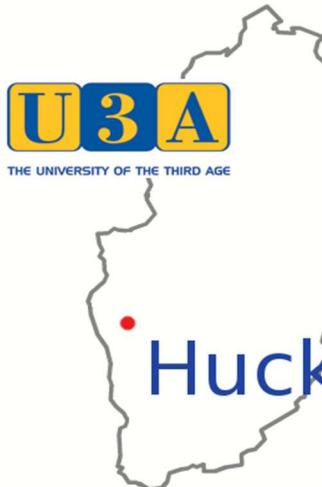


# NEWSLETTER



Issue July 2017

Web Address: [www.hucknallu3a.org.uk](http://www.hucknallu3a.org.uk)

The meeting is held on the second Wednesday of the month starting at 1.30pm at the Hucknall Leisure Centre.

## Message from our Chair

Welcome to the July 2017 Newsletter.

Last week end I took part in the 'Great Notts Cycle Live' 50 mile ride with six other members of our U3A cycle group.

It is a great event which is both a sociable and physically active experience shared with people of all ages.

Age does erode our physical capabilities but its effect can be slowed down if we continue to take part in many forms of gentle to vigorous activity and exercise. The following quote is from a recent World Health Organisation report on physical activity and wellbeing for older adults.

'In adults aged 65 years and above, physical activity includes leisure time physical activity (for example: walking, dancing, gardening, hiking, swimming), transportation (e.g. walking or cycling), occupational (if the individual is still engaged in work), household chores, play, games, sports or planned exercise, in the context of daily, family, and community activities.'

And this from the Third Age Trust website:

'(U3As) pursue an amazing range of topics; some academic, some practical and others recreational. Most local U3As offer a combination of opportunities to study, create, socialise, and contribute greatly to members' overall health and wellbeing'

## FUTURE SPEAKERS

**9<sup>th</sup> August 2017** – Graham Short – "Hands of a Genius"

**13<sup>th</sup> September 2017** – Andy Smith – "Sing a Century"

**11<sup>th</sup> October 2017** – Brian Freeland

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## **Message from our Chair (Cont...)**

Within our U3A we are fortunate to have Interest Groups offering Walking at 3 different levels, Cycling, Grumpy and Not so Grumpy Men's groups and Ladies Growing Old Disgracefully all of which involve levels of physical activity.

## **David Rose, Chairman**

## **OUR SPEAKER THIS MONTH**

Steve Short, back after entertaining us in 2016 with "Tommy Cooper", Steve has other talks and has Harry Houdini this month.

## **COMMITTEE CORNER - Notes from our Committee**

The Committee held its monthly meeting at the John Godber Centre on Wednesday July 5th. David Rose was scheduled to attend a Nottinghamshire U3A meeting on the topic of "Managing Growth" while Alan Snape and Christine Berrill were away on holiday. As a result the meeting was chaired by Barrie Saunders.

Topics discussed included changing Membership cards to a digital/scanning system, Membership Secretary; Marguerite Hodkinson continues to find out more information about this possible change. A discussion also took place on how we can improve Fire Safety procedures for the monthly meetings held at the Leisure Centre.

The meeting also considered the possibility of "Networking" with other Local U3A's to exchange ideas and possible joint ventures. The format for our tenth anniversary calendar was also discussed. Full minutes of the meeting will; as usual be on display at the monthly meeting.

Barrie Saunders Vice Chairman

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## **NEWS FROM THE GROUPS**

### **ARTS INFORMATION GROUP**

To join the Arts Information Group and receive a weekly updated calendar of what's available in our local area ask Alan Snape to include your e mail address in the circulation list. Contact Alan on 07940146542 or [alansnape@hotmail.co.uk](mailto:alansnape@hotmail.co.uk)

The calendar usually includes events at Royal Concert Hall, The Broadway Cinema, The Bonington Cinema/Theatre plus International live transmissions of Opera, Ballet and Theatre.

### **CANASTA GROUP**

The Canasta group now meets twice a month, on the 1st and 4th Friday. We meet at Hucknall Tesco ,upstairs in the café at 6.50 and finish at 9.30. There are no fees to be paid and you will get free tea or coffee. Any new members will be welcome and if you are new to the game you will soon be enjoying playing. Just come along. Co-ordinator, Doreen Newton

### **CHOIR GROUP**

If you enjoy singing, come along and join our U3a choir. We meet on the first Wed. 1.30 – 3.30 and again on the third Wed. 11.30 – 1.30. Come along to the Studio Room Godber Centre. Because of our Summer break, the next meeting will be on Sept.6<sup>th</sup> at 1.30.

### **CREATIVE WRITING GROUP**

We meet at Titchfield Court from 1-3 pm on usually the fourth Tuesday of each month. Our Co-ordinator, Janet Gibson, gives us a title, sentence or just a word to inspire us to write a piece of around 500 words which we develop at home and then read out to fellow members at the next meeting, for constructive criticism and appraisal. After a short tea-break we then do a ten minute exercise. Last month we read our June homework which was entitled "Changing Rooms". Our next session will be on Tuesday, 25th July when our homework subject is "It was when I saw the £1 notes fly in the air....." which might prove challenging! We would love to welcome more members to our group so please get in touch for more information.

For any information about the Creative Writing Group please contact Sandra Green ([sandra.green80@ntlworld.com](mailto:sandra.green80@ntlworld.com) or tel. 0115 8408132).

### **CYCLING GROUP**

Seven members of the cycling group completed the classic 'Friar Tuck' 50 miles at the annual Nottingham Cycle Live event on Sunday 25th June. Conditions were good with dry weather and a breeze that varied from slight to stiff depending on whether it was assisting from behind or in our faces.

It is great event with approximately 3500 participants of all ages and types of cycle.

Well done to Val Gant, Angela Cornish, John Saunders, Roy Beadle, Jim Spray, David Riley and myself.

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We will be back next year with an even bigger team. David Rose.



## **HISTORY GROUP**

Sorry but I will be unable to be at the July meeting.

A special visit has been arranged for the History Group at Nottingham Castle on 19th July. An archaeologist will meet us at the Gatehouse at 2pm to take us on a tour of the medieval remains of the castle and tell us about the 'dig' in the castle grounds and any finds discovered. Cost £1 per person

Please note. This visit is full. If any members have discovered they can't make the castle visit please inform myself or Kath. Thank you. Maureen Newton.

## **HISTORY GROUP (FAMILY)**

The Family History Group is on a break at present. It will give members time to search out family villages, look round church yards and check out the memorial inscriptions. In the meantime I am usually available at the main meetings if anyone would like a chat about research.

## **LUNCH GROUP**

The Lunch Group meets on the fourth Wednesday of each month at 12 noon (unless otherwise stated) at a different restaurant each month. The menus vary in price and content but hopefully average out over the year at a reasonable cost. It is an opportunity for members to meet together socially and try out different restaurants which, as individuals, they may not have had the chance to try before. We always have a quiz which is usually related to the venue or its theme. We hope you will find something of interest to your "taste" and look forward to meeting up with you each month.

We are always grateful when members can offer lifts to non-drivers but could members contact the drivers directly please where possible, as it is getting to be a big job phoning round! Of course, I should be happy to find lifts for new Lunch Group members and I would also be grateful if drivers could indicate to me that they are willing to offer lifts. And please offer a contribution towards the cost of petrol if possible. When putting your name down, if the menu is available, could you please indicate your menu choices at that time.

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On June 28th we stayed locally at The Bowman (Flaming Grill) in Hucknall. On July 26th we are going to The Nag's Head at Woodborough and on August 23rd we will be in the 19th hole at Beeston Fields Golf Club. Please email me if you would like your name putting down for any of these lunches and also check out the menus on the U3A website. I am always happy to hear about your recommendations for reasonably priced venues.

For any information about the Lunch Group, please contact Sandra Green (sandra.green80@ntlworld.com or tel. 0115 8408132).

## **MUSIC FOR PLEASURE GROUP**

The Music for Pleasure group held its meeting at John Peters' home on Tuesday 31st May. Our numbers were somewhat depleted by members being on holiday, but our small group enjoyed its usual couple of hours of music and conversation.

As John had lost his internet connection (probably due to weather conditions) we decamped to John's conservatory to listen to our music via his recently acquired system which plays 'old' vinyl LP's, which are once more back in fashion. We enjoyed some Glenn Miller favourites and songs from Dean Martin before switching to more modern CD's by ELO and Bread.

We had our usual break for refreshments, which on this occasion included wine and cupcakes, and put the world to rights with our conversation.

As June is a particularly busy time for holidays, our next meeting will be on 4th July (perhaps to include some music suitable for US Independence Day).

Our thanks, as always, to John for his continued hospitality.

## **PUB QUIZ & LUNCH GROUP**

The group is held on the second Monday of each month at The Nabb Inn. The subscription is £1 per person which covers each team's Quiz sheet and a raffle ticket for each member. There is a cash prize for the first and second team, with a £5 pub voucher for the raffle, along with a Bumper Bag containing donated items, for which our thanks are given to those who donated.

The June Pub Quiz was won by "One Down", with runners up "Triple Oldies". Donations of items for the Bumper Bag would be gratefully accepted. Just pay the subscription on arrival, then order your lunch at the bar and put your thinking caps on. There is a small table quiz just for fun, followed by the Quiz itself and then lunch, followed by the answers and the raffle. We are limited to 36 seats so please come early as it's first come, first served for seats in the alcove area.

The next Pub Quiz & Lunch will be on Monday, 10th July at 12 noon.

For any information about the Pub Quiz & Lunch, please contact Sandra Green (sandra.green80@ntlworld.com or tel. 0115 8408132)

## **TECHNOLOGY GROUP**

The Technology group hours have changed from July 2017 onwards. The new times are :

- Tuesday 10-00am – 11:30am
- Wednesday 2-00pm to 4-00pm
- Thursday 1-00pm to 4-00pm

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## THEATRE GROUP

Crazy for You Musical Theatre, Theatre Royal, 4<sup>th</sup> October, 14:00, £32.50

My Fair Lady, Musical Theatre, 25<sup>th</sup> October, 14:30, £18.00

FOLLIES – Derby Theatre, 4<sup>th</sup> November, 14:30, £19.00

The Little Mermaid, Ballet, Theatre Royal, 9<sup>th</sup> November, 14:00, £30.00

Tango Moderno staring Vincent & Flavia, Theatre Royal, 24<sup>th</sup> January 2018, 14:00, £36.50

The Son of a Preacher Man, Theatre Royal, 31<sup>st</sup> January 2018, 14:00, £33.00

Cinderella – Mathew Bourne – Theatre Royal, 10<sup>th</sup> March 2018, 14:30, £41.00

The War Horse, Royal Concert Hall, 21st March 2018, 2pm, Tickets £52.50 to be paid by August 2016

The Jersey Boys – Royal Concert Hall, 10<sup>th</sup> May 2018, 14:00, £39.00

Sunset Boulevard , Theatre Royal, 23<sup>rd</sup> May 2018, 14:00, £45.00

**STOP PRESS -** I have 4 seats for the ballet The Little Mermaid on Thursday 9th November at 2pm. Tickets £29.50. Please contact me if you are interested in the next week, by email. Thank you. Barbara Ives, Theatre Group Leader.

## WALKING GROUP (MID LENGTH)

The June U3A medium walkers met at the lovely village of Litton, Derbyshire on Monday 19th June. This was the hottest day of the year so far, which meant that we chose not to walk quite so far as normal but it still turned out to be very strenuous on account of the heat. We started the walk looking at Litton's well dressings before heading off to walk the two beautiful dales of Cressbrook and Tansley. Basically there were two downs and two ups, the first up affording us wonderful views as we rested at the top with our picnics. At the end of the walk we enjoyed liquid refreshments at the very pleasant village pub whilst we were treated to a Maypole performance by the pupils of the local primary school. A great midsummer's day out. Thank you to Paul and Steph.



Our next walk, to be led by Barrie and Sue Saunders, will be on Monday July 17th from Hathersage. Sue Tedstone, Group Leader.

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## **WALKING GROUP (SHORT LENGTH)**

Next walk Thursday 20th July

Meet at Hucknall tram stop in time for the 09.35am tram to Gregory Street, Lenton. If anyone misses this tram, the next one is 09.42am.

We will start walking from Gregory Street at 10.30am. The walk is 4m long, via. the Beeston Canal towards the City Centre and Trent Bridge, then along the River Trent to finish at the Ferry Inn, Wilford. All paths have good surfaces and there are no hills.

For those walkers wanting a meal afterwards, the Ferry Inn is part of the Chef & Brewer group and has a wide ranging menu, including affordable lunchtime options.

Anyone not wanting to eat only has a 2 minute walk from the pub to the Wilford Village tram stop for the journey home.

We meet every third Thursday of the month and you can contact me for any further information on 0115 840 1702. Liz Edwards – Coordinator.

## **WATERCOLOUR GROUP**

Byron Festival Air Competition - Our U3A watercolour group have been asked again to enter the 'Byron Festival Art Competition' which will be taking place during July. Our members have created a number of pictures featuring 'Italian, carnival and Venice'. These will be on show during the day at the John Godber Centre on Friday 14 July in readiness for judging.

Outdoor Painting Session at Felley Priory - The next meeting for the watercolour group will be on Monday 7 August, this will be our outdoor session at Felley Priory. The group meet at Felley before lunch and finish around 4pm. There will be a small charge for the use of the gardens, unfortunately the café is not usually open so we do have to take all our painting gear along with refreshments for the day.

Felley Priory has beautiful gardens full of colourful flowers along with nooks and crannies, gates, walls and outstanding views. If you are interested in joining the group for the day, please contact Rose the co-ordinator either via the website or at the monthly meetings.

## **WEEKENDERS GROUP**

The events organised by either the Lunch Group or the Weekenders Group are open to all U3A members, regardless of whether they are regulars or not. Obviously places are sometimes limited so it's first come, first served; I should be grateful if you could let me know if you are interested in these events as soon as possible so that I can let other members know if I have places left.

Although our umbrellas were going up and down like Jack In The Boxes we enjoyed Sunday lunch at Savile's Restaurant, Rufford Abbey, on 4th June followed by a concert by Harworth Colliery Band in the Coach House Courtyard. We then had a Bus Pass Day Out to Loughborough on the 10th June and participated in the "Picnic in the Park" at Queen's Park, Loughborough. On 24th June we had programme planning at our Coffee Club session and look forward to many events in the next three months. Our first event was a Garden Afternoon Tea on 1st July in Margaret White's lovely garden when after a week of rain, the sun shone beautifully. A trip to Lichfield Arts Festival is planned for July 8th.

For any information about the Weekenders Group, please contact Sandra Green (sandra.green80@ntlworld.com or tel. 0115 8408132)

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## **HUCKNALL & DISTRICT U3A INTEREST GROUPS**

### **July 2017**

For further details contact Siobahn Lee, 0115-9550119 or check the website at [www.hucknallu3a.org.uk](http://www.hucknallu3a.org.uk) from there you can email the respective Group Leader

#### **ARTS**

CHOIR	1st Wednesday 13:30 3rd Wednesday 11:30
CREATIVE WRITING	4 <sup>th</sup> Tuesday 13.00
DISCUSSION	1st Monday 13:45
DRAMA	4th Friday 10:00
FILM CLUB	Thursday 10:30& 13:00 Friday 19:15
FAMILY HISTORY	2nd Friday 14:00
HISTORY	3rd Wednesday 14:00
MUSIC FOR PLEASURE	4th Tuesday 19:00
NATIONAL TRUST	Various dates &times
READING (BOOKS)*	1st Wednesday 14:00
SINGALONGA	3 <sup>rd</sup> Tuesday 10:30
THEATRE	various dates
UKULELE	2nd & 4th Monday 10:00

#### **ACTIVE WELLBEING**

CYCLING	Every Wednesday 9:00
GROWING OLD DISGRACEFULLY*	Various
GRUMPY OLD MEN	Various
NOT SO GRUMPY OLD MEN	Various
KURLING	4 <sup>th</sup> Sunday
WALKING NETBALL	Every Wednesday 11:30- 12:30
WALKING (LONG)	1st Tuesday 10:00
WALKING (MID)*	3rd Monday 10:00
WALKING (SHORT)	3rd Thursday 10:00

#### **FOOD & DRINK**

DINING IN	1st Tuesday
INTERNATIONAL DINING	As Arranged
LATE BREAKFAST	1st Friday 09:15

LUNCH GROUP 4th Wednesday 12:00

PUB QUIZ & LUNCH 2nd Monday 12:00

WINE APPRECIATION\* 3<sup>rd</sup> Monday 19:30

WINE TASTING \* 3rd Wednesday 19:30

#### **HOBBIES & PASTIMES**

CANASTA	1st Friday 19:00
CRAFT 1 *	3rd Monday 13.45
CRAFT 2	2nd Tuesday 14:00
GARDENING	3rd Tuesday 14:00
HOLIDAYS	various dates
KNITTING & CROCHET	4th Tuesday 14:00
MAH JONG	2nd Friday 19:00
POT LUCK *	1st Wednesday 19:30
RUMMIKUB	1st Monday 2:00pm
SCRABBLE	4th Thursday 14:00
SPORT SPECTATOR	various dates
TABLE GAMES	3rd Friday 19:00
WATER COLOUR	1st Monday 14:00
WEEKENDERS	various Sat & Sun.

#### **LANGUAGES**

FRENCH CONVERSATION*	3rd Tuesday 10:00
FUN WITH LANGUAGES	2 <sup>nd</sup> Thursday 10:30

#### **SCIENCE AND THE ENVIRONMENT**

BIRD WATCHING	2nd Tuesday 10:30
SCIENCE 1	4th Thursday 10:00
SCIENCE 2	3rd Friday 10:00
TECHNOLOGY SUPPORT	Tuesday 10-11:30am
	Wednesday 2-4pm
	Thursday 1-4pm

\*Indicates group full. If you are interested then contact Siobhan who will happy to help you set up a further group.

Please be aware that some Interest Groups have a limited number of places due to activity, venue etc.

Group Leaders are normally available in the Board Room at the monthly U3A meetings to answer any questions that you may have about their group. Their contact details are displayed on the Interest Group Information Board.

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