



The Queen's Award  
for Voluntary Service

# Navjivan Vadil Kendra

RECIPIENT: QUEEN'S AWARD FOR VOLUNTARY SERVICES 2015

Registered Charity No. 1121930

Newsletter: Issue 13. Vol-2 (February 2018)

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



www.nvk.org.uk

## 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 8866 9761

### Joint Secretary

Jaykumar Shah

### P.R.O.

Praful G Shah

### Treasurer

Punam Patwa  
020 8958 2714

### Jt Treasurer

Kishor Doshi

### Webmaster

Chiman Sheth

### Entertainment

Jasuben Sheth

### Committee

Pragna Mandalia  
Ella Shah  
Dr Mahendra  
Vora  
Purnima Mehta  
Hasmukh Parekh  
Ashok Mehta

### 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**

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

## JAI JINENDRA & JAISI KRISHNA

Dear Vadil Members

Hope all of you had a good start the New Year, and wrapping up warmly in this cold weather.

We took 21 new members who were on our waiting list for nearly 5years. We welcome them on behalf of the Kendra and hope they enjoy the activities we do every Thursday. Last year we had a membership of 401 and now we have 352 people on the waiting list.

### DONATIONS:

**4/01:** Chaas for the month January 2018 was sponsored by Manormaben & Chandulal Parekh and Pratimaben & Harshvadan Mandalia. Many thanks to all of them from Kendra.

**11/01:** £51 from Rasilaben Shah on the occasion of her husband Prabhudasbhai birthday. Also special lunch with homemade Pendas and Mukhwas was sponsored by Rasilaben and family members on the occasion of the 90<sup>th</sup> birthday of Prabhudasbhai. Our Heartiest congratulations and Best Wishes to him and we pray that he will enjoy many more birthdays to come. It is customary to recognise members' 90<sup>th</sup> birthday by bestowing a saal in recognition of reaching this milestone. Prabhudasbhai was honoured by bestowing a saal on him by Our President and Secretary.

**18/01:** Papdi Ganthia were sponsored by Manjuben Pindoria to celebrate the birth of her grand-daughter Yashvi born on 17/12 to proud parents Hitesh & Reena, a sister to Mansvi. Kendra's Thanks and Heartiest Congratulations to all family members.

**25/01:** £51 from Nitinbhai and Kiranben (Kumudben) Patel on the occasion of their wedding Anniversary and also the birthday of Nitinbhai. Our Heartiest Congratulations, Best Wishes and we pray that they enjoy many more anniversaries and birthdays to come.

£35 from Kantaben Vaid on the occasion of her husband's tithi.

Kendra's thank you to all the above donors for their generosity.

### PROGRAMMES IN JANUARY 2018

**4/01:** Jasuben Sheth conducted an interesting Quiz session after lunch.

(The Quiz game was played in Groups of 4)

**11/01:** After lunch Bingo game was played with very good prizes donated by Rasilaben and Prabhudasbhai's family. A record number of members stayed after lunch to play Bingo games. Mahendra Vora was the Bingo Master and prize winners were presented the special prizes by family members of Prabhudasbhai's family. Kendra's thanks to Rasilaben and Prabhudasbhai and their family for sharing this special occasion with us, and making our member's day very memorable.

**18/01:** We played Whist Drive after lunch. There were 10 tables and Mahendrabhai Vora conducted the game. Member's enjoyed playing the game. And there were 2 winners.

**25/01:** We celebrated India's Republic Day. Members sang patriotic songs and also there was a humorous skit depicting the misdeeds of Indian Ministers.

## **UPCOMING EVENTS FEBRUARY 2018**

**Our** first trip this year is a MYSTERY TOUR of 5 days and 4 nights from 23rd to 27 April. Transport will be provided with 2 excursions, 4 Dinners and 4 Breakfasts. Cost: Members £110 pp (2 sharing) and Non-members £120. Single supplement £20 extra. Members will have to arrange their own lunch as that is not included. Cancellations will be permitted only if replacement is found. Destination is in England but is a mystery. Coach will depart from a location in Harrow. Members will be given first preference and Guests will be put on waiting list (maximum 2 guests per member). Payment to be made on application and no names will be put on list without payment. Please give your cheque (payable to Navjivan Vadil Kendra in full) to Ashok Mehta at the front Desk. For further information, contact Jayantbhai Doshi: jay@jayantdoshi.com . Tel: 0208 8669 761/ 07956223102 Please note that the mystery destination's name is not known to Jayantbhai or the person in the Company we are dealing with, so please **DO NOT ASK THIS QUESTION.**

**Ashwinbhai Sheth** (our member Gauriben's husband) from Feltham & Whitton Lions Club has invited 10 members to attend and enjoy their annual Senior Citizens Party on Sun 18th Feb at the Harrow Leisure Centre, Byron Hall from 1.30pm. Kendra's Heartiest Thanks to Gauriben and Ashwinbhai Sheth for the invitation. Those members who have not attended this annual programme were requested to give their names.

**Our** Yoga Teacher Manishaben is going on holidays from 1<sup>st</sup> February to 20<sup>th</sup> February. We wish her happy holidays.

### **Sad Loss:**

We convey our deepest condolences to Hasmukhbhai and Hansaben Parekh on sad loss their beloved mother Savitaben Pranal Parekh. She was also our first president Pranalbhai Parekh's wife. May her soul rest in peace.

### **Navjivan Vadil Kendra:**

Literally translated it means "**NEW LIFE ELDERS CENTRE**" and our aim is to improve the quality of life of our members, give them a chance to come out of their homes and enjoy for the day, form companionships and reduce loneliness in their lives, and improve quality of life by looking after their health. A recent government report says that loneliness is the biggest issue as we live longer and longer, and now a Minister for Loneliness has been appointed to look what can be done to tackle this issue.

We at NVK in a small way are helping to tackle this issue. After 11 years of existence, we can be proud to say that we have made a big difference in the lives of our members. Amongst our many activities can be included arranging day trips, short trips and long trips to allow our members to go out and enjoy.

In April we have planned a Mystery Trip for 5 days at a very reasonable price and it is a pleasure to note that almost 100 members have already put down their names and more are enquiring about it. It gave great pleasure when a member, whose health is such that she has to carry oxygen bag with her all the time, has requested if she can join this trip. Our aim is to help such people and others who rarely are able to go anywhere to enjoy in the company of others they know.

### **Yoga by Manishaben:**

Our members enjoy yoga lessons from Manishaben. Members who hardly ever did any exercise or activity, are participating with great enthusiasm in yoga sessions. It will interest members to know that Manishaben completes 10 years later this year since she started giving yoga lessons to our members. Her enthusiasm and dedication are our inspiration.

Manishaben is going on holiday from 1<sup>st</sup>-20<sup>th</sup> February. We wish her happy holiday as she deserves this break.

Kendra has arranged with couple of yoga teachers to replace Manishaben while she is away.