



With covid and flu still around, please do not attend any meeting if you have any symptoms. You may also wish to wear a mask.

Monday 20th February

Dr Jess Jones will be asking us "Why be Stronger" Jess is a retired GP who has been a competitive weight lifter and is now a qualified instructor.

She is interested in starting a weight lifting class for us and she will be explaining the benefits of this form of exercise for everyone but especially for the over 50s.

An expression of interest list will be available.

Doors open at **10.00** for a 10.30 start.

Beamish Cancellation

Kath Lodge will be at the meeting on Monday to give refunds to those who paid for the above outing which was cancelled and have not yet claimed it. (Either £20 or £8).

Saturday 1st April Outing to Stokesley and Northallerton

9.30am Departure from the Britannia. We go straight to Stokesley where there's a farmer's market. We travel on from there to Northallerton, departing from there 4pm arriving back to the Brit approx 5.00 - 5.30. Cost. £12 - £17 depending on numbers. The actual cost will be notified in the March newsletter when numbers going are known. Payment will be due at the meeting on 20th March.

An expression of interest form will be available at the meeting on Monday.

Future Programme

Monday 20th March

Jason Wilson from the NHS Implant Analysis Service

Monday 17th April

Sergio Petrucci from the Red Sky Foundation

Monday 15th May

AGM

News of Groups

The ethos of the u3a is to Learn, Live and Laugh, with members sharing their interests for the benefit of everyone.

Feel there is nothing for you currently in the u3a groups?

Then help to set up and run a new group based on your interests, with the full support of the committee. Contact Sue Soulsby at u3aboldon@gmail.com

There have been suggestions for two new groups, **Reading** and **Chess**, and expression of interest lists will be available at the monthly meeting. Remember the committee can help you to set up, help contact u3a Subject Advisors, help find a venue, and fund equipment **BUT** we cannot run the group. The group 'leader(s)' will hold the list of members and collect any money for room rent and liaise with the Group Co-ordinator and Treasurer.

Did you know that singing is good for you? [Opera North list the benefits](#), so join the first meeting of the new **Enjoy Singing Group** on 24th February at Cleadon Methodist Church Hall, 10.30-12.30, led by [Jim Jordan](#). With the aid of a laptop and projector there will be 1,000 songs available to enjoy. Come along to the monthly meeting to find out more.



Members of the **Contemporary Music Group** arrived for lunch at the Engine Room expecting to later see the matinee of My Fair Lady with stars such as Lesley Garret and Adam Woodyatt. Unfortunately the show was cancelled due to covid among the cast so we enjoyed a long lunch and catch up with friends.

I'm delighted to tell you that the **Photography Group** have done it again. Photos from Colin Dudley and Ian Henderson have been chosen to be displayed in [u3a Eye selection](#) for January's 'Texture' theme. Competition was high with some excellent entries. The next u3a Eye theme is Repetition and ALL members can enter.



Members of the **Midweek Walking Group** enjoyed an historical walk through old Sunderland.

If you want more information about any groups, please contact the group leader directly via the website by clicking the blue carrier pigeon.

Scam alert from Which

Scammers are again attempting to steal personal data from Apple users by impersonating the brand. Fraudsters are sending phishing* emails claiming the recipient's Apple ID has been locked due to 'multiple failed sign-in attempts'. If you click the 'Verify your account' button, you're taken to a QR code generation website, which scammers use to phish for your personal information. [Find out more about this scam, including how to identify and report it.](#)

*Phishing is a form of social engineering where attackers deceive people into revealing sensitive information.

If you feel you can help in any way, please email u3aboldon@gmail.com for more information or see the committee at a General meeting.

Remember you can always find the latest news on events and groups by visiting our web site u3asites.org.uk/boldon/home or by joining our Facebook group.