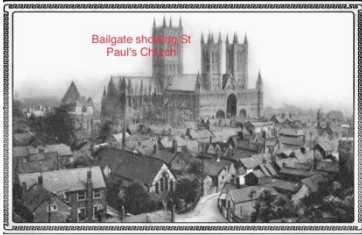


Bailgate U3A Newsletter

Autumn 2018





A word from the Editor:

Welcome to our Autumn 2018 newsletter, I thought I would share some interesting National Third Age Trust Research.

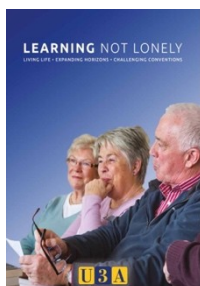
The research: Living Life, Extending Horizons, Challenging Conventions demonstrated the exceptional impact of the U3A movement on wellbeing in later life. It details a sustainable and



positive approach to ageing built on group learning, skill sharing and volunteering.

Members reported major benefits to being part of U3A in terms of confidence, combatting loneliness, learning new skills, feeling valued and enjoying life.

It is an interesting read, a copy is available on our notice table at monthly meetings and it is linked to our website.



Thanks Baz Aveyard.

[Pictures of in and around Bailgate](#)



The County Assembly Rooms have been on Bailgate, Lincoln, since 1745 after certain Landed Gentry wanted a move from The City Assembly Rooms, situated in the lower town. Plans for the new building were agreed at a meeting held at the Angel Public House on Bailgate (which is now Bailgate Post Office). The main reason for the new building was to entertain guests who visited Lincoln Races which took part on The Carholme racecourse.

Over the years additions and alterations have taken place, a new suite was added at the rear of the building in 1825, built originally as a Gentleman's card room this still has Georgian glass in the windows. In 1914, Albert Shuttleworth, a Lincoln industrialist added The Oval Room to the front of the ballroom and the present facade in dry classical style is from the same date.

Christmas Social

Following the positive feedback on last years Christmas social event, we are planning something similar this year. The date is Tuesday 18th Decembers 1pm in the Nightingale Rooms. We will have a cold buffet, quizzes and readings.

Tickets are £3 and will be on sale at the October and November Tuesday meetings.

We will also repeat the 'Secret Santa' if you would like to bring a gift costing roughly £5 wrapped and labelled whether suitable for a man, woman, or unisex! We will mix them all up and then send you home with someone else's gift!

Pam Simpson

[New Committee Members](#)

We have welcomed Rosemary Palmer and Dave Hunt to the committee, thanks to both for joining us, hopefully more people will join us next year!

[Holiday to Manchester](#)

In September a good number of us spent a couple of nights in Manchester, organised by our chair Pam. It is certainly a city proud of its monumental



Victorian architecture which contrasts with some interesting modern buildings. Several people visited Media City and were given a tour of the radio station Heart FM. One of members Ronny even read the travel news live on air!

New Groups

Are you interested in becoming a group convenor?

Have you got any ideas for new interests groups?

Becoming a convenor is not complicated and we are always keen

to expand our range of interest groups.

If you have any ideas for a group and want to discuss how they might work, please contact Rosemary Palmer our Group Coordinator at any of our Tuesday meetings or via the Bailgate U3A website.



Interest Groups

Group	Information
3 rd Thursday Walkers	Baz Aveyard & Rosemary Palmer: 01522 422695
Bridge	Thursday 2pm. Ursula Taylor: 01522 568364
Cinema Group	As and when. Val Skelton: 01522 394195
Family History	4 th Tuesday 10.30am. Annie Newcombe: 01522 543995
Historic Lincoln Pubs	3 rd Friday 2pm.

	Baz Aveyard: 01522 422695
iPad Group	Last Thursday 2pm. Sue Sproson: 01522 690609
Knit & Natter	2 nd Monday 2pm. Pam Simpson: 01522 808521
Local History	4 th Tuesday 2pm. Anne Wagner: 01522 569625
Music Appreciation	1 st Tuesday 2pm. Annie Newcombe: 01522 543995
Poetry Reading	2 nd Tuesday 2pm. Margaret Walch: 01522 533479
Reading for Pleasure	2 nd Tuesday am. Christine Elsemore
Sunday Lunch	3 rd Sunday. Margaret Walch: 01522 533479
1 st Thursday Walkers	Bill Neighbour: 01522 523203
Breakfast Group	Various dates. Sue Sproson: 01522 690609
Church Visiting	4 th Thursday 10.30am. Contact via website.
Drawing & Painting	1 st & 3 rd Wednesdays 2pm. Rosemary Palmer: 01522 422695
French Conversation	3 rd Thursday am. Contact via website.
History	3 rd Wednesday am. Claire Loryman: 01522 530597
Keep Fit	Every Friday 10am. (£4 every week) Jean Bentley: 01522 545550
Latin	Variable. Contact via website.
Medieval History	1 st Wednesday 2pm. Penny Forsdyke: 01522 533757
News Review	Last Thursday of the month 2pm. Sue Sproson: 01522 690609
Reading for Interest	3 rd Thursday pm. Gillian Roe: 01522 522508

Russian	Variable. Contact via website.
Walking 1-3 Miles	1 st Wednesday am. Contact via website.

Are you interested Badminton?

Lincoln U3A have vacancies within their mixed ability group for anyone who has played badminton before.

They meet at Riseholme College every Friday.
Contact – Roy Shooter roy@theshooters.me.uk