



NEWSLETTER

Issue July 2019

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

After appealing over the past months for volunteers to help set up some new Interest Groups I am delighted that we have three new proposed groups. These are "An Easier Cycling Group", An Acoustic Guitar Group" and a "Ginology Group". Boards to sign up for these new groups will be available at the Monthly meeting or contact Siobhan.

Although your Executive Committee are not due for re-election/election until April 2020 I would be very pleased to hear from anyone who may be interested in joining us on this Committee. As members were reminded before the last set of elections, then without the work of the Committee there would not be a Hucknall U3A.

The Committee meets formally once a month at the John Godber Centre on the first Wednesday of the month.

If you are interested in joining us then please contact myself on chairman@hucknallu3a.org or phone me on 0115 9559842

Finally, the National U3A Conference and AGM will again be held in Nottingham at the end of August when we will be represented.

Barrie Saunders, Chairman

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OUR SPEAKER THIS MONTH

Katherine Booth - The Work of the Macmillan Nurses

Future Speakers

14th August – Philip Caine "Author"

11th September – Elizabeth Gowing - "From our own correspondent"

9th October – Martin Wood – "Town Crier from Shrewsbury"

COMMITTEE CORNER - Notes from our Committee

Committee Meeting

The previous months accounts were discussed and approved. They were presented in a different format.

It is hoped that new Interest Groups will soon be formed as follows. Easier Cycling, Ginology and Acoustic Guitar.

A lunch will be held later in the year for Interest Group Leaders.

Hucknall U3A will be represented at the U3A National Conference to be held in Nottingham in late August.


The Short Course on Falls Prevention has proved very popular and will now need to be held in the Main Hall in the John Godber Centre to cater for the large numbers.

Information was given by the Speaker's Secretary regarding next week's Speaker.

Recruitment of new Committee Members for 2020 onwards was discussed.

Barrie Saunders

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HUCKNALL & DISTRICT U3A
invites you to an evening of



Featuring the **NORTHERN LINE SOUL BAND**

On Saturday 28th September 2019

at the John Godber Centre, Ogle Street, Hucknall

from 7.30pm until 10.30pm

Doors will open at 7.00pm

Tickets will on sale for £6 each at the August & September U3A Monthly Meetings

There will be no catering at this event
but you are welcome to bring your own food



NEW GROUPS, WORKSHOPS & OTHER NEWS

NEW GROUPS & SHORT COURSES ETC.

SHORT COURSES – FALLS PREVENTION

We know from the experience of some of our members that falls can have uncomfortable medium to long term effects on our health and activity.

As we get older our bone structure and density weakens – we don't 'bounce back' like younger people do!

Ben Middleton the Programme Leader (Falls and PAS) is offering a talk about Falls Prevention together with a short practical demonstration of some strength and balance exercises that can help

This initially one session course is on Tuesday 23rd July in the Main Hall at John Godber Centre 10.30 am to 12 noon. The entrance from the car park will be available

£1 on the door towards room hire.

Thanks to all members who have signed up already. If you have not signed up but wish to attend just turn up on the day. David Rose

GROUP COORDINATORS

A gentle reminder to those Group Leaders who have not yet replied to confirm their and their helpers place on the group leaders lunch October 29th 12.30 - 14.30 to Siobhan ASAP.

NEW GROUPS

ACOUSTIC GUITAR – register interest via board room new groups board or our web page. Group will start provided enough interest shown.

EASIER CYCLING GROUP – register interest via board room new groups board or our web page. Group will start provided enough interest shown.

GINOLOGY – register interest via board room new groups board or our web page. Group starts on August 15th Group Leaders home 7pm – 9pm. Limited to 10 people.

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NEWS FROM THE GROUPS

ARTS & FILMS INFORMATION GROUP

To receive a regular update of the Arts Information Calendar showing upcoming events in the Nottingham area contact Alan Snape on 07940146542 or alansnape@hotmail.co.uk.

The calendar includes events at the Royal Concert Hall, The Broadway Cinema, The Bonington Cinema and Theatre in Arnold, plus news of local entertainment events and would like them included in the calendar please pass the details on to Alan.

The Silver Screen showings are every Thursday at 10.30 and repeated at 1.30.

The films are shown at the following cinemas in our area. The Broadway, The Showcase, The Cinecentre, Savoy Derby Road and the Odeon Mansfield. Tea or coffee and biscuits are provided free also a discount is given to all U3A members (just ask).

Silver Screen Films coming are as follows:-

Thursday July 11th "Yesterday".

Thursday July 18th. " Ferrante Fever".

Thursday July 25th " Tell it to the Bees".

CYCLING GROUP

On Sunday 23rd June after several weeks of intensive training and a strict diet regime the 15 strong 'Easywheelers Team' comprising of 12 U3A cyclists and 3 family members successfully completed the Great Notts Cycle 50 miles route.

Well done to all with a special mention to Sue Jackson, Mary Martin and David Martin for completing this for the first time.

Five other members took on the bigger challenge of the 75 mile route which is obviously longer but also has a few stiff uphill sections to make it interesting.

It was an ambition of two 50 mile veterans Jim Spray and Roy Beadle to take on the 75 challenge just before they hit 75 years of age and before retiring to spend more time enjoying their free TV licence (dream on..)

Trevor Onions and Gary Whelan set a cracking pace to complete the 75 in a very good time.

Congratulations to all who took part in this event and already we are looking forward to next year.



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DISCUSSION GROUP

At the June meeting our topic for discussion was 'Should cannabis be made legal both as a recreational drug and for medicinal use.' Before we could begin the discussion we had to acquaint ourselves with the different forms of the drug. After the discussion we had a secret vote and it was agreed we should make known the result.

Of the twelve members present 7 members voted against making cannabis legal as a recreational drug and 5 voted for making it legal to be sold in licensed shops. All 12 members voted in favour of making legal the form of cannabis used for medicinal purposes.

The topics for next month's meeting on Monday, July 1st are to be:- 'Who leads the demand for food, the producers or the consumers' and 'Who is leading the way forward for non-use of single use plastic'.

FRENCH BEGINNERS GROUP

The class for new learners meets on the 2nd and 4th Friday's of each month within the John Godber Centre. Should you wish to enquire about joining us please contact Group Leader Alan Snape on 07940146542 or e mail alansnape@hotmail.co.uk.

FUN WITH LANGUAGES GROUP

We were a little low on numbers for our June meeting due to holidays and illness but undeterred we continued with our Italian sessions and welcomed another new member.

This month we watched some BBC internet clips on Market food and Clothes shopping. We then practised this in small groups using the vocabulary sheet on these topics. We are planning an Italian meal out for some time in august and in due course Liz will email out proposed dates and venues.

Our next meeting will be on Thursday 11th July 10.30 till 12 noon in JGC. This month we shall be looking at some simple verbs that are most commonly used and furthering our language usage in a variety of ways. Ann & Liz.

GARDENING GROUP

Members of the Gardening group always get their money's worth on trips and June's trip to Arley Arboretum was no exception. There were beautiful gardens to explore, wildlife to watch, plants to buy, tea and cake to savour and an adventure thrown in for good measure. We even saw a steam train across the River Severn – shades of the Railway Children. The trees were magnificent – Acers, Magnolias, Azaleas, Pines, a giant Redwood, Spruces – such a huge variety, and well labelled too.

The weather stayed fine while we wandering the grounds, rain only coming as we stood at the side of the road next to our broken-down coach! Our driver was very professional, very concerned for our welfare and getting us alternative transport. We had a local coach and driver to take us to the M6 where we met a coach sent by our driver's company and we didn't have to wait all night! Well done to Tarrant and JB Tours!

July's trip is to Middleton Hall and in August we travel to Leeds, to Yorkgate. Anyone up for another adventure?. Ann.

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GROWING OLD DISGRACEFULLY GROUP

Our June outing was to the Museum of Timekeeping in Upton.

After refreshments in the Clock House Café we had a two hour guided tour of the building. The history and technology behind the development of clocks and timekeeping in general was explained, all of which was quite fascinating. A particular highlight was their collection of the original Speaking Clocks. We were made very welcome by Alan and Dawn our tour guides, who made our visit really enjoyable.



GRUMPY OLD MEN GROUP



A surprisingly dry day recently saw 9 Grumpy Old Men venture as far as the Pirate Golf 18-hole course at Ramsdale Golf Club, near Calverton. This was possibly not quite as challenging as the main 18-hole course which is surprisingly steep in places, but there was enough excitement for one day, including a short trip by pontoon over the fast-flowing blue-coloured stream, of about 2 metres. There was a wide range of scores, and one member claimed that the highest score was the winner. Several golf balls were temporarily mislaid, as the accompanying photo shows.

All in all, an entertaining and not entirely grumpy morning, followed by lunch in the clubhouse. There is currently one vacancy for this group, so please contact me via the website if you are interested in joining.

John Tedstone.

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KURLING GROUP

At our last meeting John Peter Rita Rob hosted the session. I would like to thank them for stepping in. I had great feedback as everything went well.

See you all on the 14th July.

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 would love to hear about your recommendations for reasonably priced venues as we have been going for nearly eleven years and are running out of new venues!

When putting your name down, if the menu is available, either at the meeting or on the website, could you please indicate your menu choices at that time.

In June we went to The Lion at Brinsley, when the General Knowledge quiz was won by Peter Hindle & John Orosz. On July 24th it will be a visit to May Sum Chinese Buffet in Nottingham. August 28th will see us at Miller & Carter (the old Seven Mile House). September 25th will be to Oliver's Pub & Kitchen at Eastwood. Please could you bring a £5 deposit for this event to the next U3A meeting. Please also note that the annual £1 administration fee is due at the July U3A Meeting.

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 and invite a new member to join you!

Donations of raffle prizes or items for the Bumper Bag are gratefully accepted. Just pay the subscription on arrival, then, if you wish to eat, 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 will be on Monday, 8th July.

READING GROUP

In June we read "This Must Be The Place" by Maggie O'Farrell, which was rather difficult to follow as each chapter skipped haphazardly backwards and forwards from one decade and character to another.

There are enough names to start a second Reading Group and these members have been contacted. Those interested should contact Siobhan Lee, the Groups' Co-ordinator if they still wish to join a second Reading Group.

We also attend talks put on by Hucknall Library with guest authors, which can be very enlightening.

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The Library also has a "Crime Café" on the second Tuesday of each month, with guest speakers as well as discussions.

SEATED EXERCISE GROUP

Our new resistance bands or therabands as they are also known were certainly a great addition to our variety of workout apparatus. They certainly hit the spot and helped develop strength and mobility in muscles we never knew we had.

I was interested to know when the bands were first invented and with a bit of research I was surprised to find out that a Mr Gustav Grossweiler patented his invention in 1895 in Switzerland. In his patent, he describes his bands as 'gymnastic apparatus made from stretchy handled rope'. His exercise positions these 'ropes' make available and the form that his invention has, is uncanny in its similarities to the bands we use today.

So I'm sure Mr Gustav would be delighted with our happy band of movers continuing to reap the benefits of his wonderful invention albeit using latex rather than rope. Anne.



THEATRE GROUP

Calendar Girls, Theatre Royal, 26th June 2019, Tickets £48.00
 Avenue Q – Theatre Royal, 20th July 2019, 4pm, Tickets £38.00
 Cabaret, Theatre Royal, 12th September 2019, Tickets £35.00
 Sound of Music, Theatre Royal, 30th October 2019, Tickets £20.50
 Northern Ballets Cinderella, Theatre Royal, 23rd November 2019, Tickets £32.50
 We Will Rock You, Royal Concert Hall, 27th November 2019, Tickets £44.50
 Riverdance, Royal Concert Hall, 18th March 2020, Tickets £50.00

WALKING GROUP (MID LENGTH)

Following on from last year's Treasure Hunt Walk, in June, the Mid-Length Walking Group, had an evening Observation Walk with 29 walkers doing a linear walk from Blidworth to Papplewick. Their eyes were peeled for features that they might be asked about on their return. The Group enjoyed one of the warmest evenings of the year and returned to a BBQ at Steph & Paul Haigh's, where the winning team, Sue & Dave Naylor, Mandy James, Chris West & June Whitmore received their winning rosettes and a highly valued trophy! Our thanks go to Mark and Lynda for organising the walk and all the questions and to Steph and Paul for being such brilliant hosts.

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Our next walk will be on Monday July 15th, from The Unicorn at Gunthorpe.

WEEKENDERS' GROUP

The Weekenders programme for July to August is posted on the U3A website so please contact me if you are interested in our events or if you have new suggestions for events etc. We like to organise a Lunch, a Social Evening, an Outing and a Coffee Club get together each month, plus any other events we might be interested in.

In June we met for lunch at The Tee House, coffee at Keycraft Garden Centre, a Social Evening at Lindsay Smith (thank you Lindsay) as well as a couple of "Broomhill Birthdays". We are planning lunch at Morton's Farm Tearooms, coffee at Reuben Shaw's Garden Centre, a fish & chip social evening, a Coffee Club Reflexology demonstration and an outing to Boundary Mills, Rotherham for the July sales!

Places are limited at all events so please contact Sandra Green if you wish to have your names put down for events.

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HUCKNALL & DISTRICT U3A INTEREST GROUPS

July 2019

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

DISCUSSION 1stMonday 13:45

DRAMA 4thFriday 10:00

FILM CLUB Thursday 12:30

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

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

RUMMIKUB1 1stMonday 14:00

RUMMIKUB2 Thursday 13.00

SCRABBLE 4thThursday 14:00

TABLE GAMES 3rdFriday 19:00

WATER COLOUR 1stMonday 14:00

WEEKENDERS various Sat & Sun.

LANGUAGES

FRENCH CONVERSATION* 3rdTuesday 10:00

FRENCH BEGINNERS 2nd & 4th Friday 10:30

FUN WITH LANGUAGES 2nd Thursday 10:30

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

PICKLEBALL Thursday 14.00

SEATED EXERCISE 4th Monday 14:00

WALKING (LONG) 1stTuesday 10:00

WALKING (MID)* 3rdMonday 10:00

WALKING (SHORT) 3rdThursday 10:00

FOOD & DRINK

BREWERY SCIENCE & HISTORY Various

INTERNATIONAL DINING As Arranged

LATE BREAKFAST 1stFriday 09:15

SCIENCE AND THE ENVIRONMENT

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

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