

Packington Men's Group PMG



16 **PMG members** enjoyed an evening visit and guided tour of **Champneys Springs**, the relaxation spa paradise which is almost on our doorsteps. **Operations Manager Carol Harvey** (pictured) welcomed us with an informal talk and refreshments, after which we were shown round this modern health resort & spa.

We all instinctively know that exercise is vital in creating a healthy mind and body; it reduces stress, improves sleep, strengthens immunity and makes one feel happy and energised. As we saw, Champneys fitness facilities are second to none, with a vast range of activities on offer and something to suit everyone, whatever our level of fitness. We were particularly impressed to see that many local Club members we met were of similar maturity to ourselves.

On Thursday 9th May 2013 - we **leave the village at 11:30am for our PMG Annual Luncheon**, again at the **Donington Manor Hotel** where we have the

cosy oak-panelled **Gun Room** with white-linen sit-down wait-service for our meal. Our 2- or 3- course meal again

costs £10 or £13. Last year not everyone was keen on the limited choice of drink offered, so this year we can choose our own alcoholic and other drinks directly from the hotel bar prior to the meal. **RSVP!** We need to choose from a



menu (see village website), and **pay our Treasurer, Wally Instrall, Tel 416786 , before Wed 1st May.**

Dates For Your Diary: Thursday 13th June - PMG Pub evening with optional stroll - low-stress social event, with gentle exercise. **Thursday 11th July - PMG Pub Outdoor Games evening.** A more competitive evening social event with pub fayre and mature games.



More on PMG at front of this Parish News; on web, "packington dot info".