



Nick's Newsletter 2009

*The year I reached 60
in style, in Scotland:*

Bridge skills continue to
improve...

Solving those cryptic
crosswords...

Burning off some of those
calories...

*Website Re-Vamp
Highlights:*

Most of you reading this
Newsletter will have
downloaded it from my
website which has had a
complete re-build and
looks very different to how
it was before.

Many new features have
been added including a
monthly 'blog' news page
and access to and even
increasing series of photo
galleries.



The Surprise Birthday Cake!

Happy Christmas from Nick and Karen!

The highlight of the year was my 60th birthday celebration in Scotland with Karen and several of my dear friends. We had a wonderful time, including a truly memorable cruise on Loch Lomond. We also made visits to Killin Falls and Pitlochery. Another highlight was a visit to Culzean Castle on the

The Rest of the Year

The rest of the 2009 was a busy time too with my Bridge Club membership extending to two sessions a week. An additional benefit is that I have made several new friends. We enjoy a 'carvery' lunch together most Thursdays.

My 'crossword' friends and I still get together most Wednesdays to tease out the solutions to the cryptic crosswords in the newspapers.

Another important feature of my life, which started this last year (and long may it continue) is my joining a Lifestyle and Fitness group. I attend sessions on two evenings a week and the sessions involve aerobics, sandwiched between progressing round a circuit with various specific exercises at each workstation. I've gone down a waist size already and really do feel much more of

Ayrshire coast. We also enjoyed a day in Edinburgh, shopping on Princes Street and going round a restored Georgian House in Charlotte Square.

Our celebration was at the lovely Loch Achray Hotel, in the middle of the stupendous Trossachs scenery.

a zest for life generally. We each have a 'Life Coach' who gives advice on all matters relating to nutrition and emotional well-being, as much as on achieving physical fitness.

Having invested in an exercise bike of my own, I continue a daily exercise routine. I do a lot of walking as well and still very much enjoy weekends out and about with a local 'Ramblers' group.

The monthly Computer Group continues to meet regularly at my home and we have had a new 'member' join us. I have a 'Computer Tips' section on my website which is one of the most frequently visited pages.

I still host the Quiz Nights for the NEWUF charity. The last one was in November and we had a packed house. I thoroughly enjoy hosting these Quizzes.