



NEWSLETTER

Issue – December 2022

Web Address: www.hucknallu3a.org.uk

Next Monthly Meeting

Wednesday 11th January 2023
John Godber Centre – 2pm

Guest Speaker:

Mick Leivers

Mick Leivers from CAST, a Community Interest company based in Newstead village working with young people aged between 13 and 19.

Note – Deadline for submission of Articles for the next edition of the newsletter is 31st December 2022

Please forward articles for the next newsletter to hucknallu3anewsletter@live.co.uk and remember to send a copy to the webmaster@hucknallu3a.org.uk for inclusion on our website

Message from our Chair

Welcome to our December Newsletter

Our next monthly meeting is on Weds 14th December, look forward to seeing as many of you there as possible.

Please ensure that you enter the building from the car park rear entrance and book in at the desk.

As always please try to remember to wear your name badges so that folks (especially new members) know who you are, if a group leader or committee member, again please wear your ID so that others know who they are talking to. Our committee members should all be wearing a lanyard with their name and function shown.

Please remember to either silence or turn off your mobile phones.

We are reserving some front row seats for those who have a hearing problem, please use them if you need to.

Christmas is almost upon us and if like us we have bought most of our Christmas presents, buying a few at a time to spread out the cost.

Whilst Christmas is a joyous time for most of us, meeting and spending time with family and friends, there are sadly still a lot of folk who for one reason or another Christmas is not a time of celebrating, loneliness, sadness, depression, there are many reasons. If you know anyone who is lonely then please try and reach out to them in some little way.

If you are on your own then please try and speak to someone for support or company, many folks are only too happy to share with you if only they are aware.

I would encourage you if you are able to try and donate some items to a local foodbank, there are a lot of struggling families out there. We will have a donation bucket at our December social and film activities for any cash you feel able to give, or tins and packets if you prefer.

Please note that we will not be having a formal monthly meeting in December, however, we are planning to have a 'Film Afternoon' for those who want to come and watch, there will be a small charge of £2 to help cover costs and refreshments, these have been popular in the past.

Melvyn Francis, Chair

Notes from The Committee Meeting

Committee Meeting Weds 7th December 2022

All members were present except for Lynda Smeathers who sent her apologies.

Christine Vincent was in attendance taking the minutes with a view to possibly taking on the role of Minutes Secretary.

Minutes of the November meeting were approved with the additional note that last month's budget for the next financial year had been approved.

There are eight people going to the Chinese New Year meal on Monday, January 23rd.

A 'Taster Calligraphy Course' has been organised for April 2023, details and dates to be issued.

A variety of speakers for our monthly members meeting have been arranged for almost all of 2023, good work by our Speakers Organiser.

Thanks were given for the hard work of the Social Sub Committee in the organising of Monday 5th's Christmas Social.

Treasurers financial report was presented and accepted by all.

A new screen is to be purchased as a replacement for the current damaged screen.

Several Short Courses / Workshops were being investigated, details to follow when finalised.

Current total membership has reached 500, made up of 453 Full members, 22 Associate members and 23 Affiliated members.

A welcome donation has been promised from Councillor Lee Waters, of Notts CC & Ashfield DC, hopefully the cheque presentation will take place in the near future.

Monthly Meeting

There is no Monthly meeting in December.

Future Speakers

January	- Mick Leivers	- Annesley and Newstead Country Park
February	- David Rose	- Walking the Camino de Santiago
March	- David Fox	- Wollaton Park

THE HUCKNALL & DISTRICT U3A

Invites you to come along to another of our Enchanting & Comical Classic Films

at the John Godber Centre, Ogle Street, Hucknall

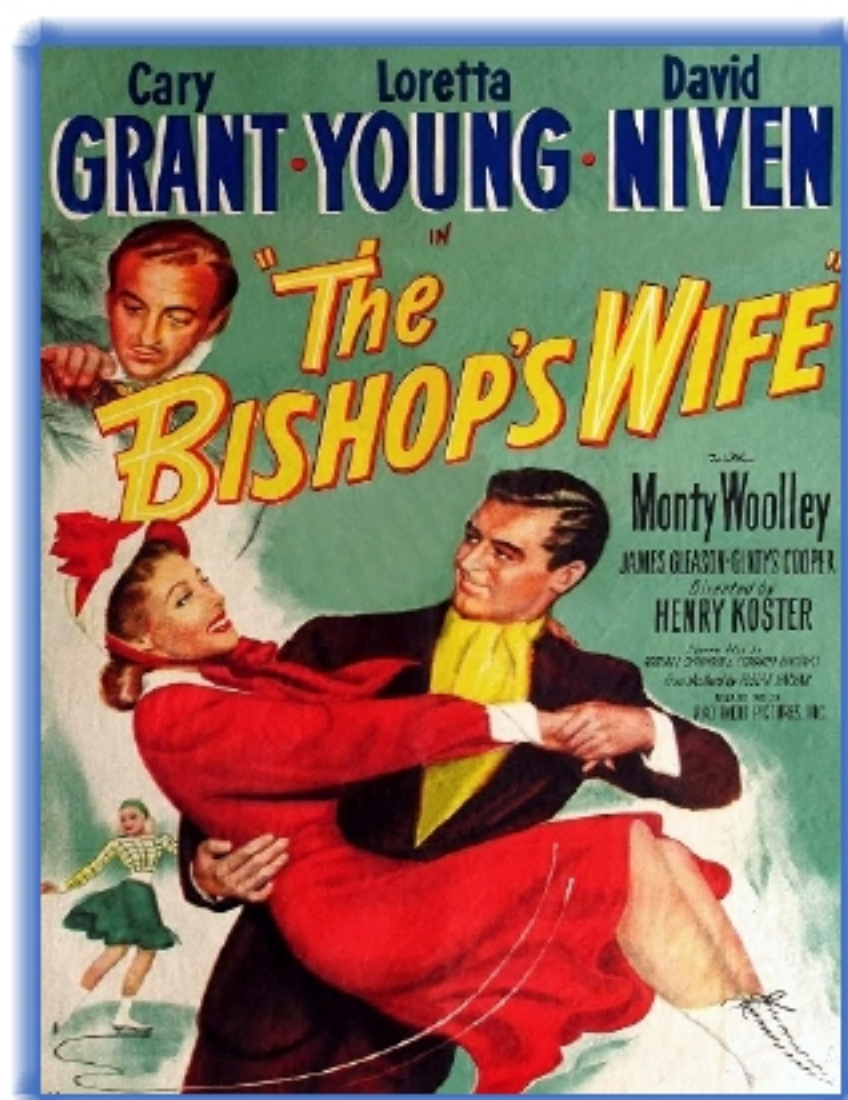
Wednesday 14th December 2022

from 1.30 pm – 3.45 pm

THE BISHOP'S WIFE

A comedy-drama telling the story of a struggling Bishop who is working to build a new Cathedral and is dejected by his efforts to raise the money.

Bishop, Henry Brougham, beseeches Heaven for guidance and is visited immediately by Dudley, who claims to be an Angel, who then wins the attention of Henry's wife.



The Film Critics said:

- the Bishop's Wife is a joyous film,
- it's a sweet, funny, captivating and altogether delightful film,
- a wonderful film skilfully combining a comedy with serious elements.

Doors will be open at **1.00 pm**

The Film will commence at **1.30 pm**

There will be refreshments available (tea & coffee)
along with mince pies or biscuits

The film is 1 hr 45 mins long and has **SUBTITLES**

Ticket price £2 – to be paid on the door

Don't forget to bring your own Popcorn!



HUCKNALL u3a SOCIAL COMMITTEE

invites you to

'An Afternoon with Robin Bailey'

on Monday 30th January 2023

from 1.30pm to 3.45pm

£2.00 (to pay on the door)



**Hucknall's Famous Actor
Robin Bailey 1919 to 1999**

Part 1



Maureen Newton will present an illustrated talk about Robin's early life, his education and experience of amateur dramatics in Hucknall before moving onto his later career on the stage, in films and television.

Refreshment Break

Part 2



David Rose will add a little about his career before showing episodes of 'I Didn't Know You Cared' in which Robin starred as 'Uncle Mort.'



New Groups, Group News, Workshops and Other News

This Months Scams Update - December

Energy support text scam

These texts tell you that you've been identified as being eligible for the government's Energy Bills Support Scheme. They invite you to click on a link to claim your payment.

The websites detailed in these texts were all created recently, before being swiftly taken down and replaced by new pages.

The fraudulent site invites you to click on a link titled 'Start Now', which takes you to a page asking you to select your energy provider. This then leads to another page where you are asked to enter your bank details.

News From the Groups

Cycling Group

The cycle groups meet every week. On Wednesday morning it is the 'Easy Wheelers' who average about 17 miles, and on Friday morning the 'Easier Wheelers' who average about 10 miles. Both include a social cafe stop.

New riders are always welcome on either self-driven or battery assisted cycles.

On Wednesday 14th December we have our annual Christmas breakfast ride to Rumbletums Cafe in Kimberley. Val Gant who has been unable to ride for a while has organised this event and we hope to see her riding the new electric bike sometime soon.

We follow the breakfast with carol singing where a collection is made for the Rumbletums charity.

You are invited to come along to watch or sing-along with Hucknall u3a cycling group

Rumbletums Carol Singing Wednesday December 14th
12 noon around the Christmas Tree In the Kimberley Square



Film and Culture Group

Please contact me if you would like to be included in the circulation of the calendar each month at alansnape@hotmail.co.uk or 07940146542. This year I plan to separate off the cinema section into The Film Club and I will attempt to include a description of what each film is about and who is in each film. Alan Snape.

Flower Arranging Group

The Flower Arranging group met again on Monday November 7th to create some lovely Autumnal arrangements and to organise the December meeting, which is taking place at Siobhan's house.

Unfortunately the members photo did not turn out very well, but a video has been sent to put on the u3a Facebook page and hopefully the web site. There is no meeting in January 2023. The next Meeting is February 6th 1.30 - 3.30 At the John Godber Centre, new members welcome. The theme is recycle and reuse, it will be exciting to see what we all come up with.



Fun With Languages Group

The Fun with Languages Group were practicing Italian at the Christmas meal at Moda this month. A most enjoyable evening was enjoyed by all. Best wishes to those members who were unable to join us and thanks to Liz for arranging everything.



Gardening Group

November's speaker had double booked so we completed viewing the Plethora of plants started in October. It was a very rainy, grey day so thank you to all those who braved the weather to join us.

We do not meet in December or January. We are currently filling in details for next year's calendar and will give information when we have completed them.

Our next meeting will be on February 14 when we go to Little Ponton Hall again, this time to see the snowdrops and early spring bulbs. This is a compact but beautiful garden with lots to see and refreshments are included in the price of the trip. All are welcome to join us, we leave Ogle Street at 9.00 am and return at 2.00pm. We will be taking names and cheques at the main u3a meetings in January and February.

Advance notice- we are joining with the History group on a trip to Harlaxton Manor on August 3rd, 2023. More details later.



Anne

Grumpy Old Men Group

Our Grumpy Old Men were given cause to be even grumpier recently, when their planned trip to the National Mining Museum was cancelled at very short notice by a strike of the staff who work there. However, being a resourceful group, we reconvened for a visit to the National Civil War Museum at Newark.

After a delay caused by being in the same queue as people buying theatre tickets (the Museum shares the entrance with the Palace Theatre), and their payment card terminal and ticket printer being awkward, we actually started our visit. There is a lot to see and read about, and another visit would be worthwhile in the future.

Having decided, during our coffee stop, that Wetherspoons would be too busy for lunch, we followed up advice from a Wetherspoons customer, who suggested the Old Post Office, just round the corner. This was much better, although one of our members was very grumpy, when his scampi & chips arrived with only 4 chips! This was soon remedied – all in all a good day out.

For early 2023, we are planning to have another go at the Mining Museum, the Amazon warehouse at Doncaster (cancelled when Covid arrived) and also Wirksworth, to have a look at the railway and Heritage Centre. If these sound interesting, we always welcome more members, just use the email address on the website.

John Tedstone

History Group

The History Group always welcomes all U3A members especially new ones. Our usual indoor meeting place is Central Methodist Church: time 2pm – 4pm ish – on the third Wednesday of the month. Meetings are now in the Church Room which has proved much better for those members who have hearing problems. We have had some problems with visual images and sound but with help from Graham Daft of Central Methodist Church and special thanks to our member Greg they seem to have been overcome.

Our November meeting was a visual and sound treat. Trevor Lee came providing us with images of entertainers, their voices and we used our voices to sing. Trevor called his talk "Radio Fun" and it was fun and linked in with the '100 years anniversary of the BBC.

Sorry there is no meeting in December it is too close to Christmas. The next meeting is January 18th at Central. More information next time.

Bye for now – Maureen

Litter Picking Group

It's been rather a slack month litter picking with just 5 bags collected during November.

However, that's 5 bags of rubbish that would still be a blot on the landscape if it hadn't been collected by members of our group. We had been asked by Veolia if with some other organisations and schools we would help make a fun Christmas video by singing some amended words to the song We Wish You A Merry Christmas. Some of us were up for it but unfortunately Veolia had to cancel at the last minute. Perhaps they'd got wind of our singing ability – or lack thereof! Apologies to the litter pickers with tuneful voices!

All that remains is to wish all members of Hucknall & District u3a a very merry Christmas and a happy and healthy 2023 and add that if anyone wishes to make a new year resolution to come and join our litter picking group please feel free to do so.

You will be made very welcome. Just contact me via telephone the contact details on the groups page.

Val Gant

Lunch Group

On 23rd November we visited The Nuthall (which used to be called The Broxtowe Inn) for our lunch when 27 of us were seated in the Conservatory. The Christmas Lunch looks to be a very enjoyable one with more diners than last year – 38 of us. As usual we shall be going to the Albert Hall on Wednesday, 21st December. For those of us with mobility problems, you can enter by the back door which is close to the traffic roundabout at the bottom of Derby Road, rather than walk around the corner and negotiate all the steps down into the Albert Hall. We are always made so welcome there and our regulars always look forward to this event.

We kick off 2023 on January 25th when we plan to dine at Arunothai Thai Restaurant just off Farleys Lane, Hucknall. Names now being taken with deposits please. Then on February 22nd we plan to go to Miller & Carter at Wollaton. More details later.

Not So Grumpy Old Men Group

Visit to The Royal Armouries in Leeds. In almost monsoon like rain a group of the NSGOM met up on Hucknall Market Place for an early start to our journey to Leeds Armouries. Travelling with a minibus from the Ravenshead Community fleet we enjoyed the journey up to Leeds arriving before 10.00 am.

The Armouries house the home of the UK's National Collection of arms which are spread out over five floors of the purpose built centre.

You discover during the tour how arms and armour have shaped our history over the centuries.

The exhibits are brought to life by the " Live Interpretation Team" who provide live demonstrations over the day.

There are some very special exhibits on show not least the largest animal armour in the world - elephant armour complete with tusk surrounds.

Meeting up at 12.45 pm the group then travelled on to The Lord Darcy restaurant for lunch.

A huge thank you goes to Gary Holmes for organising what was an excellent day out.

We returned in slightly improved weather conditions arriving back in Hucknall just after 4.00pm.

Pickleball Group

Background - Pickleball was invented in 1965 on Bainbridge Island, Washington, USA. In 2022 it is widely played in the USA and Europe with increasing numbers in the UK.

It is an indoor or outdoor racket/paddle sport where two players, or four players, hit a perforated hollow polymer ball over a 36-inch-high net on basically a badminton court using solid-faced paddles(similar to outsized table tennis bats) Opponents on either side of the net hit the ball back and forth until one side commits an error.

Hucknall u3a Pickleball Group - We meet every Thursday afternoon from 2pm to 4pm at the Hucknall Leisure Centre. We book 4 courts and have exclusive use of the main sports hall.

New players are most welcome to join us and no previous experience is necessary.

On Friday November 25th Marilyn Moulton organised an enjoyable group meal at the Arunthai restaurant. Thank you Marilyn and thanks to Terry Moulton for his weekly organisation of players and finances.

David Rose

Pub Quiz & Lunch Group

The November Pub Quiz was attended by 30 members, which was astonishing considering the weather was awful that day. Admittedly the Quiz this month was a bit harder than usual but we turn up to learn something new rather than to win and more to enjoy the company and the food! At £1 entrance it must be the cheapest way these days of having a bit of fun!.

The next Pub Quiz will be on Monday, 12th December at The Nabb Inn at 12 noon. All welcome – we can always add another person to a team if you would like to attend but haven't got a team of your own.

And here's a Christmas themed quiz to keep you occupied.

CHRISTMAS QUIZ – All the answers start with the letter on the left!

- H What do the Scots call Christmas?
- A What's the name of the period leading up to Christmas?
- P What do we get fed up of sweeping up at Christmas?
- P Another name for Christmas Pudding?
- Y Where mistletoe grows?
- C Traditional Christmas songs?
- H Another name for frost on the grass?
- R And another name for frost hanging from the trees?
- I What is the other name for the holly plant?
- S What some of us look forward to on January 1st
- T We decorate the tree with this?
- M Another name for the Three Kings?
- A An ingredient for Egg Nog?
- S Traditional ingredient in the Christmas Pudding?
- F Where traditionally we hang our stockings?
- R In which city is eel the traditional Christmas Eve meal?
- O Which city always donates a Christmas tree to Britain annually?
- M A subject of one of the 12 Days of Christmas:
- S Another name for Christmas angels?
- A Where we could hang baubles on this Christmas animal?
- N "God Jul" means Merry Christmas in which language?
- D Another subject of one of the 12 Days of Christmas?
- R First name of author of "The Snowman"?
- A Who started the custom of "wassailing"?

Reading Group

November's Reading Group book was "The Silent Patient" by David Johnson which we will be reviewing in December. And in December also we grannies are possibly going to give Hogwarts a go! We plan a Christmas fuddle on Wednesday, 7th December.

Real Ale Group

Visit to The Pit, Micro Pub, Newstead.

Meeting at Hucknall Train Station at 18.30, 16 of us purchased our tickets from the vending machine to travel to the distant lands of Newstead, 1 stop and all of a 5 minutes journey, all in time to catch the 18.42 train, just as the last ticket was purchased and with two minutes to go, the timetable screen announces that our train had been cancelled.

As you can imagine widespread panic sets in until some wise old sage suggests that we go to The Station Hotel for a 'quicky' whilst waiting for the next train, this we proceeded to do and sampled one of Lincoln Green's finest.

Doubling back to the station we caught the 19.42 and had a very (short) successful journey, alighting at Newstead and walking the 5 minutes to The Pit sampling of the three real ales on offer, ranging from 4.3% up to a heady 6.6%, all very nice.

The someone looked at the EMR website and discovered that the returning 20.27 train was also cancelled, whilst we had planned to return to Hucknall on the 22.27 train, we decided not to risk any further cancellations and caught the earlier 21.27 which was still running, feeling a little disappointed. Having no other choice, we had no option but to make our way to Wetherspoons on the high street for a last beverage.

Once again, a very enjoyable day, with pleasant company, thanks to all.

Seated Exercise Group

For several decades people have used the term "use it or lose it " to aptly describe the best way to offset the problems, mental or physical, that come with aging.

Hence it was great to welcome more members to the class knowing that this mantra is helping more of us to become more active.

Our hour long class includes warm-up, fall prevention and resistance band exercises (helps improve muscle strength) together with fun routines to music, Bobby Darrin, Tina Turner and Rod Stewart were the choice this week.



We dusted off our colourful beanbags and memories of primary school PE lessons were soon interrupted as the music played, beanbags flew in the air, some hitting the deck (beanbags not bodies thankfully) but it all added to the movement potential for bending and stretching to retrieve, aah such fun.!!!

Anne

Science Group

We had a very interesting session in November starting with a presentation from Terry Hill who told us about the Artemis I rocket which is off to the moon. However it will not land on the moon and is currently in orbit nearby before returning to Earth after 26 days.

He then explained how this could be part of the plan to put humans on Mars.

This led to speculation about how physical characteristics of humans living in reduced gravity might evolve in the future.

Bob McEwen followed with a very interesting look at how the eyes (and some other senses) of different animals and birds have evolved and adapted to suit their environment and lifestyles.

And finally Christine Vincent showed a short video with soundtrack and fantastic images from space telescopes.

December Christmas Meeting - Friday December 16th JGC 10am to 11.45am

Christmas Science based Quiz with quiz maestros David and Christine Vincent

A fun quiz with a team prize- and festive light refreshments in the break

We will spend the first 15 minutes for Bob to demonstrate a colour blind test to detect Red-green colour blindness which makes it difficult for someone to differentiate between red, green, and yellow.

David Rose

Table Tennis Group

Fancy a go at Table Tennis ?, A gentle way to fitness.

The group meet every Tuesday afternoon 1.30pm to 4.00pm, or any time in between if you fancy an hour.

We meet at the United Reform church on Hazel Grove, off Farley's Lane, Hucknall.

The cost is £3.00 per session with all equipment provided. See the Group page for contact details.

Theatre Group

Also Pantomime at John Godber Centre Beauty and the Beast on Sunday 22nd January 2023 at 5.30pm.

Pantomime at Ravenshead Village Hall Alibaba on Sunday 29th January 2023 at 2pm.

The local pantos were such fun last year so hope to see you all there.

Barbara

Walking Group (Short Length Walks)

Once again persistent heavy rain led to the cancellation of our November walk.

We will be walking on Thursday 15th December whatever the weather.

It is a local 'Christmas heritage walk' starting from outside Brooke Farm in Linby village.

On this walk we will learn something about a Scottish entrepreneur called George Robinson who built 6 large cotton spinning mills along the River Leen.

The distance is about 3.7 miles, fairly flat with no stiles and with time to visit the Brooke Farm Cafe at the end of the walk.

I have arranged that we can park at the far end of their car park and reserved 2 tables for those wishing to enjoy a drink and snack after the walk. Their toasted teacakes and jacket potatoes are highly recommended.

Meet outside Brooke Farm at 9.45am for a 10.00am start. Parking is also available in the village car park in front of the pub.

David Rose

Walking Group (Medium Length Walks)

Undeterred by the weather forecast, 22 of us set out on a Nottingham City walk.

We started from the Forest tram stop and then headed uphill and around Waterloo Promenade, through the Park Estate and to the Castle for our coffee stop. While in the Park Estate, we walked through the impressive tunnel which was carved out of the sandstone by the 4th Duke of Portland, which brought us out on Derby Road.

We didn't realise at the time, but Nottingham Castle was about to be closed as they had run out of funds, so we narrowly missed a chance to appear on the TV that evening.

After looking at the restoration work on the Nottingham Society of Artists building on Friar Lane, we continued down to the Canal towpath, then past the ruins of the Broad Marsh Centre and into the Lace Market. Our route then continued through Sneinton Market, where the latest rejuvenation of that area appears to be bringing results. Finally, we headed into Victoria Park, where there is a striking row of Victorian-era houses, painted in pastel colours. We ended the walk in St Mary's Rest Garden, where there is a memorial to the famous boxer Bendigo.

This was an interesting walk, with a number of features and buildings that many of us were surprised to see for the first time.

Our next walk will be on Monday 16th January; this will also be a City walk, taking in parts of the Canal and River Trent.

Walking Group (Long Length Walks)

For our November walk we were kindly given permission to park at The Griffin's Head Papplewick. Our route was along Main Street to Blidworth Way where we joined the Robin Hood Way to Ravenshead.

We took a short coffee break in Ravenshead before continuing onto and along Little Rickets Lane towards Larch Farm. The next stage was a footpath off Kirkby Road which led to Newstead Abbey and we all were relieved to get to the cafe and toilets because by that stage we had covered 7 miles.

After taking a late lunch we continued through the grounds towards Papplewick appreciating the autumn colours along the way.

9.3 miles later we arrived back at the Griffin's Head where many of us enjoyed a welcome drink.



Weekenders Group

The Weekenders December Newsletter was sent out at the end of November. Once again, many thanks to Margaret Whilde & Lindsay Smith for printing off copies for those members not on email and for delivering them on their morning walks. We had a Broomhill Birthday Lunch for June Flint on 25th November and we had a lovely outing to one of our favourite places, Blue Diamond at East Bridgford on Monday, 21st November where we always enjoy the Singing Penguins and spending our Christmas cash!.

The end of November found the Coffee Club having an early mince pie or two on 26th November. No December Coffee Club as it would fall on New Year's Eve. We also plan a Broomhill Birthday Lunch for Ruth Houldsworth on 9th December and then back to Broomhill for our Christmas Lunch on 16th.

HUCKNALL & DISTRICT u3a INTEREST GROUPS

Group	Leader	Contact E-Mail
Bridge	Sue	bridge@hucknallu3a.org.uk
Canasta	Sue	canasta@hucknallu3a.org.uk
Craft 1	Jo	craft1@hucknallu3a.org.uk
Crafty Knitters	Janet	craftyknitters@hucknallu3a.org.uk
Cycling	David	cycling@hucknallu3a.org.uk
Discussion	Christine	discussion@hucknallu3a.org.uk
Drama	Janet	drama@hucknallu3a.org.uk
Easier Cycling	Angela	easiercycle@hucknallu3a.org.uk
Flower Arranging	Siobhan	flowers@hucknallu3a.org.uk
Fun with Languages	Ann	languages@hucknallu3a.org.uk
Gardening	Anne	gardening@hucknallu3a.org.uk
Growing Old Disgracefully	Christine	god@hucknallu3a.org.uk
Grumpy Old Men	John	grumpy@hucknallu3a.org.uk
History	Maureen	history@hucknallu3a.org.uk
International Dining	Marilyn	internationaldining@hucknallu3a.org.uk
Kurling (1)	Sue	kurling@hucknallu3a.org.uk
Kurling (2)	Sue	kurling2@hucknallu3a.org.uk
Late Breakfast	Geoff	latebreakfast@hucknallu3a.org.uk
Litter Picking	Val	litter@hucknallu3a.org.uk
Lunch	Sandra	lunch@hucknallu3a.org.uk
Mah Jong	Val	mahjong@hucknallu3a.org.uk
National Trust	Barrie	nationaltrust@hucknallu3a.org.uk
Not So Grumpy Old Men	Barrie	notsogrumpy@hucknallu3a.org.uk
Pickleball	David	pickleball@hucknallu3a.org.uk
Pub Quiz and Lunch	Sandra	pubquiz@hucknallu3a.org.uk
Reading	Sandra	reading@hucknallu3a.org.uk
Real Ale	Melvyn	realale@hucknallu3a.org.uk
Rummikub (1)	Kate	rummikub@hucknallu3a.org.uk
Rummikub (2)	Sue	rummikub2@hucknallu3a.org.uk
Science	David	science@hucknallu3a.org.uk
Scrabble	Val	scrabble@hucknallu3a.org.uk
Seated Exercise	Anne	exercise@hucknallu3a.org.uk
Short Courses	Tina	shortcourses@hucknallu3a.org.uk
Singalonga	Liz	singalonga@hucknallu3a.org.uk
Table Games	Sue/Margaret	games@hucknallu3a.org.uk
Table Tennis	Alan	tabletennis@hucknallu3a.org.uk
Theatre	Barbara	theatre@hucknallu3a.org.uk
Ukulele For Fun	Vivian	ukulele@hucknallu3a.org.uk
Walking (Long)	Mark	longwalks@hucknallu3a.org.uk
Walking (Medium)	John	midwalks@hucknallu3a.org.uk
Walking (Short)	David	shortwalks@hucknallu3a.org.uk
Watercolour	Margaret	painting@hucknallu3a.org.uk
Weekenders	Sandra	weekenders@hucknallu3a.org.uk
Wine Appreciation	Mark	wineappreciation@hucknallu3a.org.uk
Wine Lovers	Tina / Gary	winelovers@hucknallu3a.org.uk
Wine Tasting	Sue	winetasting@hucknallu3a.org.uk

HUCKNALL & DISTRICT u3a INTEREST GROUPS - Calendar

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	13:30 - Flower Arranging 13:45 - Discussion 14:00 - Water Colours	10:00 - Walking (Long) 13:00 - Rummikub 2 13:30 - Table Tennis	09:15 - Cycling 10:00 Committee Meeting 14:00 - Reading	14:00 - Pickleball	09:30 - EasierCycling 09:30 - Late Breakfast 19:00 - Canasta		
2	10:00 - Ukulele 12:00 - Pub Quiz & Lunch 14:00 - Rummikub 1 14:00 - Seated Exercise	13:00 - Rummikub 2 13:30 - Table Tennis 14:00 - Crafty Knitters 18:30 - Bridge	09:15 - Cycling 13:45 - Members Meeting	10:30 - Fun with Languages 14:00 - Pickleball	09:30 - Easier Cycling 19:00- Mah Jong		15:00 - Kurling 1
3	10:00 - Walking (Mid) 13:45 - Craft 19:00 - Wine Lovers 19:30 - Wine Appreciation	10:30 - Singalonga 13:00 - Rummikub 2 13:30 - Table Tennis 13:30 - Gardening	09:15 - Cycling 14:00 - History 19:30 - WineTasting	10:00 - Walking (Short) 14:00 - Pickleball	09:30 - Easier Cycling 10:00 - Science 19:00 - Table Games	14:00 - Week-ender's Coffee	
4	10:00 - Ukulele	13:00 - Rummikub 2 13:30 - Table Tennis 18:30 - Bridge	09:15 - Cycling 12:00 - Lunch	14:00 - Pickleball 14:00 - Scrabble	09:30 - Easier Cycling 10:00 - Drama 19:00 - Canasta		15:00 - Kurling 2
5		13:00 - Rummikub 2 13:30 - Table Tennis	09:15 - Cycling	14:00 - Pickleball	09:30 - Easier Cycling 19:00 - Canasta		

Various Dates:

Growing Old Disgracefully; Grumpy Old Men; International Dining; Litter Picking; National Trust; Not So Grumpy Old Men; Real Ale; Theatre; Weekenders

If there's an Interest Group that you'd like to see here, please contact the Groups' Co-ordinator, who will be happy to help (coordinator@ hucknallu3a.org.uk).

If you are unable to e-mail the group leader, Please speak to them at the monthly meeting or ask a committee member.