder to ignore.* ~Author Unknown
8. *Life's tragedy is that we get old too soon and wise too late.* ~[\*\*Benjamin Franklin\*\*](#)
9. *Middle age is when you're sitting at home on a Saturday night and the telephone rings and you hope it isn't for you.* ~[\*\*Ogden Nash\*\*](#)
10. *Forty is the old age of youth; fifty is the youth of old age.* ~[\*\*Victor Hugo\*\*](#)
11. *No one is so old as those who have outlived enthusiasm.* ~[\*\*Henry David Thoreau\*\*](#)