



## Newsletter December 2023

**Learn, Laugh, Live**



QR code

**Christmas lunch at  
the Hostess :**

**12 Dec at 12 noon**



## Words from the Chair



Are we really coming to the end of another year? I know it's a cliché, but time really does seem to pass more quickly these days. I'm probably not the only one among us who feels life is busier in retirement than it was when I was working! Retirement wins hands down, however, when it comes to the u3a activities on offer, we have a lot to look forward to over the next few months.

Which leads me to some news.... we will shortly be offering the option for you to pay for social events by debit card, as well as by cheque and cash. A lot of members have commented that they would prefer to pay by card, so it may no longer be necessary to remember to bring your cheque book to the Members' Meetings. The three different payment

options will still be available, so use whichever suits you best. Watch this space!

As you probably already know, we do not hold our usual Members' Meeting in December as we have our Christmas meal at the Hostess restaurant on 12 December. It's a festive occasion with lots of laughs and chatter, and an opportunity to get some turkey-eating practice before the Big Day!

Christmas is nearly upon us so, whatever you will be doing over Christmas, I hope you have a festive and enjoyable time, and I send you all good wishes for the New Year and 2024.

Elaine

## Remembrance Sunday



Dave Drew proudly represented Mansfield u3a at the Mansfield Civic Centre Remembrance Parade on Sunday 12 November. He laid the wreath, which took pride of place, displaying the badge which Gordon Howlett had cleverly reworked for the occasion. Well done both of you. You are a credit to Mansfield u3a.  
Yvonne

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## **Christmas Greetings from Yvonne (Newsletter Editor)**

Mick and I would like to wish all members a very Happy and Peaceful Christmas also a healthy New Year.

I would like to thank you for your patience. I am enjoying putting the newsletter together but I know that there is a long way to go with getting it right. There is quite a lot more to it than I anticipated but I hope that a few more months into it, it will get better. Please send in your news items as early in the month as you can as it takes me a while to work on it. Take care everyone and enjoy the celebrations.



### **Message from Steve and Stella Hall – Crafty Chat**

We would like to thank all our members for their hard work in making some beautiful crafts and also for their donations and help in making our stall at the Christmas Fayre on Tuesday 22 November a success. The proceeds from the sale of these goods will go towards two events we plan to hold in 2024 where we intend to have an expert come to the group to demonstrate different craft projects. If you wish to join our group you will be more than welcome. However if you would like to attend these events as a visitor, please listen out for updates at the

General Meetings. The club meets on the 3<sup>rd</sup> Monday of each month between 2pm and 4pm. The venue is the Quaker Meeting House off Rosemary Street near the entrance to the Civic Centre. The next meeting is scheduled for 15 January 2024 (sorry no meeting in December).

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### **Games Night – Sheila Pegg**



Seven of us enjoyed an evening of Games at The Rushley in November, learning new games and having a few laughs. There will be no meeting in December. The next dates will be January 27th and February 24th. Thank you to all members for your support and I wish you all a very Merry Christmas.



## HOLY WHIMSIES - COURTESY OF ALAN MILLER



Alan also highlights the following piece of information which might be helpful to some regularly using the A38:

The red light camera on the A38 in the 30mph section near Kirkby fire station has been replaced by a new Vector-SR camera that can check speed in both directions and see if seat belts are being worn plus other things.

See:-

<https://metro.co.uk/2023/11/16/new-ultra-two-way-speed-cameras-coming-uk-look-like-19831087/>

## News from the Social Committee

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Many thanks for members' continual support of events the Social Committee organise – the more the merrier, lots of laughter, fun and new friendships forged.

The Main Meeting on Tuesday 21 November, 2023 was an excellent event enjoyed by all who attended. Thank you to all the stall holders, the Social Committee and the Main Committee for their hard work.

Chris Smith sold quilt and craft items in order to raise money for a local Food Bank. Thanks to the generosity of members, Chris was able to deliver groceries to families who are in desperate need.

Marilyn Jones' stall was again a success. There were many beautiful items for sale made by Marilyn.



Thank you Marilyn for donating two beautiful beadwork bracelets to the next U3A raffle. A beautiful array of greeting cards and crafts were on sale from Jill West and her sister.



The Crafty Chat group led by Stephen and Stella Hall worked hard work to make some beautiful crafts.

## **CHRISTMAS LUNCH - Tuesday 12 December 12pm**

The Hostess Restaurant, Sookholme Road, NG19 8LL 12.00pm – 3 course lunch + coffee and mince pies – the total cost is a non-refundable £19. **Please note there are no more places available.**

## **BURNS NIGHT/REFINED RESTAURANT – Wednesday 24 January 6.30pm**

20 places have been booked at the restaurant. A deposit of £10 was collected at the Main Meeting on Tuesday 21<sup>st</sup> November, the balance is paid at the restaurant. 3 courses £22.50. There is only 1 place left.

## **CHINESE NEW YEAR – Thursday 8 February 7pm**

Springwater Restaurant, Calverton - 12 places have been booked at the restaurant. Entertainment starts at 9:30 pm & ends about midnight, this includes a lion dance, disco and fireworks display. A non-refundable deposit of £5 has been collected. The total cost is £30 per person. The balance is payable on the night. **Please note there are no more places available.**

## **UP-COMING EVENTS**

Treasure Hunt Wednesday April 10 2024 starting at The Mansfield Bowling Club.

North Notts. Day Wednesday 12 June 2024 John Fretwell Centre

River Trent boat trip – Friday 10 July 2024



### **Bridge – Sheila Pegg**

We just had one bridge session in November with four of us playing, discussing and learning from each other.

Our next dates are 4 December and 18 December.



Hello everyone,

Hope you are all keeping well?

Well, we've certainly had our fair share of rain over the past week or so from storm Babete and I hope you've not been affected too much by it? Where we are in Lincolnshire there's been lots of



local flooding, but fortunately we've not been affected, although the garden is very soggy! As I write, storm Ciaran is approaching the south coast, so it looks like we're in for another battering.

Before the storms, we did manage to get some work done on our lawns. Moss and weeds are a problem and the surface is very bumpy, so I decided to set about trying to improve them. I'm not looking for a bowling green, just a lawn that's in reasonable condition with more grass than moss! To start the process, which will continue next spring, I've been trialling a new cylinder mower from Cobra that has changeable cartridges to scarify, de-thatch and aerate the lawn. I ended up with a mountain of moss and a bare lawn which got a few comments from Mrs F. To my relief after a couple of weeks the lawn is greening up and already looks much better – phew!

Some of you may have heard about the changes to local BBC Radio across the country. Basically, weekday programmes after 2pm and all weekend programmes will become regional as several local stations join up. This means some programmes will finish, including the Sunday show on BBC Radio York where I was one of the gardeners. I did my last programme just over a week ago which was a sad occasion. In total I've done 30 years on local BBC Radio, including 15 years at York, and I'll miss answering listeners question on Sunday mornings.

However, as one door closes another one opens and just after I'd finished on York, Radio Lincolnshire got in touch to ask me to be part of a new mid-week gardening feature, which I'm really looking forward to.

And, more exciting news, we are launching our own weekly Podcast. This is all new to me but I'm told it's a radio show that you can listen to anytime, just like catch-up! It's called Pots & Trowels (like the videos on YouTube). Each week we'll chat to a guest from the world of gardening, give some seasonal gardening advice, Jill will share some of her cookery tips using produce from the garden and I'm also going to answer gardening questions – just like the radio! Sean, who we work with on the videos is the technical side and will also join us on the Podcast as he's keen to develop his small garden. You can find the Pots & Trowels Podcast on the normal platforms, and we're delighted that Arit Anderson from BBC Gardeners World has agreed to be our first guest, so I hope you'll give it a listen - Details will appear very soon on our website [potsandtrowels.com](http://potsandtrowels.com)

With our best wishes

*Martin & Jill*

## **Jobs for November/December**

Leaves are just starting to fall from the trees now and these are great for adding to or for starting a new compost heap, When mixed with grass clippings and old plant remains, they quickly heat up and start to break down. Even on their own leaves will break down to a crumbly compost by next year so don't let them go to waste.

In wet conditions keep off the lawn, but when we get a dry spell, take advantage and spike any areas of the lawn with a garden fork that stand in water after rain. Ideally spike 4-6inches deep to help surface drainage and get air down to the roots.

If squirrels are a problem (they are in our new garden) they will be looking for food at this time of the year and freshly planted bulbs and food on a bird table are top of their list. Covering newly planted bulbs with chicken wire will help or you could try mixing chilli pepper with your bird food. The birds don't mind it, but squirrels don't like it at all!

As the soil starts to cool down it's the perfect time to plant tulip bulbs into the garden. The cooler condition help against the possibility of bulbs being damaged by the fungus tulip fire. (see above about squirrels)

Make sure sheds, garden gates and fences are all secure against strong winds. Any loose panels need securing and doors fastening to prevent them bowing open.

We're now coming into the bareroot planting season for roses, hedging plants and fruit trees. Bare root plants are usually a little cheaper and if planted properly they will quickly establish and make strong plants. If bare root plants are delivered and you can't plant straight away, unpack them and heel them in. This is when you make a trench in the garden to place the roots in and cover over with soil as a temporary measure to keep the roots moist. They can be left like this for several week if necessary.

November is the ideal time to take hardwood cuttings of many deciduous shrubs and fruit bushes. Select this season's new stems (that are now woody) and trim to around 8in long, cutting just below a bud at the base and above a bud at the top. Either root in deep pots of compost or outside in the garden soil. By spring they should have rooted.

Now is a great time to mulch any borders or bare patches in the veg garden with homemade garden compost or well-rotted manure if you can get it. This help to protect the soil over winter and as the worms pull it down it will gradually improve the soil structure.

There's still time to plant garlic cloves outside in the garden. Plant so the tips of the cloves are around 1inch below the soil surface.

Check apples in store and use any that are showing signs of bruising.

For more weekly gardening tips and advice from Martin visit "Pots & Trowels" on Facebook or subscribe on YouTube for free, plus our new Podcast coming soon.

Happy gardening

*Martin Fish.* [www.martinfish.com](http://www.martinfish.com)

### **INDOOR KURLING**

As most of you will know, we purchased, through the kind donation of Stephen Garner, an Indoor Kurling set. The intention was to set up a new group and this we did for a while. It was tagged onto the end of our Soft Tennis at Oak Tree Leisure Centre, but unfortunately, they stopped our session because the court was needed for children's activities. We successfully moved back to what was formerly Maun Leisure Centre but again luck was against us and we lost our Group Leader. The equipment is laying dormant in our store room and this is a great shame. It is a waste of a great asset. I am sure that Oak Tree Leisure Centre or Maun Leisure would have an hour that they could hire out to us if someone would be willing to take it on. All that would be involved is collecting the money and storing the equipment. The game itself was played for fun. Scores were kept but only for pride. Of course, we would need enough players to make it viable. Please have a word with our Groups Coordinator, Stella Hall, if you think you could give it a go. We would give you all the support you would need.



**Creative Craft Corner**  
 Sue Hallam & Toni Deakin  
 Haberdashery retailers  
 The Old Post Office  
 Queen Street  
 Nottingham  
 Telephone 0115 9587253  
 e-mail: [creativecraftcorner@proton.me](mailto:creativecraftcorner@proton.me)



**Carole thought you might be interested in these events.**

<p><b>ROYAL OPERA HOUSE</b></p> <p><b>DAS RHEINGOLD</b> Wed 20 Sep 2023 The Royal Opera</p> <p><b>L'ELISIR D'AMORE</b> Thu 1 Oct 2023 The Royal Opera</p> <p><b>DON QUIXOTE</b> Tue 7 Nov 2023 The Royal Ballet</p> <p><b>THE NUTCRACKER</b> Tue 12 Dec 2023 The Royal Ballet</p> <p><b>RUSALKA</b> Wed 14 Jan 2024 The Royal Opera</p>	<p><b>IN CINEMAS</b></p> <p><b>MANON</b> Wed 7 Feb 2024 The Royal Ballet</p> <p><b>MADAMA BUTTERFLY</b> Tue 26 Mar 2024 The Royal Opera</p> <p><b>MACMILLAN CELEBRATED</b> Tue 9 Apr 2024 The Royal Ballet</p> <p><b>SWAN LAKE</b> Wed 24 Apr 2024 The Royal Ballet</p> <p><b>CARMEN</b> Wed 1 May 2024 The Royal Opera</p>	<p><b>23/24</b></p> <p><b>THE WINTER'S TALE</b> Wed 22 May 2024 The Royal Ballet</p> <p><b>MESSAGE IN A BOTTLE</b> Thu 30 May 2024 Sadler's Wells/Universal Music UK</p> <p><b>ANDREA CHÉNIER</b> Tue 11 Jun 2024 The Royal Opera</p> <p>Encore screenings at select cinemas, for more information please visit <a href="http://roh.org.uk/season2324">roh.org.uk/season2324</a></p> <p> <b>ROYAL OPERA HOUSE</b></p>
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### **Seasons Greetings**

**Wishing everyone at Mansfield u3a a very merry Christmas and a healthy and happy New Year**

**Jean Hatton, Membership Secretary**



Coming to a u3a near you  
(and it will be here before you know it!)

Mini Break for 2024

**Thursford Christmas Spectacular  
LINKS Hotel and COUNTRY CLUB**

**B.B. Evening meal**

**Thursford Show**

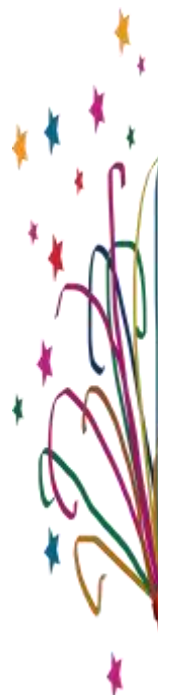
**Trip into Holt**

**December 2024.**

**Contact Jacquie Hampshire if you want to book your  
place.**

## POTTERS

Talking of breaks, we joined in with members of Sherwood u3a and quite a lot of our members for a four-day break at Potters in Hopton and what a wonderful time we all had. For the fit and active, which unfortunately we weren't during the week, there is so much to enjoy and participate in. Each day the activities on offer were so varied, examples being : Nordic Walking, Segways for Beginners, Archery, Air Rifle, Quiz-time and entertainment throughout the day, Line Dancing, Table Tennis, Craft Workshops, Golf and of course, Bowling. We learned the rules for Pickleball (watch this space). There's food and drink on offer all the time and in the evenings the most spectacular Shows. Everyone, staff and fellow holiday members, were all friendly and welcoming. We have not laughed so much for ages. Denise from Sherwood had organised everything down to the last detail. Thoroughly recommend a visit if you have never been. Yvonne and Mick.



Sheila and Jane enjoying one another's company throughout the break. The second picture is the walkway towards the Restaurant and Theatre. Christmas came early with all the decorations which were spectacular.

The seating area in the entrance hall.



Enjoyable meal times for everyone.

## u3a Poetry Competition Open Now

The u3a poetry competition is now open for entries. We are looking for poems that fit the theme, 'What If'. Members have until Friday 26 January to enter, which they can do on [the u3a website](#).



We know there is so much poetry talent across the u3a movement and would love to hear from as many members as possible - please share this with your u3a poetry groups.











The only way to LEARN, LAUGH and LIVE, is to get involved in the following groups.

The tables on the following pages show the Interest Groups. Please check the Mansfield u3a website for up-to-date information of your group/groups.







December 2023							January 2024						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
26	27	28	29	30	1	2	31	1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30	31	1	2	3
31	1	2	3	4	5	6	4	5	6	7	8	9	10





<b>AFTERNOON TEAS</b>  <b>Second Saturday of every month</b> <b>2pm – 4pm</b>	<b>Sheila Whalley</b> <b>01623 453908</b>  	<b>Meets in pubs, garden centres and other places of interest locally. The aim is to develop friendships informally while exploring new venues and sometimes indulging in some retail therapy. However sometimes the dates have to change so keep looking.</b>
<b>ANTIQUES &amp; COLLECTABLES</b>  <b>Second Tuesday of every month</b> <b>10 am – 12 noon</b>  <b>St Peter's Centre</b>	<b>Patricia Blackwell</b>   <b>01623 481745</b>	<b>There is a different topic at each meeting. Members bring along an item relating to the subject. It is helpful if they have done some research on the item and can tell the rest of the group about it. That way we all learn something. If you haven't got anything that month it doesn't matter because you will learn from what others have brought. (Group Full with a waiting list</b>
<b>BEADWORK</b> <b>Marilyn's home, Hillcote.</b> <b>Every Wednesday 10am-12noon.</b> <b>Overflow group</b> <b>Every Monday at the same time.</b>	<b>Marilyn Jones</b>   <b>01773 819155</b> <b>Mobile : 07803 244841</b>	<b>Often we are all working on a single project, or, at times, members may be making different items.</b>  <b>Members can source their own materials singly, collectively, or can buy from Marilyn from her stock at cost price. (Group on Wednesday is currently full).</b>






<p><b>BIRD WATCHING &amp; WILDLIFE</b></p> <p>Times and meeting places Vary.</p>	<p><b>Val Hart &amp; Ken White</b></p> <div data-bbox="683 129 938 264">   </div> <p><a href="mailto:Valerie.hart@hotmail.co.uk">Valerie.hart@hotmail.co.uk</a>  07745 208248  <a href="mailto:ken@atrain.org.uk">ken@atrain.org.uk</a></p>	<p>Visits to various places of interest in Nottinghamshire, Derbyshire, Yorkshire and Lincolnshire. Plus occasional overseas visits. Members are asked to bring their own first aid kits. Suitable footwear and clothing to be worn. Food and drink for picnics as required and binoculars or telescopes if required. "In case of emergency card" should be with you at all times.</p>
<p><b>BOARD GAMES</b></p> <p>Fourth Saturday in month. 7pm - 9.30pm The Rushley, Nottingham Road, Mansfield.</p>	<p>Sheila Pegg</p> <div data-bbox="778 600 906 723">  </div> <p>07883720657</p>	<p>Just come along to enjoy a pleasant evening playing board games. Cost of a drink for yourself</p>
<p><b>BOWLS</b></p> <p>Mansfield Bowling Club (Summer). Lammas Centre Sutton (Winter).</p>	<p>Paul Sanderson</p> <p><a href="mailto:Paulsanderson168@gmail.com">Paulsanderson168@gmail.com</a></p> <div data-bbox="774 992 901 1126">  </div> <p>07592016691</p>	<p>Outdoor coaching will take place every week for 5 weeks.</p> <p>Every session will be organised by DBS checked, registered coaches. The outdoor bowls coaching starts on Tuesday 2 May. 12.15 – 1.45</p>
<p><b>BRIDGE</b></p> <p>First and Third Mondays 6.30 – 9 pm. The Rushley, Nottingham Rd. Mansfield.</p>	<p>Sheila Pegg</p> <div data-bbox="778 1272 906 1395">  </div> <p>07883720657</p>	<p>Just turn up. We can sort out a partner if you come alone. We are a friendly group, playing for fun. Equipment provided.</p> <p>No fee charged by venue – we just buy a drink (or two)</p>
<p><b>CALIGRAPHY</b></p> <p>Second and Fourth Wednesday Monthly 1-3.00pm Leader's home</p>	<p>Marilyn Jones</p> <div data-bbox="794 1585 922 1709">  </div> <p>01773 819155 Mobile : 07803 244841</p>	<p>Course led by video tuition and lots of practice. Members will need to source their own pens and paper although they will be provided at the beginning until they know what they need.</p>
<p><b>CARD CRAFTING</b></p> <p>Last Tuesday monthly 1pm – 3pm at Friends Meeting House. Rosemary St, Mansfield NG19 6AB.</p>	<p>Jill West</p> <div data-bbox="778 1821 893 1955">  </div> <p>07554012769 <a href="mailto:jwpttls@hotmail.co.uk">jwpttls@hotmail.co.uk</a></p>	<p>All materials are provided and included in the cost of £5 per session, which includes room hire and refreshments. Members, as well as learning card making skills, have a lovely card to take home.</p> <p>Contact Jill to find out if there are spaces.</p>

<p><b>CLASSICAL MUSIC 1</b></p> <p>Group Leader's home.</p> <p>Fourth Monday monthly</p> <p>2-4pm.</p>	<p>Michael Allen</p> <p><a href="mailto:Michaelallen446@gmail.com">Michaelallen446@gmail.com</a></p>  <p>01623 653345</p> <p>07565 936859</p>	<p>Music is played and discussed.</p>
<p><b>CRAFTY CHAT</b></p> <p>Group is run during termtime only at the Quaker Room, 124 Rosemary St.</p> <p>On 3<sup>rd</sup> Monday 2-4pm.</p>	<p>Stephen &amp; Stella Hall</p> <p><a href="mailto:hall.s@hotmail.co.uk">hall.s@hotmail.co.uk</a></p>  <p>07940460250</p>	<p>Just bring along something you want to be creative with or just come along for a chat. A charge of £12 is made per term to cover room hire and refreshments.</p> <p><b>New members welcome.</b></p>
<p><b>CURRENT AFFAIRS</b></p> <p>Mansfield Bowling Club NG18 7AP</p> <p>First Friday of the month. 10 am – 12 noon.</p>	<p>Graham Headworth</p>  <p>01623 468883</p>	<p>We have some very interesting discussions which can be quite lively, especially when we are discussing Westminster matters. We are always friendly. Members of Mansfield u3a welcome but restricting to 15 guests. Contact Graham on above number for availability. Charge to cover cost of room hire &amp; refreshments.</p>
<p><b>FAMILY HISTORY</b></p> <p>Members' homes</p> <p>Fourth Tuesday monthly</p> <p>Except for August &amp; Dec</p> <p>10 am – 12noon</p>	<p>Valerie Wood &amp; Ken Gilbert</p> <p><a href="mailto:v.a.l.woody11@gmail.com">v.a.l.woody11@gmail.com</a></p>  <p><a href="mailto:kattaria@gmail.com">kattaria@gmail.com</a></p>	<p>The group enjoys researching family histories and welcomes new members with similar interests.</p> <p>Members share their family history research, photographs, maps and artefacts. We also guide members to which websites to use for their research.</p> <p><b>New members welcome</b></p>



<p><b>GARDENING AND GARDEN VISITS</b></p> <p>St Peter's Centre NG18 1AP. First Tuesday monthly. 10 am –12 noon</p>	<p>Marilyn Dibble</p> <p><a href="mailto:dandmdibble@gmail.com">dandmdibble@gmail.com</a></p>  <p>01623 634805</p>	<p>Garden Group Members pay £16 twice a year to cover room rent fees.</p> <p>Guests most welcome at £5 per session. Cash or cheque payable to Mansfield &amp; District u3a.</p>
<p><b>HISTORY GROUP</b></p> <p>Mansfield Bowling Club</p> <p>Third Wednesday monthly 10am – 12 noon</p> <p>£2 per session</p>	<p>Philip Tucker</p>  <p>01623 437516</p> <p><a href="mailto:Philip.tucker1@ntlworld.com">Philip.tucker1@ntlworld.com</a></p>	<p>If you have a particular passion for some historical event, by all means bring it forward. All our meetings are friendly, with tea and coffee and sometimes home-made cakes. Funds permitting, we may hire an external speaker at least once during the year.</p>
<p><b>MANSFIELD PALACE THEATRE GROUP</b></p>	<p>Julia Hyde</p>  <p>01623 514806</p>	<p>Details of the shows on offer will be advertised at the meetings and on the website.</p>
<p><b>MINI BREAKS</b> Various</p>	<p>Jacqui Hampshire</p>  <p>01623 239210</p> <p><a href="mailto:Jhampshire09@talktalk.net">Jhampshire09@talktalk.net</a></p>	<p>Details of breaks on offer will be advertised at the meetings and on the website.</p>
<p><b>PATHFINDERS WALKING</b></p> <p>Times and dates vary</p> <p>The events are free except for cost of transport if required and any entry fees.</p>	<p>Val Hart and Ken White</p> <p><a href="mailto:Valerie.hart@hotmail.co.uk">Valerie.hart@hotmail.co.uk</a></p> <p>07745 208248</p> <p><a href="mailto:ken@atrain.org.uk">ken@atrain.org.uk</a></p>  	<p>Shorter walks of 3-5 miles, longer walks 5-7 miles</p> <p>Members should bring their own first aid kits and <b>emergency contact cards</b> at all times. Suitable footwear and clothing to be worn. Food and drinks for picnics as required. Please visit website or contact Valerie or Ken for details.</p>

<p><b>POPULAR MUSIC</b></p> <p>Members' homes</p> <p>Fourth Tuesday of each month. 2.00pm-4.00pm</p>	<p>Elizabeth Ellis</p>  <p>01623 644429</p>	<p>The Group has been running successfully for nine years. In March instead of our usual meeting, we have lunch and a music quiz at the Carnarvon Arms, Teversal.</p>
<p><b>READ A LITTLE ALOUD</b></p> <p>Members' homes</p> <p>Second Friday monthly 2.00pm – 4.00pm</p>	<p>Sue Howlett</p>  <p>01623 627423</p>	<p>We read extracts from books, poems etc and then discuss. Books are provided which have been marked in sections so that each person reads aloud about two paragraphs each. The topics involved might be : friendship, love and marriage, indiscretion etc. The idea is to promote discussion about reactions to the subject. We don't delve into criticism or style of writing. We always fly off on a tangent and it's surprising where it leads us! If a member prefers to just listen and not read aloud that's fine. Currently the group is full.</p>
<p><b>READING GROUP 1</b></p> <p>Group Leader's home or Members' homes</p> <p>Third Thursday monthly 2.00pm – 4.00pm</p>	<p>Peter Dawson</p>  <p>01623 882191</p>	<p>At our friendly meetings, we have tea or coffee and then we discuss the book we have read the previous month; we are then given the book we will read in time for the next meeting.</p>
<p><b>READING GROUP 2</b></p> <p>Sylvia Slack's home 2.00pm-4.00pm Third Tuesday monthly</p>	<p>Sylvia Slack</p>  <p>01623 481721</p>	<p>Our members are supplied with the same book to read and then we meet for discussion.</p>

<p><b>SCRABBLE</b></p> <p>Second Monday Monthly</p> <p>2.00 – 4.00pm</p>	<p>Lynne Payne</p>  <p>01623 555738</p> <p><a href="mailto:lynne.payne1@ntlworld.com">lynne.payne1@ntlworld.com</a></p>	<p>What happens: We meet at my house on the second Monday of the month, where we enjoy 2/3 games of Scrabble with a break for coffee/tea and biscuits.</p>
<p><b>SHUFFLERS</b></p> <p>Fourth Thursday Monthly</p> <p>12 noon finish times vary</p>	<p>Sylvia Newlyn and Ian Lakin</p>  <p>01623 655893 – 07989668275</p>	<p>Mansfield u3a's Shufflers hold social meetings for members who have problems that restrict their mobility. This has enabled members to continue enjoying friendships and outings with like-minded members.</p> <p>We meet for lunch at various venues that have flat grounds to enable as many as possible to enjoy a short "shuffle," Rufford Park, Vicar Water and Sutton Lawn have all proved very enjoyable .</p> <p><b>Please have your "in case of emergency card" with you at all times.</b></p>
<p><b>STROLLERS GROUP</b></p> <p>Second Wednesday monthly</p> <p>10.30 am</p> <p>Finish times vary</p>	<p>Sue Howlett, Valerie Hart and Ian Lakin</p>   <p>Sue 01623 627423 Valerie 07745 208248 Ian 07989668275</p>	<p>It is a good way to improve your health and to make new friends. At the end of the walk there will be opportunity to have refreshments.</p> <p><b>Please have your "in case of emergency card" with you at all times</b></p>
<p><b>SOFT TENNIS</b></p> <p>Second Tuesday monthly</p> <p>2.00pm – 3.00pm</p> <p>Oak Tree Lane Leisure Centre</p>	<p>Yvonne &amp; Mick Kennison</p>  <p>01623 481721</p>	<p>Tennis is played on a badminton court and normal rules apply, but we play with soft tennis balls.</p> <p>£10 for four months paid in advance.</p> <p>Equipment provided. No black soled shoes please. <b>Please have your "in case of emergency card" with you at all times</b></p>



<p><b>SOLO DINING</b></p> <p>First Thursday in the month for evening meal.</p> <p>Third Sunday in the month .</p> <p>Times vary</p>	<p>Sheila Pegg</p>  <p>07883 720657</p>	<p>This group enjoys the company of other single people in a friendly atmosphere.</p> <p>An evening meal is arranged at various dining locations. Sunday lunches have also proved to be popular.</p> <p>It is with regret that due to the large number of diners on our list, we are unable to add any new members at the moment. If the situation changes we will certainly let you know through this newsletter. Many thanks to the loyal support of our existing members.</p>
<p><b>TAI CHI GROUP</b></p> <p>Monday weekly</p> <p>10.30 am – 11.30 am</p> <p>£30 per term.</p> <p>Bethel Chapel, Nottm Rd.</p>	<p>Lorna Pye</p>  <p>01623 636060</p> <p>07712 029262</p> <p><b>We do have two spaces at the moment</b></p>	<p>Within our group, you work amongst friends, within your own ability, standing or sitting and feeling that you have gently exercised every part of your body (even internal bits that you cannot see). Ken really understands how our bodies work. Tai Chi with its calm movements, focuses on deep breathing and is known to reduce chronic stress and improve health and emotional well-being. With all these benefits it comes to u3a members highly recommended.</p>
<p><b>WINE APPRECIATION GROUP 1</b></p> <p>Third Wednesday monthly</p> <p>7.30 pm</p> <p>Members' Homes</p>	<p>Mike Allen</p> <p><a href="mailto:Michaelallen446@gmail.com">Michaelallen446@gmail.com</a></p> <p>01623 653345</p> <p>07565 936859</p> 	<p>We do have two spaces at the moment. If anyone would like to come and give it a try. Please contact Mike Allen on the above contact details.</p>
<p><b>WINE APPRECIATION 2</b></p> <p>Fourth Tuesday monthly</p> <p>7.30pm</p>	<p>Graham Allin</p>  <p>01623 473662</p>	<p>Our meetings are essentially to give Mansfield u3a members friendly, relaxed evenings, whilst, at the same time, fostering a desire to know more about good wine. A number of wines will be tasted. This group is full.</p>

<p><b>WRITING FOR PLEASURE</b></p> <p>Second Monday monthly 2.00pm – 4.00pm.</p> <p>Friends Meeting House Rosemary St, Mansfield NG19 6AB</p> <p><b>We pay three times a year. Cost per session £3</b></p>	<p><b>Hilary Miller and Susan Ford</b></p>  <p>Hilary    01623 620067</p> <p>Susan    01623 844286</p>	<p>Mansfield u3a members enjoy writing for the pleasure of it – simply that.</p> <p>Get your ideas and words flowing and share them with others in an entertaining and happy two-hour session.</p> <p>We write on a variety of subjects including found poetry, free verse, many different story titles and even the odd limerick.</p> <p><b>We currently have room for two more members.</b></p>
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**Please note the following telephone numbers are the correct ones which should appear on your Membership Cards : Val Hart - 07745 208248, Ian Lakin - 07989 668275, Lorna Pye - 01623 636060**

**IMPORTANT NOTICES** - First of all, here's hoping everyone is keeping safe and well. If anyone is struggling or needing any help in any way, please don't hesitate to let any of the Committee know. We will do our best to help in any way.

**Subscription costs** for the current year have remained the same - £16. New members £18 and £12 for Associate Members. Cheques payable to Mansfield & District u3a. Online payments can be made. Contact the Treasurer, Gill Mallinder for bank details. Membership forms can be downloaded from the finance page on the Website. All current members must fill in all sections to comply with data protection laws when paying their subscriptions.

**Events and Visit payments.** Members are reminded that deposits and payments for events and visits organized by Mansfield u3a and its groups are non-refundable, but places may be offered to others.

**Changes of address etc.** Please let Jean Hatton, Membership Secretary know to keep our records up to date.

If you have any health issues that you think may affect your participation in, or enjoyment of, the activities of Mansfield u3a, you might wish to disclose them voluntarily to the Group Leaders of the groups you join, should it be helpful to do so. **Please have your "in case of emergency" card with you at all times.** If you do not have one, please obtain one at the next Members' meeting.

Should you not wish to be included in any photographs taken whilst members are engaged in any activity, please let the photographer know as otherwise we will assume your consent has been given

**Disclaimer** – The views expressed here are those of the contributors only and do not necessarily reflect those of the Editor, the Committee of Mansfield & District u3a or the Third Age Trust. Nor can any responsibility be accepted for members' announcements or any errors that may occur.