



NEWSLETTER

Issue April 2018

Web Address: 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

Chairman's Annual Report April 2017 to April 2018

It hardly seems possible that another 12 months have flown by and I have completed my 2 years as chairman.

I am fortunate to have worked with a cohesive and hard working committee to whom I sincerely thank for their help and input.

Our aim as a committee has been to continue to offer:

- Interesting speakers with a variety of presentation style and topics
- Additional Interest Groups to meet membership needs
- A continually updated website
- Support to the Social sub- committee
- Communication to the membership on local and national events
- Sound financial management

Our current membership is 436 which is a net increase of 15 since April 2017.

There has been a gradual slowing of net increase in current members We are sorry to have lost members over the year some of whom have been founder members and who contributed so much in the early years of our U3A. This relatively small net increase means that we have no need for too much concern about our numbers becoming too large.

The Newsletter continues to be a key means of communication for past and future events and I must thank Steve Lawrence for his time and patience in collating the submitted articles and e-mailing out the finished product.

Thank you to the teams of people who are a vital part of our monthly meeting. John Berril and all the volunteer refreshment providers and the welcoming signing in team led by Marguerite Hodgkinson are all essential to the smooth running of the meeting.

At this point I must also pay tribute to managers and the staff of all our venues especially the John Godber, the Leisure and Youth Centres for their support and facilities.

Please forward articles for the next Newsletter to hucknallu3anewsletter@live.co.uk by 27th April 2018

A very important cornerstone at our monthly meeting is the technical team who put together the stage and PA system every month, hauling large speakers and the portable stage round the hall and ensuring that all is well with whatever equipment our speaker may turn up with.

Once again we have enjoyed several social events this year including the Quiz Night, Jazz Night, the Christmas Party and the wonderful Tenth Anniversary Afternoon Tea.

We are lucky to have such an energetic and creative Social Sub Committee and our thanks are extended to them all.

Charity Status

This is to confirm that HUCKNALL AND DISTRICT U3A was entered on the Register of Charities on: 11 December 2017 Registered charity number: 1176197

We have been very fortunate with our treasurer Christine Berril who has wrestled with and got to grips with the complex nature of our finance streams to ensure that we stay within the U3A and Charity Commission's guidelines. When your committee is elected we all have legal forms to sign which state that we understand that as Trustees we are liable for any discrepancies in the finances of U3A and so if the rules are not adhered to all 12 of us could be penalised. So when we appear a little pedantic about accountancy procedures it is because we are liable for any thing that goes astray.

We are also grateful for the time and expertise of Geoff Cree who carries out our annual financial scrutiny.

We do have three retiring members from the committee and I would like to pay tribute to all of them. For eight years Sue Spolton has been a wonderful web master and now has decided to retire and pass the role onto Angela Cornish. She has completed some training sessions with Angela and will still offer support if needed. Sue was instrumental in setting up the website (with the help of her son for some complex technical stuff) and we are very grateful to them both.

Alan Snape has also completed his maximum term on the committee and we are indebted to him for his tremendous enthusiasm for the learning objectives of the U3A and wealth of experience. In earlier years Alan spent many hours chasing additional funding and Colleen will probably be pleased that he might now have time to clear out all his filing cabinets and old documents.

Marilyn Gretton who joined the committee in 2016 for family reasons reluctantly steps down from the committee and with it her role of Minutes Secretary. Marilyn quickly learned her way around the laptop and Microsoft Word and will be missed for her efficiency and friendly enthusiasm.

Our interest groups continue to flourish and due to the work of Siobhan and your suggestions we now have over 45 groups.

Finally my thanks must go to all of you, particularly Group Leaders who are the backbone of our organisation and to all members whose enthusiasm and engagement in the Interest Groups and the social activities is the life blood of Hucknall and District U3A.

David Rose, Chairman

OUR SPEAKER THIS MONTH

Andrew Smart - "What Ruddy Cucumber"

Stories from working on the Nottingham Evening post

Future Speakers

9th May – Mike Storr – "Masters of Mirth"
13th June - Dr Ann Featherstone "Fools and Horses- the Victorian circus"
11th July - Jo Colby "Between Stairs"

COMMITTEE CORNER - Notes from our Committee

The committee met on Wednesday April 4th

Apologies were received from Marilyn Gretton, Angela Cornish, Sandra Green and Mark Jackson attended as observers.

The March minutes were agreed.

Committee members reported receiving some very positive feedback about the Ten Year Anniversary Celebration and we wish to thank all those involved in making it such a success.

Sue Spolton outlined some of the changes pertaining to the website in respect of migrating it to a new host provider. She suggested that in future we invest in a 'Recovery Service' to back up our site and content. Sue was thanked for her long service on the website and for completing some training with Angela her successor. Sue has agreed to continue with the job of printing for the U3A.

Maggie confirmed main meeting speakers are booked well into 2019 and Phil reported no current problems with equipment.

The February accounts were received and agreed. Christine has liaised with Geoff Cree who has now completed the annual financial statement.

There were some constructive comments around a draft policy on Data Protection which will be redrafted in light of the observations.

Siobhan reported some new and recent groups: 'Ukulele for Beginners', and 'Rummicup 2'. After various revisions she was congratulated for completing the mammoth task of writing a 'Handbook for Group Leaders' which will be available soon.

Marguerite announced that we have 17 new members who are expected at the AGM on the 11th and suggested that all members should be encouraged to wear their badges and show their membership cards at all meetings especially in April and May following membership renewals.

Barrie gave some updates from the Notts Group of U3As and both Barrie and David will attend a 'Publicity' themed meeting at Ravenshead on the 26th April and Siobhan and Marguerite will attend the 'Keeping it Legal' workshop in Birmingham in May.

Although Alan is retiring from the committee he is willing to use his knowledge and experience to create a new non committee role to actively support new members who join the U3A.

This was the final of the 24 meetings held by the current committee, the 3 retirees Alan, Sue and Marilyn were warmly thanked and although they retire from the committee they will continue to be active volunteers to the benefit of Hucknall and District U3A and its members.

David Rose Chairman

NEW GROUPS & OTHER NEWS

10 Year Celebration

Over 200 members, including many from 2008, enjoyed a celebratory afternoon to mark the Tenth Anniversary of Hucknall and District U3A.

They were welcomed by the current chairman and the afternoon began with an annotated slide show representing people and events since 2008.

This was followed by a video presentation by Michaela Moody, a U3A Trust Vice Chair, who drew comparisons between the developments at national level and those at Hucknall from 2008 to 2018. This was warmly applauded and appreciated by the audience and we thank Michaela for taking the time to do this.

Current Chairman David Rose then talked about Hucknall U3A today and a glimpse into the future.

He was followed by John Ellis who was Chairman from 2010 to 2012. John is now our

Honorary President and he entertained the audience with a 'whistle stop' tour from the early planning stage in 2008, creating a template, recruiting the membership and getting started.

He concluded with the presentation of a bouquet to Dorrie Kirton. She is a popular founder member who had a prominent role in laying the foundations of our U3A.

Finally the impressive 'Birthday Cake' complete with some amazing decorations that represent our Interest Groups was surrounded by the past present and our next Chairman to be ceremoniously cut. The impressive decorations were skilfully crafted by members Lynda Jackson and Vivian Ellis.

Afternoon tea was then taken to the soothing accompaniment of live music from member Paul Haigh and his group of 14 Baroque musicians.

We received messages from several members to say how much they appreciated the event and the work of all the organisers exemplified by the direct quote below:

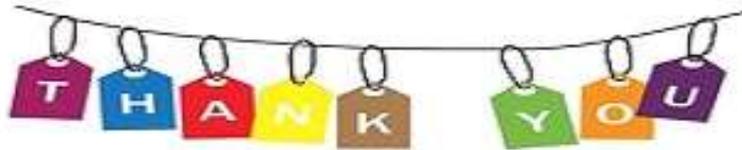
'Profuse thanks to everyone who was involved in organising, helping and putting on a wonderful afternoon, which members enjoyed for the U3a 10th Anniversary celebrations. The decorated room was a picture, pristine white tablecloths, food copious, delicious, daffs on every table, entertainment, films.....A great time, thanks to everyone.'

David Rose Chairman

10 Year Celebration – Thank You

The Social Sub Committee would like to take this opportunity of thanking everyone who helped and assisted with the '10 Year Celebration' at the John Godber Centre back in March. Special thanks go to Diane White and Ann Lambert for their additional help with the distribution of the refreshments, to Patrick and Fred who helped behind the scenes filling teapots etc. Special thanks to John and Sue Gibson who organised the bunting and helped with the clearing up and to Brian Stanley for recording in detail the event on camera.

For anyone missed off the list we are grateful for your help in making the celebration a success.





BACK BY POPULAR DEMAND

HUCKNALL U3A HOG ROAST SUPPER

with

ACOUSTIC UNION



On Friday 29th June 2018

at the John Godber Centre, Ogle Street, Hucknall
from 7.00pm until 10.30pm

Doors will open at 6.30pm and the Hog Roast Supper will be served from 7.00pm
There will be a waitress only service for drinks while the food is being served

Followed by entertainment from Acoustic Union



Also featuring a mid-session entertainment from
The Hucknall U3A Ukulele Band



**DUE TO LIMITED NUMBERS OF TICKETS THESE WILL BE SOLD
TO U3A MEMBERS ONLY AT THE MAY MEETING**

Tickets will then be on sale to friends and relatives afterwards
and at the June U3A monthly meeting

COST: £10 EACH

PLEASE REMEMBER TO BRING YOUR TICKET - NO TICKET NO FOOD



NEWS FROM THE GROUPS

CREATIVE WRITING GROUP

We meet at Titchfield Court from 1-3 pm on 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 writing exercise.



On March 27th Trevor Wright from Writing East Midlands put on a Workshop to create poems/stories about the past, present and future of life in the Ashfield and Mansfield areas. We did some gentle warm up writing exercises to help people write short pieces about where they have lived. The organisers are working with local groups of all ages to get inter-generational material. There will be a public celebration event in April 21st week as part of the Notts Poetry Festival and anyone who has taken part in the workshops will be able to come along to the event to read their work. The Hucknall event will be at the Station Hotel on Tuesday, 24th April from 6.30-10.0 pm.

The next Creative Writing Group will also be on Tuesday, 24th April from 1-3 pm at Titchfield Court, Orchard Street. New members are very welcome to join us, bring pen and paper!

For more information about the Creative Writing Group please get in touch. (sandra.green80@ntlworld.com or tel. 0115 8408132).

CYCLING GROUP

We continue to meet every Wednesday outside the Leisure Centre for a 9am start.

Recently the scope and variety of our rides have been curtailed by the wet, icy and windy conditions however another factor is the state of our usual tracks where mud abounds and staying upright has been tricky.

However we optimistically look forward to Spring when we can catch up with some serious training for the Nottingham Cycle Live ride in June. Irene and David

FUN WITH LANGUAGES GROUP

Our last session for the moment on Italian was on the popular topic of food and drink. We watched some BBC clips on ordering drinks and meals, then went through some popular food and drink in Italian. We enjoyed tasting some Italian food and completing a word game, which kept everyone very absorbed!!

We discussed the future, as we had run the planned course of 4 languages with three sessions on French, German, Spanish and Italian. The consensus of opinion was that we should continue as everyone was learning and enjoying doing so, but that we should drop German and just cover the other three languages. So that is how we shall proceed from May. If anyone has missed previous handouts on these languages, please let me know and I will Email them to you.

If anyone wants to join us you are welcome. Next meeting on 12th April we shall be working on Italian role plays to present to each other. We shall, as usual be in JGC at 10.30 am in the Byron Suite.

This week we celebrated the fact that the laptop behaved well!!! Hooray!!! See you next month!. Liz Attenborough & Ann Murray.

HISTORY GROUP

Our meeting in March was a talk requested by members, from Peter Hammond, who gave a talk and presentation about Albert Ball who was a Great War pilot. We began by seeing Albert as a child with his family, siblings, where he lived and the schools he attended. He was a clever child who was a bit naughty, good at making things and hoped to become an engineer. He joined the army during the Great War but after learning to fly changed to the R.F.C. Eventually he was posted to France where before he died in 1917 he had the greatest number of 'kills' at the time and was posthumously granted the Victoria Cross for valour. All the letters sent home to his parents from his being a child to the time he died were presented by his family to Nottinghamshire Archives where they are saved for all future researchers. Peter showed copies of these letters which meant we were there with Albert from the time he was at school until he was telling his father of his experiences of flying, or of sorties over the battlefields. We learned of his romantic episodes as well. Albert was only 20 years old when he died so it made us feel for all the young men who died in the Great War.

May 16th Visit to Blists Hill Museum and Ironbridge Gorge. Any money owing to be paid at the meeting on April 11th please. At present there are 3 vacant seats which means any U3A member can join us on the coach leaving Hucknall Market at 9am. Cost £25.

June 20th Visit for a tour of Nottingham Caves from the Broadmarsh Centre. Would members who would like to come on this visit include their names on a list in the interest group room.

Please note that for excursions sensible shoes should be worn due to uneven ground.

Please don't forget you can contact me if you need help with your family history at any time.
Maureen Newton



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. I am always happy to hear about your recommendations for reasonably priced venues.

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.

On March 28th we went to Porterhouse by Barlows at Annesley where we had a lovely meal served by very pleasant and helpful staff and we can thoroughly recommend this venue. The "Meat Quiz" was won by Selina & Fred Bramley and Joyce Burton.

On April 25th we are going to Ego @ The Ashfields and on May 23rd we are trying something different and going to Yamas Tapas at Thurland Street, Nottingham. See the menu on the U3A website.

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

MOVEMENT TO MUSIC GROUP

The next Movement to Music course will start on Thursday 12th April at 10.00am in the main hall at The John Godber Centre, and will run until 3rd May (4weeks) - followed by a Summer break.

At present there are 20+ members but we have room for a few more. Anyone wishing to join us for an hour of gentle exercise (no high intensity or floor work), lyrical movement (suitable for everyone) and dance to music by; Michael Buble, Eva Cassidy, Caro Emerald, Nina Simone, The Piano Guys and Elton John - to name a few - should contact Sue Saunders for further details. Tel: (0115) 9559842, sue_saunders49@yahoo.co.uk

NOT SO GRUMPY OLD MEN GROUP (NSGOM)

March 15th saw the Not So Grumpies in the news, with a fascinating visit to the BBC Nottingham studio. Our guides for the trip were studio managers Jo and Brooke, who explained the various operations prior to taking the group a tour of the news room and studios.

They effectively tried to shield presenters from the NSGrumpies (although this didn't prevent Vaughan from attempting to abduct sports presenter Natalie Jackson!).

After gate crashing Verity Cowley's drive time show, we were taken into the studio control room (and swiftly ushered out again as a precaution in case anyone was tempted to play with the controls!).

Finally, we managed to meet weather presenter Anna Church in the 'East Midlands Today' studio, as shown in the attached photo, where she clearly told us which way the wind blew!. David Jackson



PUB QUIZ & LUNCH GROUP

The Pub Quiz & Lunch is held on the second Monday of each month at 12 noon 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. Could I remind you to please check sell by dates on food items for the bumper bag. Please note the maximum number of members per team is five – if there are six of you, please divide into two teams of three!

Donations of raffle prizes or items for the Bumper Bag are 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.

Winning teams at the Pub Quiz & Lunch on Monday, 12th March were "Silly Beggars" and "Minus One". We had another good turnout with 37 members present.

The next Pub Quiz will be on Monday, 9th April. For any information about the Pub Quiz & Lunch, please contact Sandra Green (sandra.green80@ntlworld.com or tel. 0115 8408132)

SCIENCE GROUP 1

At our meeting on the 22nd March we had a presentation from Dr. Adele Wharton, Forensic Veterinary Surgeon from Saphinia Veterinary Forensics, Bottesford. She outlined the role of a forensic vet. She gave us an insight into the various cases she had been involved in, which included appearances in legal proceedings. Her work was extremely varied and covered wildlife crime, animal attacks on people and animal cruelty. The members asked many questions ranging from current legislation, the legal framework for all types of cases including fox hunting, blood sports and abattoirs. She explained the use of DNA, bite mark identification and the procedures at a crime scene. She asked if she could stay for the rest of the meeting, which she did and joined in on our discussions.

Our future programme for research includes the following, Life on Mars, Robotics and Artificial Intelligence – The impact on every life and work, Mental Health, How satellites rule the world, Why don't we live for ever, Anatomy of the Earth, Genetically Modified (GM) Foods, Crispr – Gene Editing, Pandemics – The past and future medical challenges.

SCIENCE GROUP 2

At the March meeting David Insley delivered an interesting presentation on John Snow an English physician and a leader in the adoption of anaesthesia and medical hygiene. He is considered one of the fathers of modern epidemiology, in part because of his work in tracing the source of a cholera outbreak in Soho, London, in 1854. His findings inspired fundamental changes in the water and waste systems of London, which led to similar changes in other cities, and a significant improvement in general public health around the world.

David's presentation was followed by a small group activity using evidence to find the source of the cholera epidemic.

Next Month April 20th 10am John Godber Centre, Part 1: Guest presenters Terry Hill, 'Life on Mars', Part 2: Ann and Ian Murray, 'The Hadron Collider'.

May 18th Meeting, 'Guns, Germs and Steel', David Rose and short presentations by group members (remember to finish that homework!).

Annual Science 2 Visit Friday July 20th, This is for a private guided tour and visit to Papplewick Pumping Station which was designed in the early 1880s to pump millions of gallons of clean fresh water every day to the rapidly increasing population of Industrial Nottingham. It is one of the most spectacular, preserved water Pumping Station in the British Isles. We are booked for a 10.30am tour and the cost, including a drink, is £6.00 each. Book your place at the April and May meetings. We will then proceed to a venue (to be decided) for a group lunch. David Rose

A reminder that our group is invited to the Fellows Exhibition at The Nottingham Society of Artists (71, Friar Lane) on Saturday 14th April. Our group's painting will be part of the exhibition from 11th - 22nd April. So if you are unable to go to the opening, you will be able to call in during the week, but there won't be any wine on offer then!!

If you would like to go on the Saturday with Sue and John Tedstone, then meet us by the left lion at the Council House at 10:45. We will then walk up there together.

THEATRE GROUP

War Horse - Concert Hall - 21st March 2018 at 2pm. Tickets £52.50
 Fat Friends - Theatre Royal (Upper Circle only) - 31st March 2018 at 2pm - Tickets £39.50
 Cilla the Musical - Theatre Royal - 4th April 2018 at 2pm. Tickets £34.00
 Summer Holiday - Derby Guildhall Theatre - 14th April at 2.30pm - Tickets £12.00
 Jersey Boys - Concert Hall - 10th May 2018 at 2pm. Tickets £39.00
 Top Hat - Theatre Royal - 30th May 2018 at 2.30pm Tickets £23.00
 Titanic the Musical - 7th July 2018 at 2:30pm Tickets £35.00
 An Officer & a Gentleman - Theatre Royal - 25th July 2018 at 2pm. Tickets £37.00
 The Three Musketeers - 4th October 2018 Tickets £45.00
 MB Swan Lake - 15th November Tickets £36.00

Theatre Trip - By Siobhan Lee

March the 10th a group of theatre goers attended Mathew Bourne's 'Cinderella'. Well this was an either love it or hate it production. It was certainly controversial. Personally I loved it, we forget that fairy tales were originally meant for adults, this production certainly had very adult themes running through it. It provided an alternative to the usual conversations on the weather.

31st March, three intrepid ladies braved the back row of the upper circle to see 'Fat Friends' the musical, We all thoroughly enjoyed it, and came out aching from laughing and clapping, if you get the chance try to get to see it. it certainly made us feel much brighter in spite of the rain.

UKULELE GROUP

The Ukulele Group has been meeting for almost 3 years, as well as playing they enjoy singing many of the songs they knew in their teenage years.

If any members would like to be part of a beginners group, to eventually catch up and join the existing, now is their chance. A few of the existing group are willing to spare some time to help teach anyone who fancies 'having a go'. No ukulele? Don't worry there are three instruments available for use.

Please put your name on the list on the Ukulele Group board, Vivian will be there at the tea break to answer any questions.

WATERCOLOUR GROUP

The next meeting for the watercolour group will be on Monday 14 May (the first Monday is a bank holiday) at the usual place, Titchfield Court, Orchard Street, Hucknall starting at 2pm.

The group have been asked to enter the 'Byron Festival' competition for art again this year, the theme being 'Byron and Newstead Abbey'. The competition is open to everyone and can be completed in any medium, watercolour, oils, etc. The closing date for entries is Wednesday 30 June 2018, the winners will be announced on 15 July at the awards evening.

If you are interested in entering and require further information, please contact Rose either at the monthly meetings or via the website.

WALKING GROUP (SHORT WALKS)

Biting winds, hard rain and muddy footpaths were a challenge accepted by a small group of intrepid 'short walkers'. The walk started at 'The Hole in the Wall' in Underwood. This inn is 300 years old and is named after a huge wall and gypsy encampment bombarded during the Civil War.



We left Underwood following a track to New Brinsley and onto Brinsley before circling back to our starting point. The area we covered has many connections to D H Lawrence and his family, one of his aunts lived in a white house to the left of the disused railway track which is now a footpath leading off to the Brinsley Colliery Headstocks which was the location for the mining disaster featured in the film of his novel 'Sons and Lovers'.

The photograph shows would be film extras posing at the scene.

NEXT MONTH - The short walk is on Thursday April 19th, details will be circulated. David Rose/ Liz Edwards

WALKING GROUP (MID LENGTH)

Unfortunately I had to cancel our March walk because of the 'Mini Beast from the East'!!

With minus temperatures and icy footpaths, it would have been too hazardous to risk walking with a group in Derbyshire. Better safe than sorry.

Our next walk will be on Monday 16th April.

It's a 6 mile walk from Epperstone, led by John and Sue Beharall.

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.

What a dreadful March it has been with the weather affecting our events; we had to cancel our St. Patrick's Day Social Evening and also our trip to Bakewell but our Coffee Club will be on the 31st when our topic of conversation will be our Travelling Tales.

We are having a trip to Dobbies and Peak Village on Saturday, 14th April and this is now full. We may possibly be having an April Social Evening but this is not yet confirmed and our next Coffee Club & Programme Planning will be on 28th April.

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

HUCKNALL & DISTRICT U3A INTEREST GROUPS

April 2018

For further details contact Siobhan Lee, 0115-9550119 or check the website at www.hucknallu3a.org.uk from there you can email the respective Group Leader

ARTS

CHOIR 1stWednesday 13:30
 3rdWednesday 11:30

CREATIVE WRITING 4thTuesday 13:00

DISCUSSION 1stMonday 13:45

DRAMA 4thFriday 10:00

FILM CLUB Thursday 10:30& 13:00
Friday 19:15

HISTORY 3rdWednesday 14:00

MUSIC FOR PLEASURE 4thTuesday 19:00

NATIONAL TRUST Various dates & times

READING (BOOKS)* 1stWednesday 14:00

SINGALONGA 3rd Tuesday 10:30

THEATRE various dates

UKULELE 2nd& 4thMonday 10:00

ACTIVE WELLBEING

ADVENTURE BEFORE DEMENTIA - Various

CYCLING Every Wednesday 9:00

GROWING OLD DISGRACEFULLY* Various

GRUMPY OLD MEN Various

NOT SO GRUMPY OLD MEN Various

KURLING 2ndSunday 3-5pm

MOVEMENT TO MUSIC Thursday 10:00

SEATED EXERCISE 4th Monday 10:00

WALKING (LONG) 1stTuesday 10:00

WALKING (MID)* 3rdMonday 10:00

WALKING (SHORT) 3rdThursday 10:00

FOOD & DRINK

DINING IN 1stTuesday

INTERNATIONAL DINING As Arranged

LATE BREAKFAST 1stFriday 09:15

LUNCH GROUP 4thWednesday 12:00

PUB QUIZ & LUNCH 2ndMonday 12:00

WINE APPRECIATION* 3rd Monday 19:30

WINE TASTING * 3rdWednesday 19:30

HOBBIES & PASTIMES

CANASTA 1st& 4thFriday 19:00

CRAFT 1 * 3rd Monday 13.45

CRAFT 2 2ndTuesday 14:00

GARDENING 3rd Tuesday 14:00

HOLIDAYS various dates

KNITTING & CROCHET 4thTuesday 14:00

MAH JONG 2ndFriday 19:00

POT LUCK * 1stWednesday 19:30

RUMMIKUB 1stMonday 2:00pm

SCRABBLE 4thThursday 14:00

TABLE GAMES 3rdFriday 19:00

WATER COLOUR 1stMonday 14:00

WEEKENDERS various Sat & Sun.

LANGUAGES

FRENCH CONVERSATION* 3rdTuesday 10:00

FUN WITH LANGUAGES 2nd Thursday 10:30

SCIENCE AND THE ENVIRONMENT

BIRD WATCHING 2ndTuesday 10:30

SCIENCE 1 4thThursday 10:00

SCIENCE 2 3rdFriday 10:00

***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
