



NEWSLETTER

Issue – September 2023

Web Address: www.hucknallu3a.org.uk

Next Monthly Meeting

Wednesday 13th September 2023
John Godber Centre – 2pm

Guest Speaker:

Hazel Griffiths – Grace Kelly, Perfect Princess

Note – Deadline for submission of Articles for the next edition of the newsletter is 29th September 2023

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 September Newsletter,

Hi, trust all is well with you all, our August Monthly Members Meeting was quite down in numbers as usual and expected, it was a pity really because our guest speaker Mr Graham Short talking on 'My Life as a Micro Artist' was very good and not only interesting but quite unbelievable the minute size of his engravings. August has been a mixed mash of weather and I sincerely hope that none of you have had a wash out holiday if staying in the UK, or if in Europe keeping out of the sun and dodging the wildfires.

Due to the low turnout in August, we still have plenty of tickets for our September social gathering on Saturday 23rd Sept, at the John Godber Centre, it is a 60's night with entertainment from a group called 'Rocks and Frocks' Tickets only £8, bring your own food and the JGC bar will be open.

May I remind you that three or four of our committee are leaving the committee having completed their full six year term, therefore we must have members willing to serve on the committee, please talk to me or any committee member if you are willing to consider joining us, it can be good fun and is of course essential as we cannot exist as a u3a without out prime committee members who are our trustees. On another note we are looking for a new Group Leader(s) for both the **Pub Lunch and Quiz Group** and the **Lunch Group**. Sandra Green is regrettably having to step down from leading these two groups for many years due to personal circumstances. Sandra has already prepared all of the Pub Quizzes for 2024, so that is one major task completed for the next leader. If you are in these groups please either volunteer or have a discussion as to who can take over as it would be a real shame for the groups to close. For further information, please talk to Sue Tedstone, our Group Co-ordinator.

As last year, we are having a stall on the Market Place at the Rotary Clubs 'Hucknall Community Day' if you feel that you can spare the odd hour to help and relieve on of the current volunteers, that would be great, please talk to me at the meeting. Last years event was very worthwhile, I would encourage you to visit on the day. Look forward to seeing you all at September's monthly meeting, please try and remember to wear your name badges so that all know who you are, and of course don't forget to sign out if you leave early.

Melvyn Francis, Chair

Monthly Meeting – Weds 13th September

Safety

As always please use the rear doors off the car park for access and ensure that you register yourself as attending, if leaving before the end of the meeting, it is important for health and safety that you sign yourselves out.

In the event of the fire alarm sounding, then please make your way to the rear car park by means of the rear doors if possible. The assembly point is the Scout Hut in the far corner of the car park.

Our meeting will start as normal at 2pm, with a few announcements, then our Tea / Coffee break, followed by our guest speaker:- Ms Hazel Griffith talking and presenting on 'Grace Kelly'

We will be using the JGC loop system for those of us with hearing aids, please switch to your loop setting. The loop system has been turned up to it's maximum, so hopefully will be clearer. We will also be reserving a few front seats for those with a hearing loss, if you would prefer.

Please volunteer to help with the teas and coffee if you are able, sign up on the form available.

Future Speakers

October 2023 - John Smith : Body Language.
November - Steve Lovell : The Miracle of Migration
December – No Speaker



HUCKNALL & DISTRICT u3a

invites you to an evening
of entertainment & dancing with



Saturday 23rd September 2023

At the John Godber Centre
from 7.45pm until 10.00pm
(Doors will open at 7.15pm)



Tickets will on sale for **£8** at the **August & September** Monthly Meetings

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

50s /60s Fancy Dress - Optional



Monday October 23rd

The John Godber Centre 2pm to 3.30pm

Nominal Entry Fee £1.00 payable on the door

**An opportunity to join a special event as part of the:
University of Nottingham History Festival 2023**

We are pleased to have a guest speaker Dr. Richard Gaunt an Associate Professor from the Department of History at the University.

The talk is '**Nottingham Castle: Past, Present and Future?**'

Dr. Richard Gaunt discusses his experience as Curator of Rebellion, working on the Nottingham Castle transformation project, in the context of the Castle's 1000 year history as a Nottingham landmark.



News From the Groups

Fun With Languages Group

Our August meeting continued in French with finding our way about town, ordering train or boat tickets etc. It also included a few practice sentences to translate and a crossword puzzle on places in France. To those on holiday I sent out the relevant worksheets earlier so you shouldn't miss out on anything.

Please can you practise THE song for the Christmas presentation. (date to be confirmed)

Our next meeting will be on Thursday October 12th 10.30 in JGC Byron suite. NO MEETING IN SEPTEMBER.

Hope to see you in October, if not before!.

Ann and Liz.

Gardening Group

Another month and another trip. August saw a full coach visit Renishaw Hall on a lovely sunny day. It was beautiful weather for us to wander round 7 acres of gardens and woodland, after being welcomed with tea and coffee, of course! The grounds were stunning even after the recent bad weather, and the gardeners were all willing to answer questions about their work and the many different plants to be seen.



The museum gave an interesting insight into the Sitwell family's ancestors who live in the Hall . It is well worth a visit if you have never been.

On Tuesday September 19 we are at the John Godber Centre for an NGS online talk, about Great Dixter, the home of Christopher Lloyd, which should be very interesting.

All are welcome as we are an open group.

Anne

History Group

The History Group always welcomes all U3A members especially new ones. Our indoor meeting place is Central Methodist Church on Baker Street: time 2pm – 4pm.

Kathy and Sue will be taking names and money for our next visit in October. It is to the Potteries Museum and Art Gallery at our usual History Group meeting at 2pm on 20th September.

Robert Mee will be with us giving an illustrated talk about 'Nottinghamshire Castles – Eleven Sites and more besides'. How many do you know of?

Maureen

Litter Picking Group

The Litter Picking group has now been in existence for 2 years and during that time members have collected a total of almost 600 bags of rubbish, 18 of which were collected last month. That is a lot of rubbish, none of which should have been discarded but thanks to the active members of the group it has been collected and disposed of in the correct manner. Should anyone else wish to join this worthwhile group and 'do their bit' for the environment please contact me as per the interest group details at the end of the newsletter. Equipment will be provided.

Val Gant

Lunch Group

23rd August saw us at Miller & Carter at Wollaton for lunch. Lovely meal with very attentive staff. Our next venue is on 27th September at 12.15 pm at Ciao Bella Mansfield in the Lounge. Choices to be given at the September U3A meeting together with £5 deposit. Please let me know if you wish your name to be added to any of the following venues.

25th October 12 noon – Gedling Inn & Kitchen.

22nd November 6.30 pm. Bibiana Bengal Restaurant Hucknall.

20th December 12 noon. Albert Hall Christmas Lunch £23. £10 deposit in October and balance in November.

Please let your friends who normally attend but who are not on email, have the above information. Many thanks.

National Trust Group

VISIT TO LYME PARK IN CHESHIRE

The National Trust group returned to Cheshire for the August trip visiting Lyme Park. Travelling across the Peak District to reach the venue we were met as usual by a National Trust member of staff who gave out tickets for the House tour and gave a brief outline of the estate.

The estate is vast and covers over 1,400 acres.

The group spent the day touring the large and lovely Lyme House with its wonderful rooms.

Many members attended a talk on the history of the estate given by a very enthusiastic speaker.

There was also the opportunity to follow some lovely walks, explore the lakeside paths or woodland areas.

A large courtyard in the house also contained several places to eat, gift shops and book shops along with a chapel.

Safely back on the coach for four o'clock we returned via the Derbyshire countryside to arrive safely back in Hucknall before six o'clock.



Barrie & Sue

Pub Quiz & Lunch Group

The Pub Quiz took place on the 14th August when 22 of us met at The Nabb Inn. All are welcome – we prefer a maximum of four to a team where possible as we can always add a person to another team if you would like to attend but haven't got a team of your own. Sometimes the quiz is easy and occasionally it is very hard, but the idea is to have a bit of fun and to socialise whilst enjoying a lunch. The next Pub Lunch Quiz will be on Monday, 11th September at 12 noon. Please note I shall be retiring as Pub Quizmaster after the December Quiz and we have decided that each team will take it in turn to organise a month. The quizzes etc for that year are all in a folder ready to go so it just means turning up, reading out the questions and answers and taking the £1 entry fee. It would be a pity if the Pub Quiz Group folded as those attending enjoy not just the quiz but the lunch and good company.

And here are the answers to the August quiz;

1. What type of trees do dates grow on? **Palm trees**
2. The country of Lesotho is completely surrounded by which other country? **South Africa**
3. In the nursery rhyme, whose wife "could eat no lean"? **Jack Sprat's**
4. By land area, which is the largest state in the USA? **Alaska**
5. According to an old proverb, what "gathers no moss"? **A rolling stone**
6. Which type of cycle has only one wheel? **A unicycle**
7. The nickname Geordie is often given to a person from which large city? **Newcastle (a Geordie is a person from the Tyneside area, which includes Newcastle)**
8. What is the name of the rubber disc hit in a ice hockey match? **A puck**
9. Which Sea separates the islands of Ireland and Great Britain? **Irish Sea**
10. Which queen of the British Celtic Iceni tribe famously led an uprising against the occupying Romans? **Boudica**
11. What was the name of the large balloons anchored to the ground by cables in London during the Second World War? **Barrage balloons (which served as an obstacle to low-flying enemy aircraft)**
12. Bill Gates was the principal founder of which computer company? **Microsoft**
13. How many sides does a decagon have? **10**
14. The first expedition to reach the South Pole was led by which Norwegian explorer? **Roald Amundsen**
15. If your hobby is philately, what do you collect? **Stamps**
16. Adolf Hitler was born in which country? **Austria**
17. Hollywood is a suburb of which American city? **Los Angeles**

18. Haematology is the branch of medicine concerned with the study of what? **Blood**
 19. What type of animal are you 'sick as', if you are heart-broken or very disappointed? **Parrot (as in sick as a parrot)**
 20. What do Americans call Autumn? **The Fall**

And here is the September quiz:

1. Someone who designs dance moves.
2. He makes and fits shoes for horses.
3. A medical professional who collects and tests blood.
4. A professional wine waiter.
5. Front of house at a restaurant.
6. A head chef's second in command.
7. A brain surgeon.
8. Which stage musical tells the story of an Argentinian dictator's wife?
9. Who sang with UB40 for their 1985 hit, 'I Got You Babe'?
10. Which horror film used Mike Oldfield's 'Tubular Bells' as its theme?
11. Who played the title role in the 50s/60s TV show, 'Dr Kildare'?
12. Who was the Prince of Denmark?
13. What was the name of the spaceship in Blakes 7?
14. What is the children's game, Noughts and Crosses, called in the USA?
15. What two names are given to a group of swans on the ground, beginning with B?
16. Which of the sciences is regarded as the oldest?
17. Born on 5 May 1818, who was known as the father of communism?
18. Which word can go after PUPPY and before LETTER to make new words?
19. Which animal's English name means earthpig in Afrikaans?
20. What name is given to the chalk rocks situated in the Solent, just off the Isle of Wight?
21. Which book features a pub called 'The Admiral Benbow'?
22. In which year did Jesse Owens become the first black athlete win 4 gold medals at the Olympic Games?
23. The Whitsunday Islands are located off the coast of which country?
24. Which artist's studio was known as the Factory?
25. What is the lightest of all the elements and has the atomic number 1?

Reading Group

The September Reading Group will meet on Wednesday, 6th September. The August set book was the latest Robert Galbraith novel – The Ink Black Heart. Unfortunately, the books obtained from the library were all hardbacks and had over 1000 small print pages! Most of us gave it up as a bad job which was unfortunate because Robert Galbraith's books (pen-name of J.K. Rowling) are usually excellent. For our September set book we will be using the one read by the Library's Crime Café – The Devil's Table by Kate Rhodes.

Real Ale Group

On Wednesday 16th August, 15 members of our Real Ale Group met at Gary and Tina's abode for our (hopefully) annual BEER B Q.

Tina provided excellent food, Beef Burgers, Pork Burgers, Spicy Burgers, Hot dogs and a variety of salads and side dishes, ably cooked by Gary on his Barbeque, very expertly cooked, not a burnt offering in site.

Gary, being a bit of a real ale home brewer had brewed for us a selection of four beers, an IPA, a Bitter, a Lager and a Stout, all excellent and very moreish.

Well done Tina and Gary, a brilliant evening, assisted by good weather and excellent company, thanks to all.

Our next outing will be on **Thursday 21st September**, it has been requested that we revisit the Sneinton area where we can find, **The Bath Inn**, **The King William IV** (King Billy), **The New Castle** (try and access the cellar) **The Partizan Tavern** (micropub) and possible **The Fox & Grape**.



Science Group

We meet on September 15th at 10.00am in the main hall at JGC

I am pleased to report that we have a guest speaker: Isabel (Izzy) Ely who is a postgraduate researcher at the:

Centre of Metabolism, Ageing & Physiology (COMAP)
 Academic Unit of Injury, Recovery & Inflammation Sciences
 School of Medicine, Faculty of Medicine & Health Sciences
 University of Nottingham, Royal Derby Hospital Centre

In her own words this is the rationale of study that she is currently undertaking.

The loss of skeletal muscle mass (known as atrophy) is an undesirable feature of many disease and scenarios including ageing, cancer and reduced physical activity from illness, injury or increased sedentarism. One mechanism thought to influence age-related muscle mass loss is "anabolic resistance" which leads to a reduced muscle building ability in response to protein feeding and exercise. As such, the search for optimal exercise and/or nutritional strategies to combat this anabolic blunting effect remains a hot-topic in scientific research.

The study focus

The study I am currently running is focused on an a specific amino acid (the building blocks of protein) called leucine which is thought to be the most important amino acid for stimulating the muscle building process. We are investigating whether there is a dose-response of muscle protein building to "super whey" protein (a protein drink with a greater portion of leucine) at rest and during acute exercise.

I have to admit to a vested interest as I am one of the 'specimens' being tested.

David Rose

Theatre Group

The theatre news list as follows:

Northern Ballet - Beauty and the Beast Saturday 07.10.23 Theatre Royal 2.30pm tickets £37.50

21st October. The King & I Saturday 2.30pm Theatre Royal Tickets £53.00

4th November. The Full Money Saturday 2.30pm Theatre Royal Tickets 38.50

Good Vibrations Beach Boys Wednesday 15.11.23 Concert Hall 7.30pm Tickets £37.00. Please note this is an evening performance.

Dr.Michael Mosley & Clair Bailey Monday 26.02.24. Concert Hall 7.30pm Tickets £30.50. Please note this is also a one off evening performance.

Matthew Bourne's Edward Sissorhands Saturday 02.03.24. Theatre Royal 2.30pm Tickets £54.00.

The Wizard of Oz Thursday 11.04.24.Theatre Royal 2pm. Tickets £44.50

Sensational 60's Sunday 28.04.2024. Concert Hall 3pm Tickets £33.50. Please note this is a Sunday performance.

Northern Ballet Romeo & Juliet at Theatre Royal on Saturday 04.05.2024 2.30pm Tickets £37.50.

Cluedo 2 at Theatre Royal on Saturday 25.05.2024 at 2.30 Tickets £42.50.

Pretty Woman Wednesday 04.09.2024 Theatre Royal 2pm Tickets £45.50.

Barbara

Vegetarian Cookery Group

In July members watched a demonstration of Vegetarian rolls being made as an alternative to sausage rolls. When they had baked and puffed up to twice their size, we enjoyed tasting them! Also we watched Halloumi and pistachio nut roast being made and there was enough for everyone to have a taste, accompanied by pomegranate seeds and pomegranate molasses. There was a lot of tasting and talking so if you would like to join us in future, we still have a few spaces left in the group, please contact me.



September's meeting will be on Monday the 25th, at 10.30 am.

Anne Wilkinson

Walking Group (Short Length Walks)

The September walk is on Thursday 21st

It is a gentle 4.5 mile (mainly downhill) linear 'bus walk' using the 141 bus to the Larch Farm stop. The route is part of the Robin Hood Way through Hagg Wood to Newstead Abbey. At the abbey we have the opportunity to use the toilets and cafe if needed. We then return via Papplewick to Linby Village.

The main meeting point is the bus stop outside the Horse and Groom for the bus scheduled at 10.11am Other options: Papplewick Lane /Hayden Lane roundabout at 10.00am
Ashgate Road Tesco at 10.02am

David Rose

Walking Group (Mid Length Walks)

Our August walk, led by Chris West and Mandy James, took us into the uncharted territory of Dale Abbey, which is a beautiful, small and peaceful Derbyshire village of significant historical and religious interest, unknown and unexplored by most of us, even though it lies only half an hour away from Hucknall!.

Setting off from the Carpenter's Arms on a perfect summer's day, we headed first across fields to the Hermit's Cave which, back in the early 1100's, became the first dwelling in the then wild and marshy area, the hermit, (previously a baker from Derby), digging out and settling in the cave after a religious experience urged him to live a life of devotion there. We then left the woods and continued along footpaths through fields and the privately owned Locko Park Estate, where we enjoyed our coffee break, sitting by the pretty lake. We then headed along gently undulating paths across fields and through woods until we reached the Stable View Café where we indulged in an ice cream break- a rare luxury on our walks but perfect for a warm summer's day!



The last leg of the 6 mile walk saw us making the gradual descent through a pretty vale back down into the village where we were lucky enough to be given a guided tour of the Abbey remains, which date back to the 1200's and are situated in a private garden, and then the tiny, ancient church, originally built by the aforementioned hermit who, after 20 years, was given a small income by a local landowner, impressed by his devotion. Then, finally, a late lunch in the peaceful churchyard followed by a walk back through the village to the Carpenter's Arms for drinks!.

John Tedstone

Walking Group (Longer Length Walks)

Our walk for August was in the Meden Vale, and very nice it was too. It was a pleasant walk of 8.5 miles which took us over surprisingly good paths considering all the rain we've had. Good field paths, quiet country lanes and through woodland, a nice variety.

We set off from the car park in Church Warsop, which appropriately enough was called The Carrs, proceeding through the church yard, across fields to Oakwood Plantation and on to Cuckney. We went from Cuckney onto Norton picking up the Robin Hood Way through Corrunna Hill Plantation to Hazel Gap and back to Church Warsop. We were a little depleted as quite a lot of our usual walkers seemed to be on Grandparent babysitting duties due to the school holidays.

The rain managed to keep off and we had a good walk full of stimulating conversation, or not as the case maybe.

Our walks are generally around 8-9 miles of easy walking, not too taxing; we have a coffee break and a lunch stop and cover some interesting places. So anyone wishing to join please come along and join us, all are welcome.

Mark

Watercolour Group

The Hucknall watercolour group meets on the first Monday of the month except August and December, we meet at Titchfield court from 2.00-4.00pm

The group usually has an outdoor session in August, this year we went by kind permission to Beauvale Priory to paint different aspects of the priory ruins. It was a small group but they all produced work to be proud of.



Maggie Huckerby

WEEKENDERS

On 12th August we had planned a Garden Meet-up at Margaret White's but yet again we had to move indoors due to the weather but we still had a good time with lovely food. On 18th August we enjoyed a Non-Birthday Lunch at the Broomhill. We are planning to re-book our trip to Boundary Mills Rotherham followed by the Whitby's Fish Restaurant lunch on Wednesday, 20th September; we may have places available if any U3A members are interested.

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	Jim	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	Sue	kurling@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	Terry	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
Vegetarian Cookery	Anne	vegcookery@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	09:15 - Cycling 10:00 Committee Meeting 14:00 - Reading	14:00 -Pickleball	09:30 - EasierCycling 09:30 - Late Breakfast 14.00 - Table Tennis 19:00 - Canasta		
2	10:00 - Ukulele 12:00 - Pub Quiz & Lunch 14:00 - Rummikub 1 14:00 - Seated Exercise	13:00 - Rummikub 2 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 14.00 - Table Tennis 19:00- Mah Jong		
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 - Gardening	09:15 - Cycling 14:00 - History 19:30 - WineTasting	10:00 - Walking (Short) 14:00 - Pickleball	09:30 - Easier Cycling 10:00 - Science 14.00 - Table Tennis 19:00 - Table Games		
4	10:00 - Ukulele 10:30 - Vegetarian Cookery	13:00 - Rummikub 2 18:30 - Bridge	09:15 - Cycling 12:00 - Lunch	14:00 - Pickleball 14:00 - Scrabble	09:30 - Easier Cycling 10:00 - Drama 14.00 - Table Tennis 19:00 - Canasta	14:00 - Week-ender's Coffee	15:00 - Kurling
5		13:00 - Rummikub 2	09:15 - Cycling	14:00 - Pickleball	09:30 - Easier Cycling 14.00 - Table Tennis 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.