



# Dee Sailing Club

## January Curry Night

### Saturday 16<sup>th</sup> January

**Join us on the 16<sup>th</sup> for drinks and a natter about next seasons sailing, while losing weight & boosting your immune system with a delicious curry!!!!**

***Reason 1 - The spices in curry have antibacterial & antioxidant properties which have been shown to speed up recovery from colds!***

***Reason 2 - It's thought that spices including chillies could raise your metabolism by up to 50% after eating!***

Club will be open from 19:00  
Curry will arrive at 20:00  
The bar will be open

See the website for the menu.

Please confirm your order to either:

- Dave Clements – 07949537984
- Lee Matthews - 07515144821
- Jonathan Waddington - 07771841334



**Order deadline 21:00 Thursday 14<sup>th</sup>,  
pay on the night – everyone is welcome!!!**