**Corona Plateau Mauritius**

**Newsletter July 2023**

Dear Members,

The next meeting will be held on Friday 21st July 2023 at the Gymkhana Club. This time we have the special privilege of having a talk by our Chairwoman, Manda Boolell on coping with Old Age. Manda is a member of the International Federation on Ageing, and each month they have a Global Cafe Session. These sessions provide an opportunity for participants to engage in meaningful dialogue and share insights on a range of topics related to ageing, thus they strive to obtain a common agenda to incluence and shape age related policies in the UN Decade of Healthy Ageing.

Every two years, an international conference is held in a different country, this year it was held in Bangkok. Topics included issues related to health, policy and social inclusion .

We look forward to hearing what Manda has to share with us.

Our meeting in June was attended by some 12 members. Mrs. Hassamal gave an interesting demonstration on making a macrame plant holder and she showed us various kinds of knots and inserting beads into the design. Maureen kindly donated the raffle prize, which was won by Huguette.

This month’s raffle will be given by Neena.

There will be a change in the manner that snacks are served at the next meeting. Each member will be provided with a plate of goodies to facilitate the service and ensure hygiene and cleanliness. We do hope that this method will be welcomed by our ladies.

Hope to see you all on the 21st (next Friday)