



# **Issue November 2020**

Web Address: www.hucknallu3a.org.uk

# Message from our Chair

Hello again

We are now moving into the middle of autumn. The time of year which Keats called the 'Season of mists and mellow fruitfulness', autumn is a season well known for its harvests, turning leaves, cooling temperatures and darkening nights.

Autumn, also known as fall in North American English, is one of the four temperate seasons. Outside the tropics, autumn marks the transition from summer to winter-we still have that to come.

In many cultures autumn, like the other seasons, has been marked by rites and festivals revolving around the season's importance in food production. A good example is our harvest festivals, animals gather food in autumn in preparation for the coming winter, and those with fur often grow thicker coats. Many birds migrate toward the Equator to escape the falling temperatures. Not many of us will be doing that this year.

By the time you are reading this the celebration of Halloween will have been and gone.

Its origins can be traced back to the ancient Celtic festival of Samhain which marked the end of summer and the harvest (harvest being the original name for autumn) and the beginning of the dark cold winter. The festival symbolised the boundary between the world of the living and the world of the dead. Throughout Britain, Halloween has traditionally been celebrated by children's games such as bobbing for apples in containers full of water, telling ghost stories and the carving of faces originally into hollowed-out vegetables such as swedes and turnips. These faces would usually be lit by a candle and the lanterns displayed on window sills to ward off any evil spirits. The current use of pumpkins is a relatively recent innovation imported from the United States, and we can also extend the same debt of gratitude to our friends in America for that 'quaint' "trick-or-treat" tradition! Not forgetting the supermarkets that now sell all the costumes and 'stuff'. However youngsters seem to enjoy it.

We now have the situation of the new Lockdown.

It seems that we will be unable to meet in even medium size groups for some time yet. We will continue as many activities as possible via Zoom, not an ideal scenario but better than nothing. The u3a national website has many activities on it so do please have a look.

### **David Rose, Chairman**

#### **COMMITTEE MEETING**

#### **Notes from the Committee November 2020**

The committee met on Wed 4<sup>th</sup> November 10am to 11.30am.

Apologies were received from Sandra Green and Dianne White

The minutes of the October meeting were agreed.

The Groups Co-coordinator Siobhan reports that the Chairman's Lunch for 2021 has been cancelled.

She recently sent information to members about a wide range of courses available on the National u3a website. These are well worth a look.

The social subcommittee plans for a Christmas themed December monthly meeting were shared.

Angela the Webmaster gave updates on some changes on the website, including the new u3a logo and that she will be taking part in a Notts u3a web support group meeting next month.

Treasurer Christine had previously sent out the accounts for October which show little change from September.

Equipment Manager Philip reports all our equipment is in safe storage.

Vice Chair and Short Course organiser Melvyn gave feedback on the recent NSPCC presentation

There were some issues with logging in but that problem has now been solved.

It was decided to upgrade a talk on First Aid from a short course to a monthly meeting presentation.

Greg the membership secretary is busy preparing for the busy period of membership renewal early in 2021

Mark the Business Secretary fed back information on the October monthly meeting 'attended' by approx 65 members, arrangements for November are in the Newsletter.

He then introduced the discussion about the budget and our finances going forward to 2021

He showed the implications of applying a range of temporary varying amounts of a reduced membership cost for current members from April 2021. This is to reflect the lack of activity this year.

These were given consideration by the committee and a decision was agreed.

It must now be agreed by the membership and more details are in this newsletter.

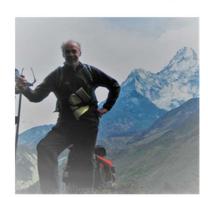
David Rose

#### The online Zoom Monthly Meeting October 14th

This month the 'guest' speaker was a double act.

Myself and Terry Hill were the presenters talking about trekking in the Khumbu (also known as the Everest Region) which is a region of north eastern Nepal on the Nepalese side of Mount Everest. This is the home of the Sherpa people.

We have both completed this trek up to a height of 5500m where oxygen is reduced to 50% of that at sea level. We were younger then.



Terry's impression of a tea pot?

#### NOVEMBER 11th Monthly Zoom Meeting 2pm to approx 3pm

Many people who travel around giving talks to u3a groups have made the transition and are offering zoom presentations.

We have booked our first one for this meeting:

#### A Nice Cup of Tea- a Potted History of Tea

The British answer to any problem or crisis is often a cup of tea! If you have had a shock or an upset someone will make you a nice cup of tea. But how did the British love affair with tea start? It is a fascinating tale of adventure, taxes, criminality, temperance, rationing and a morale booster in World War I and II. You'll also find out how a hungry Duchess with a taste for a 'cuppa' established the ritual of afternoon tea.

Talk length - 42 minutes. Presenter: Sandy Leong who is an international, professional speaker, and published author.

David Rose

#### **Accessing Zoom Events**

The Zoom app is required on Android and Apple devices (though it is not necessary to create an account).

It is possible to join a meeting on a pc/ laptop without installing the app by using the browser.

In summary a Zoom account is not required however the Zoom app may need to be installed, at least on some devices e.g. Android and Apple phones and some tablets.

It is a free app from Google Play.

You can also access with your sound only rather than sound and vision but you still see all the activities of the meeting .

Mark is offering assistance to any member who would like guidance and advice

Email: Mark Jackson at <hucknallu3abusiness@gmail.com

#### **ACCESSING THE MEETING WITHOUT THE INTERNET or ZOOM**

This is a Zoom event however if you do not have Zoom, do not like Zoom or have Zoom fatigue then the meeting can be accessed by phone.

It is your normal call rate (they are not premium numbers)

It allows you to join in and listen to the meeting.

How to access: If you do not have an internet connection you can join the meeting by telephone. Dial any one of the standard rate numbers below:

0203 901 7895

0131 460 1196

0203 051 2874

0203 481 5237

0203 481 5240

When prompted enter the meeting ID, which is 718 4497 8566, followed by #

When prompted for Participant ID, press #

When prompted for the meeting password, enter 136162, followed by #.

You will then be in the meeting.

To mute / unmute yourself during the meeting press \*6



#### Hucknall & District U3A - Notice of a Special General Meeting (in lockdown)

With a backdrop of a reduced level of activity this year, the Committee have discussed the membership fee for the 2021 renewal. A number of factors played into this discussion, including:

- The wish to acknowledge that members have been unable to take advantage of much of the activities this year.
- The removal of the very significant contribution fromRiviera Travel in respect of members booking holidays, something that is likely to persist for some time to come.
- The uncertainties surrounding when we will be able to resume activities.
- The need to maintain a certain level of reserves, particularly in the light of the uncertainties.
- The fact that over half of the current membership fee is remitted to the Third AgeTrust (TAT) in respect of a membership fee to TAT (£3.50), the cost of the Beacon administration system (£1.00) and the Third Age Matters magazine a publication which is not widely appreciated (£3.10).

The Committee considered a number of scenarios and decided to recommend to members that, for 2021 only, the subscription is reduced to £8 plus an optional £3 for those wishing to receive the Third Age Matters magazine.

It was agreed that this recommendation would be put to members by way of a special general meeting, which, by virtue of the fact that we are unable to meet in person, would be conducted in the same way as this year's AGM.

A resolution will be presented to members for voting using an online form. Members who have not provided an email address will be provided with voting papers that they can complete and return to the Business Secretary.

Voting will remain open until 30<sup>th</sup> November. Members responses will be considered at the Committee Meeting on 3<sup>rd</sup> December and, in line with the quorum requirements, provided at least 20% of members submit a vote, the results will be accepted as if they had been cast at a general meeting. The result will be provided to members in the December Newsletter and posted on the website.

# You are invited to take part in The Hucknall & District U3A's







# Virtual Christmas Spectacular which is to be held on Wednesday 9<sup>th</sup> December at 2pm



The Social Sub Committee are organising a **Virtual Christmas Spectacular** which all the members could join in with. This will include singing Christmas Carols, a Christmas Quiz, entertainment by members and maybe even the 'Terry Hill's Legendary Bumper Book of Jokes'

The event will be opened up to all the members and groups. For those who wish to contribute, please contact Siobhan or one of the Social Sub Committee members.

#### **NEW GROUPS, GROUP NEWS, WORKSHOPS & OTHER NEWS**

#### **CHAIRPERSONS LUNCH 2021**

Unfortunately the annual Chairperson's Lunch held at Portland College has had to be cancelled for 2021 due to the Covid pandemic.

It is sad, but the college cancelled it along with all its other bookings as things are so uncertain at the moment and of course it is better to be safe than sorry. They are hoping to resume in 2022, so we have made a provisional booking for then, which I hope many of you will sign up for to celebrate the work of our past and present U3A chairperson's when we hopefully get back to something like normal.

Stay safe, Siobhan

#### **Looking Ahead: Walking Cricket Challenge**

Whilst on furlough from his honorary 'Fire Chief' position Albert has been busy. He has been in touch with Barnsley u3a who have a trophy winning Walking Cricket interest group.





Albert writes:

I have challenged Barnsley u3a Walking Cricket Team to a match, then realised we had not yet got a team!

They agreed and proceeded to tell me the ground rules:

- You must use a lightweight bat, not your Gunn and Moore, or Kookaburra for example.
- No backing up from the bowlers end.
- Teams of 8 should contain 3 ladies whenever possible.
- LBW will operate during every game.
- Hucknall Walking Cricket Team has a fearsome reputation of hard hitting and demon fast/slow bowling.
- Hucknall u3a will follow their example and show them how it's done!

And finally NO BITING, KICKING, SLEDGING or CHEATING.

Anyone Interested? Once we can we will take on the mighty Barnsley. Albert Briggs

Please forward articles for the next Newsletter to hucknallu3anewsletter@live.co.uk by 27<sup>th</sup> November 2020 Please also send a copy of your article to webmaster@hucknallu3a.org,uk for inclusion on our website.

#### **Crisp Collection**

As many of you are aware Rumbletum's in Kimberley is both a <u>community café</u> and a supported training project for young people with a learning disability, some of whom may also have an additional physical disability.

Part of their income comes from recycling crisp packets .Thanks to your generous support we were collecting large quantities at our monthly meetings .

For a time the recycling was suspended however it has now resumed and in the absence of the monthly meeting 3 of our members have kindly volunteered to act as collection points:

John and Sue Gibson at: 1 Gardeners Close, Hucknall, NG15 7GT (just off the Wood Lane end of Sandy Lane).

And Christine Vincent at: 20 Devitt Drive, Hucknall. NG15 8BL (Vaughn Estate).





Please pack the empty packets flat if possible and drop off at the cafe or as shown above.

http://rumbletums.org.uk/wp-content/uploads/2020/08/crisp-packet-thingy-or-something.mp4?\_=1

Thanks for your support

#### **SCAM NEWS UPDATE**

#### A local door to door scam

Reported to me this week by u3a members who were caught out by a caller at the door.

They live on Vaughn estate and nearby is the new Sherwood Gate development.

The smartly dressed, well spoken man at the door claimed to be from the development and they had been asked to clear some furniture from the show house.

He was in a van with the wording 'Better Homes' on the side.

In short they bought something ,paying too much for a fake product.

They have no connection to Bellway Homes at Sherwood Gate so please be aware as they may be coming your way.

#### **Premium Rate Phone Scam**

This scam tries to snare people searching online for phone numbers of government advice services, by creating ads which contain premium-rate telephone numbers.

It works by displaying an advert for the phone number of the relevant government advice line. All well and good, you might say.

But the sting is that you'll be charged a premium for using this advertised telephone number – in some cases, as much as £20 or £30 a call.

You will be put through to the right advice line, but will be paying a very high and unnecessary connection fee.

In comparison, calling the advice line directly by using the correct phone number is usually free or relatively low cost.



#### **Beware 090 Numbers**

Searches for car tax discs, renewing your driving licence, passport and completing your tax return are some of the areas currently prone to these premium-rate number scams.

To avoid being ripped off in this way, you should firstly never use numbers beginning with 084, 087, 090, 091 or 098 when calling government advice lines.

No official government service would ever use an 084, 087, 090, 091 or 098 number to deliver a legitimate government service.

Use the government website to search directly for legitimate government telephone advice line numbers.

This way you'll always be able to find the right number to call directly for the service you want. Care: they do not always come first on a Google search.

David Rose

#### **NEWS FROM THE GROUPS**

#### **ARTS & FILMS INFORMATION GROUP**

If you wish to be included with the 150 other members in the circulation of the ongoing Arts Information Calendar each month, please drop an e-mail to alansnape@Hotmail.co.uk or ring me on 07940146542.

#### **CHOIR GROUP**

I should have liked the choir to be able to meet on zoom, perhaps to sing together, even if it couldn't be properly coordinated. Optimistically, I attended the zoom meeting for group leaders, or those hoping to host a meeting, and learned it couldn't reasonably happen. I should have realized, as obviously only one person can properly be heard at a time. It seems our only hope would be to have meetings with, in effect, a soloist and a muted backing group! I'm sorry to say to the few who responded expressing an interest, that it isn't going to happen. I can't imagine anyone wanting to sing alone, or indeed appear to fellow choir members to be miming! (previously, it has cruelly been suggested that some members have mimed over difficult bits, but that couldn't be true, I don't believe it and shouldn't want it to appear that way:) We'll wait, practise at home and sing with much more energy when we finally get together again. With that in mind, and to enable us to actually remember songs in our repertoire, can I remind members that some of us will be practising, alone, 'All That Jazz' on 4th November, a usual meeting date, at or around our usual time of 1.30 if they want to join us, and of course, anyone else is welcome. If you know it, join in, you can pretend to be Catherine Zeta Jones, and consider yourself a choir member for the duration..

As I write this it has been announced that Nottingham will be in Tier 3 from Thursday, although by the time you read this I assume it will be a well-established fact. Not cheering, but nothing we can't cope with. Our parents and grandparents went through a war, some through two, for prolonged periods with little or no control over whether they lived or died, to some extent we have choices. Do make use of our Ring and Sing service if it helps, I intend to when my birthday comes around! Good wishes, take care and stay safe.

#### **FUN WITH LANGUAGES GROUP**

Greetings everyone!. We hope this finds you well and in as good a heart as possible as we all cope with these challenging Covid 19 days. Our good wishes go out to all those who are struggling with anxiety or other health issues.

We had the last of our Italian sessions for this set on 8th October via Zoom link. It was a more pleasing turn out than last time so well done! And those who have not been on, we miss you. We had a quiz on Italy kindly led by Liz; and then we looked at the Finding your way vocab sheet and wordsearch; then finished in style with a smile as the screen share worked and we enjoyed the Gypsy Queens rendition of L'Italiano, by courtesy of Phil. Thank you to all who took part and for technical help from Mark and Ian.

#### **HISTORY GROUP**

The History Group always welcomes all U3A members. Our indoor meetings are held at Central Methodist Church on the 3<sup>rd</sup> Wednesday of the month commencing at 2pm. At present I am not sure when indoor meetings will restart – but - watch this space! I decided to re- schedule the visits due in 2020 to 2021 which means Richard III is set for March 17 2021 - and remember money already paid for the trip is safe in the U3A bank. Please cross fingers, toes and anything else you can - that the

visits will go ahead. Doddington Hall will be on 16<sup>th</sup> June. I am still waiting for Sharpes Pottery to reply. I look forward to seeing everyone but in the meantime please take care and stay safe.

While I am thinking ahead would you like me to re-book the speakers from last year for 2021?

It is fairly recently that academics have considered the history of ordinary people and families worthwhile and have discovered how important this can be especially when they are researching more recent times. This is often called 'living history' which can date back 150 years or more. I noticed that the main U3A have suggested a few things to consider we do during the wait for a vaccine and one of them is to write about your own history. Have you tried? I have written what I remember up to being a teenager so far. If you have a piece of paper nearby you can jot down a word or two as reminders, when you think of them, as you wash up, cook meals or watch T.V. Then write up a better record a little later. If there are memories from your parents or grandparents to include that is even better.

Something else which has come to mind when a friend in Forest Town U3A gave me a nudge is a new book/leaflet for Hucknall. They have done an A-Z book. Could this be an idea for an A-Z for Hucknall? Your thoughts would be very welcome. Any suggestions/ideas for a letter would be great and you would not have to be a member of the History Group.

No-one came forward last time with any news about 'Hucknall' bottles they own. I will bring those I have to the first indoor meeting.

Shall I say 'Ask Me Another?' If you have any questions I am happy to try helping by searching my own archive of memorabilia, photographs or records of Hucknall.

T.T.F.N. Maureen

#### LUNCH GROUP







#### **NATIONAL TRUST GROUP**

When Sue and myself offered to take over the group after Sue Spolton decided to leave the position, little did we know that a year later we would still not have been on any visits!!.

We do not want to dwell on the negatives from the past months but rather look forward to hopefully better times in 2021.

I am sure most members will have received email updates from the National Trust and be aware of the present limited access which is available to their properties.

You will probably be aware that Belton House are running their Light Show but with very limited prebooked places available. Although not a National Trust property Wollaton Hall are operating a similar display. Although while writing this piece it looks like Ashfield is going to go into Tier 3 so limiting travel and visits even further.

When we do see some progress with Covid-19 and we get permission from the U3A and Government rules allow, we will be visiting Fountain's Abbey and then we have four more visits, one each to Yorkshire and Derbyshire and two to Warwickshire all planned.

We hope everyone in the group is staying safe and healthy.

Sue and Barrie Saunders,

#### **PUB QUIZ & LUNCH GROUP**

Thanks again to David Rose who keeps us supplied with a good quiz on line each month.

The answers to last month's Dingbat puzzle was as follows



- 1. OK by me
- 2. 2 Hot under the collar
- 3. Oliver Twist
- 4. Holy Water
- 5. High income tax bracket
- 6. High explosive
- 7. Headless horseman
  - Half baked
- 9. H20

8.

- 10. Out of sight, out of mind
- 11. Long John Silver
- 12. Making a Monkey out of him

And for a change why not give this brain taxing puzzle a try?

#### FAMOUS NAMES OF THE PAST ANAGRAMS

- 1. MARRY NO OILMEN (7,6) (actress)
- 2. HOMBURG THERAPY (8,6) (actor)
- 3. TEN ELITE BRAINS (6,8) (physicist)
- 4. A COOL ROMP (5,4) (explorer)
- 5. ADMONISH TOES (6,6) (inventor)
- 6. SILVERY SLEEP (5,7) (singer/actor)
- 7. ART CHEF HID CLOCK (6,9) (director)
- 8. A WALTZ OR FUN GAMES GO MAD (8,7,6) (composer)
- 9. EXTERNAL HATE RAGED (9,3,5) (conqueror)
- 10. CASUAL JURIES (6,6) (emperor)
- 11. PUBLIC SO MUCH SHORTER (11,8) (explorer)
- 12. PEARL COAT (9) (queen)
- 13. LOCATED MENU (6,5) (painter)
- 14. ERA LOST IT (9) (Greek philosopher)
- 15. HERO GETS IN WAGGON (6,10) (former US president)
- 16. LIKE A WEE SHRIMP ALAS (7,11) (playwright)

#### **READING GROUP**

This month we discussed which were our favourite books we read when we were young and these included anything by Enid Blyton, Louisa M. Alcott, H.G. Wells, Robert Louis Stevenson, amongst others.

Our set book was "Those Who Are Loved" by Victoria Hislop, which had mixed reviews. Most of us have read her other books and in the main really enjoyed them. A favourite was The Thread which also Includes political division in families. Those Who Are Loved covers the time from the 1930s - The political changes. The story follows a family through this time, the division, the brutality, the fear of various political regimes including the Nazi invasion. Two of the family left home to fight for Greek freedom from oppression. Which follows are harrowing stories. We thought much of the first half was a list of misery and ill treatment. It is more a book to inform, not enjoy. Our set book for this month is "Commonwealth" by Ann Pratchett which we will review in the next newsletter.

Just for fun, what was the strangest book you were ever given or ever read? Email <a href="mailto:sandra.green80@ntlworld.com">sandra.green80@ntlworld.com</a>

#### **SCIENCE GROUP 2**

This month (October) Christine Vincent introduced us to the life of African American Charles Richard Drew who was a surgeon and medical researcher. He researched in the field of blood transfusions, developing improved techniques for blood storage, and applied his expert knowledge to developing large-scale blood banks early in World War II. This allowed medics to save thousands of lives of the Allied forces. Thank you Christine

My presentation was about energy and energy changes, for instance, chemical energy is converted to kinetic energy when a firework explodes and our chemical energy from food is converted to heat and kinetic energy when we move about.

The law of conservation of energy is a physical law that states energy cannot be created or destroyed but may be changed from one form to another.

We were joined via Zoom by 2 guests Chris and Ann from Port Macquarie in Australia which is about 390 km north of Sydney.

Chris is a native of Hucknall and his sister Cynthia is a Hucknall u3a member.

Chris had sent me a short video which demonstrates energy changes made as part of a school science task by his grandson James who is 14.

I was given consent to show it so thank you James

It demonstrates how the energy of an object can be transferred to another with the process doing some useful work at the end .Basically an intricate domino effect involving a moving car, falling books, weights and an electrical lamp.

Before we finished we heard about how Australia had been dealing with Covid-19.

Next (Zoom) Meeting: Friday November 20th 10am to 11am.

John Tedstone will be talking about another aspect of energy and I will be posing the question 'What is Rocket Science'?

David Rose

#### **U3A ZOOM CIMEMA**

Wed October 28th: 'The Good Die Young'

25 members enjoyed time out in our virtual cinema watching a classic British crime thriller about a robbery that went wrong. It was an interesting look back at post war UK in the mid 50's

Our next Attraction an American Crime Film Noir starring a young Humphrey Bogart

#### Dead End (1937 film)

Dead End is a 1937 crime drama film directed by William Wyler. It is an adaptation of the Sidney Kingsley 1935 Broadway play of the same name. It stars Joel McCrea, Sylvia Sidney, and Humphrey Bogart. It was the first film appearance of the Dead End Kids.

It was nominated for 4 Oscars.

#### **A Film Critics Review**

It's a dead end street in New York that ends at the river. It's here that a wide assortment of characters from different walks of life come together in a pressure cooker setting. Rich, poor, kind-hearted and hard hearted all come together. In Dead End, a young woman and her teenage brother struggle to survive. An architect works for a better life. A gangster comes home to visit his mother. A well kept woman chooses between love and wealth. The rich and the poor get glimpses of one another's lives at the water's edge.

This movie draws us into a unique place and time. It gives us intimate portraits into people's lives. It makes contrasts and it shows similarities between people. It's one of a kind and director William

\*\*\*\*\*\*\*\*

Wyler has given us something special here. Sylvia Sidney, Humphrey Bogart, Marjorie Main, Allen Jenkins, the Dead End Kids and Ward Bond give standout performances. The 1930's atmosphere is palpable. I rate this film 91/100. It's unique and absorbing.

# Showing on the Silver Screen on Wednesday 25th November at 1.30pm, Entry from 1.20pm

There will be a Christmas Film in December date TBA



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

14 members took part in our October walk.

The route was researched and led by Greg Umney who was well prepared with his anti-viral spray gun and jumbo sized bottle of hand sanitiser.

The walk was an undulating 4 miles from Blidworth on footpaths heading towards Ravenshead from where we turned into the woods down to Friar Tuck's Well before making a loop back to our starting point.

The route included lots of kissing gates which received a liberal dose of spray from Greg's gun before we went through them.

En route we also met a large number of friendly horses who made a bee line for Roy Brown who was generously offering to feed them mints.

#### November

Now the bad news: Unfortunately the limitations of the new lockdown means that for now the walks are suspended.

We have future walks planned and they will restart as soon as we can.



David Rose

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#### **WEEKENDERS GROUP**

We had a couple of informal garden meet ups but the weather is now making it more difficult. However, our members are going for walks around the local area, including the Misk Hills and keeping in contact with one another, offering support and laughs, both by phone and by the newsletter. I saw this on line and thought it was doing its best to be uplifting!

#### The Mountain. If the mountain seems too big today then climb a hill instead. If the morning brings you sadness it's ok to stay in bed. If the day ahead weighs heavy and your plans feel like a curse, there's no shame in rearranging, don't make yourself feel worse. If a shower stings like needles and a bath feels like you'll drown, if you haven't washed your hair for days, don't throw away your crown. A day is not a lifetime a rest is not defeat, don't think of it as failure, just a quiet, kind retreat. It's ok to take a moment from an anxious, fractured mind, the world will not stop turning while you get realigned. The mountain will still be there when you want to try again, you can climb it in your own time, just love yourself til then. - Laura Ding-Edwards

# HUCKNALL & DISTRICT U3A INTEREST GROUPS November 2020

For further details contact check the website at www.hucknallu3a.org.uk from there you can email the respective Group Leader

#### **ARTS**

ACOUSTIC GUITAR  $1^{st}$ & $3^{rd}$  Thursday 10:00 CHOIR  $1^{st}$ Wednesday 13:20  $3^{rd}$ Wednesday 11:20 DISCUSSION  $1^{st}$ Monday 13:45  $4^{th}$ Friday 10:00

FILM CLUB Thursday 12:30

HISTORY 3rdWednesday 14:00
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**

CYCLING Every Wednesday 9:00

EASIER CYCLE Every Friday 9:00
GROWING OLD DISGRACEFULLY\* Various

GRUMPY OLD MEN Various

NOT SO GRUMPY OLD MEN Various

KURLING 2<sup>nd</sup>Sunday3-5pm
PICKLEBALL Thursday 14.00
SEATED EXERCISE WALKING (LONG) 1<sup>st</sup>Tuesday 10:00
WALKING (MID)\* 3<sup>rd</sup>Monday 10:00
WALKING (SHORT) 3<sup>rd</sup>Thursday 10:00

#### **FOOD & DRINK**

BREWERY SCIENCE & HISTORY Various GINOLOGY 3<sup>rd</sup> Thursday 19:00 INTERNATIONAL DINING As Arranged LATE BREAKFAST 1<sup>st</sup>Friday 09:15

LUNCH GROUP 4<sup>th</sup>Wednesday 12:00

PUB QUIZ & LUNCH 2ndMonday 12:00 WINE APPRECIATION\* 3rd Monday 19:30 WINE TASTING \* 3rdWednesday 19:30

#### **HOBBIES & PASTIMES**

1st& 4thFriday 19:00 CANASTA CRAFT 1 \* 3rd Monday 13.45 CRAFT 2 2<sup>nd</sup>Tuesday 14:00 GARDENING 3rd Tuesday 14:00 **HOLIDAYS** various dates KNITTING & CROCHET 4thTuesday 14:00 2<sup>nd</sup>Friday 19:00 MAH JONG POT LUCK \* 1stWednesday 19:30 RUMMIKUB1 1stMonday 14:00 RUMMIKUB2 Thursday 13.00 **SCRABBLE** 4<sup>th</sup>Thursday 14:00 3rdFriday 19:00 TABLE GAMES WATER COLOUR 1stMonday 14:00 various Sat & Sun. **WEEKENDERS LANGUAGES** 

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

#### SCIENCE AND THE ENVIRONMENT

SCIENCE 1 4<sup>th</sup>Thursday 10:00 SCIENCE 2 3<sup>rd</sup>Friday 10:00

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.

<sup>\*</sup>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.