

u3a

Boldon & District

Automatic Renewals

If you paid your membership in 2022, your membership has been automatically renewed. This is to help reduce the bank balance we are holding. To save paper and ink we will not be printing new membership cards, your membership number stays the same and cards are recognised by the scanner at monthly meeting. New members will pay £10.

Monday 19th June

Peter Brennan will talk on the **History and Stories of Newcastle City Hall**
Venue All Saints Church Hall, Cleadon, doors open at **10.00** for 10.30 start

All Saints Summer Fair on Saturday 24th June

We have booked a table at the Summer Fair at All Saints. This is to advertise the benefits of our u3a and encourage new members. The event is open between 12 noon and 4 pm, please come along to show your support

Meet our new Chairman, Shirley Walkinshaw



I am a mother of two sons, six grandchildren and one great grandchild. My working history is of nursing and health visiting. A friend made me aware of u3a twenty years ago and I took to it instantly but was then only able to join one group and monthly meetings due to family and work commitments. Following retirement I have been able to join in more and love the atmosphere, the outings and group work that extends our knowledge and experience of life. I wish the organisation the very best and hope it can expand into more areas and be experienced by more people.

Why not join our **private** Facebook group.

It is a fun place, be first to hear about day trips, share photos and get news of group activities, enjoy and contribute to Stephanie's u3a foodies posts and even laugh at the occasional joke.

Members are welcome to add any posts which they think would be of interest.

Our speaker after the AGM was **Jesse Jones**, a retired GP who was part of the British Powerlifting team between 1993 and 2012 and who has since joined Boldon u3a.

“Many thanks to the u3a for giving me the opportunity to speak at the meeting on 15.5.23. I was made to feel very welcome and it was heartening that several of your friendly members approached me afterwards to discuss my talk. So much so, that I have now decided to look into doing a course to become a personal trainer, which is likely to be completed in the next few months. So watch this space for a possible strength training exercise group!”

The World Health Organisation recommends that all adults age 65 and over do muscle-strengthening activities involving the major muscle groups twice a week.

It's never too late to get stronger

Gym or no gym

Gyms are great but some people find them off-putting.

You can use normal home activities to get stronger. Do two lots of ten and work up to three lots of ten. Do this twice a week. That is really all you need.

1. **Chair squats:** getting up from a chair without using your arms. If this is too difficult, use a higher chair or a stool. If it becomes too easy, use a lower chair or try on one leg.
2. **Chair press-ups:** lifting yourself up from the chair with arms from a seated position so that your feet remain on the ground and your bottom is lifted. Lower and repeat. If this is too difficult, do it from a higher chair or stool. If it becomes too easy, use a low chair or try to do it while sitting on the floor. You could move to press-ups against a wall if this is too easy.
3. **Chair core muscles:** while sitting, place hands on chair beside legs, lift one leg up so that the foot is off the ground with the knee bent. If this is too easy, progress to both legs at the same time.
4. **Shopping bag deadlifts:** place a sturdy shopping bag just in front of and between your legs and bend, keeping your back straight, grasp the bag with both hands and stand up. Slowly lower the bag to the floor and repeat. You could put something in the bag if this is too easy.
5. **Bean can shoulder press:** hold a can of beans in each hand and press this above the head as if putting something onto a shelf. Lower slowly and repeat.
6. **Bean can biceps curl:** hold a bean can in your hand with a straight arm and then bend the arm so the can approaches the shoulder of the same arm. Lower slowly and repeat.

News of Outings from Kath Lodge

PLEASE NOTE If you park in the Britannia car park you will be fined.

Wednesday 17th May

Members visited the the studio of the artist Ray Lonsdale , then viewed his sculpture 1101 (Tommy) at Seaham, a great day out, thanks Kath.



Thanks to Steven France for the photo. (more can be seen in the Facebook group)

Saturday 24th June Concert Newcastle Cathedral 7pm

This concert features the young Ukrainian pianist KHRYSTYNA MYKHAILICHENKO. Full details were in the May newsletter. Tickets cost £14 **payable in cash please** on Monday 19th June. Tickets will be paid for on the night. The Metro from East Boldon is at 17.43 and will probably catch the 21.33 home from Central Station.

Friday 7th July Tall Ships Hartlepool

Cost £13 payable at the meeting on 19th June. The coach will leave the bus stop opposite the Cleadon pond at 9.30am and Hartlepool at 4.00pm.

Friday 4th August Whitby

Cost £16-£22 depending on numbers this will be payable at the meetin on 17th July. An expression of interest will be available on the meeting on 19th June The coach will leave the bus stop opposite the Cleadon pond at 9.00am and Whitby at 4.00 pm.

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

Due to holidays the **Enjoy Singing** group for June has been cancelled. The group normally meets on the last Friday of the month in Cleadon Methodist Church Hall at 10.30. Contact Jim Jordan for more information.



Do you want to try flower arranging while having fun? Come along to our **Flower Arranging** group on Friday 14th July, at 10.30 in the School Room at All Saints Cleadon.

Each month Maureen Carrigan demonstrates an arrangement which the group uses as inspiration for their own arrangement the following month. For more information contact Maureen via the Flower Group page on the web site or email u3aboldon@gmail.com.

Here is our inspiration for June

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

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.