

October 2022 Newsletter



Please consider Hi-Viz clothes and running lights at evening sessions from now on please. The club has reflective vests you are welcome to borrow weekly to reduce financial outlay 😊

THIS IS WHAT HAPPENS WHEN YOU DRINK A GLASS OF RED WINE



- WARM UP**
Blood vessels dilate, causing warm blood to move closer to the skin's surface.
- BETTER SLEEP**
You enjoy better sleep even compared to people who drank only water.
- HEART HEALTH**
Red-wine tannins protect against heart disease and lower your risk of heart attacks.
- BURN FAT**
Ellagic acid dramatically slows the growth of fat cells and lowers your risk of developing type 2 diabetes.
- LOOK GOOD**
Facial muscles loosen and cheeks flush with color, causing you to look more relaxed, and thus more attractive.
- FIGHT SICKNESS**
Ellagic acid dramatically slows the growth of fat cells and lowers your risk of developing type 2 diabetes.



Our club Christmas Dinner & Dance

(All welcome plus partners, menu attached)

Friday 9th December

Hotel Burlington, Folkestone

7pm till Midnight

£46.00 per person

Deposits of £20pp now due (pop reference as name & xmas on BACS)

Club Schedules

day	date	venue	session	notes
Monday	3 rd October - 0900	HCC	3m & 5m	
Tuesday	4 th October - 1830	HCC	All Groups	FUNdamental week 7
Monday	10 th Oct - 0900	HCC	3m & 5m	
Tuesday	11 th Oct - 1830	HCC	All groups	FUNdamental first graduation
Monday	17 th Oct - 0800	HCC	5m only	
Tuesday	18 th - 1800	Cricket Club	Hourglass joint session	FUNdamental second graduation
Monday	24 th - 0800	o/s The Grand, The Leas, Folkestone	3m & 6m	
WEDNESDAY	26 th – 1830 prompt	Duke of York School Dover	All groups	Track session for all abilities 😊
MONDAY	31st Oct - 1830	HCC	All groups	Fun fancy dress
			Prize for best	Dressed

Session cancellations due to weather conditions will be posted on FACEBOOK



BURLINGTON HOTEL
FOLKESTONE
★ ★ ★ ★

FESTIVE PARTY MENU 2022

LEEK & CHESTNUT SOUP PB | GF
leek crisps, herb oil

CHICKEN LIVER PÂTÉ
toasted brioche, pickled red onion, tomato chutney

PRAWN COCKTAIL
dockersourdough crostini, pickled cucumber, bloody mary sauce



ROAST TURKEY FROM THE BUTCHER OF BROGDALÉ GF
roast potatoes, maple parsnips, sage and chestnut stuffing, pan gravy

CHARRED CAULIFLOWER STEAK PB | GF
chestnut mushrooms, baby onions, haricot bean puree, red wine jus

PAN FRIED HAKE GF
roasted new potatoes, green beans, lemon and caper butter

SLOW-COOKED SUSSEX BEEF BRISKET GF
boulangerie potatoes, braised red cabbage, beef gravy

All main courses are served with a selection of traditional winter vegetables from Watts Farm in Kent



CHRISTMAS PUDDING v
martell vs brandy sauce

DARK CHOCOLATE SALTED CARAMEL TORTE v
taywell clotted cream ice cream

PASSIONFRUIT CHEE'Z'CAKE PB | GF
taywell yuzu sorbet



COFFEE & MINCE PIES

V = VEGETARIAN | PB = PLANT BASED (VEGAN) | GF = GLUTEN FREE

A discretionary 10% gratuity will be added to your bill for meals served in the Bay Tree Bar & Grill which is paid directly to our staff. Please allow at least 30 minutes for your meal. Some items may contain allergens, please ask to speak to a manager for more information.

