

March 2023 Newsletter

Happy St David's Day on March 1st for those who celebrate or Dydd Gŵyl Dewi Hapus



Good to see the daffodils, crocus and snowdrops heralding spring.

Special Hong Kong Chinese visit to The Sale u3a Bridge Group.



A Hong Kong community visit was arranged for tour of the Community Centre during the lunch break period. Coincidentally the Bridge group took place after the tour. John the Group Leader invited them to take a photo with his group in

the Main Hall. As you can see the Hong Kong community were warmly welcomed.

Groups

Mahjong

We are setting up a new group for Hong Kong Mahjong as there is an interest. Current Mahjong members are welcome to join. There is a taster session on Monday March 13th at 10 am in the Community Centre

Singing for Pleasure

The title of this new Singing group is deliberately worded because there's so much joy to be found in just having a good sing, whether it's in the bath or in a large group! It is well established that singing in a group promotes well-being and can be beneficial for mental health, and we hope that you will find that is the case in this group.

In a typical session, we will spend some time "warming up", and then singing through a selection of suitable pieces, which will be an eclectic mix of songs from musicals, easy listening and pop through to classical and sacred pieces at the other end of the choral repertoire. We may spend a bit of time too breaking down sections of those pieces in an informal but fun based rehearsal environment, and some work on vocal and choral technique, and occasionally we may offer a little musicology insight around what we are singing. It will also involve a range of unison and harmony singing, though that will depend on balance, and we could do with a few more men or ladies with low voices for the lower parts. It doesn't matter whether you cannot read music, or whether you are a retired music teacher, we hope that you will come away from our sessions feeling refreshed and rejuvenated!

Just a little bit about our Musical Director Stuart: I sing in the Hallé choir, in Manchester Chamber Choir and at evensongs on a Sunday at Manchester Cathedral where I am occasionally the cantor, so I have a bit of experience of singing in choirs! So my background is mainly classical, but I also do sing in a group, where we sing more of the popular genre.

We plan to launch this new group and hold the first group meeting in April soon after the coming Easter weekend, the date will be confirmed nearer the time. The group will meet every first and third Fridays of each month, from 14:00 to 16:00 in the Main Hall of the Sale Moor Community Centre.

Cycling has restarted on 1st and 3rd Tuesday at 130

Spanish Advanced

The Spanish Advanced Group meets weekly at Sale Moor Community Centre on Mondays from 10:15 to 12 noon

Classes generally include:

Grammar

We use the textbook: Acción Gramática. Group members have a good knowledge of Spanish grammar, so we use this textbook for revision and also to deal with the more difficult aspects of the language.

- Spanish speaking

Sometimes we have prior knowledge of the topic for discussion and sometimes it is spontaneous.

- Reading.

We select a Spanish novel or play which we read at home a few pages at a time and then read together in class when we discuss any problems we may have encountered. We highlight any particularly interesting or useful phrases and vocabulary.

We are a friendly group and adapt the classes so that all members are able to improve their language skills.

Spanish Intermediate meets 2-4 in the Community Centre

Beginners Spanish:

We are still looking for a volunteer to set up this Group. When we have open days or enquiries it is often beginners who are interested. You could be a beginner yourself. Help can be given in the set up and resources.

Regional News

The BIG SING May 10th 2023

The NW Region would like to invite you to a Big Sing at the Quaker Meeting House in School Lane, Liverpool on May 10th. This is an all-day event for anyone who enjoys singing, whether or not they belong to a singing group. It will be led by Fredrik Holm from Lancaster & Morecambe u3a and members of the regional committee. There will be charge of £15 per person to cover room hire, printing costs, refreshments, and incidental expenses. Details are being finalised and we expect the information and booking arrangements to be available on the NW website from the middle of March.

The last time we held a Big Sing (Pre Covid) booking was fast and furious. There were over 100 people raising their voices together so please make a note of the date and keep an eye on the website for further information.

There are details of a conference and summer school and information of the above and more is available in the pink folder in the lobby of the Community Centre. You can also sign up to the North West Region and National u3a by setting up a free account to access the news.

Forthcoming events

Day trips organised by José

12th May 2023: Lancashire Circular is now full and there is a waiting list.

16th June 2023: Gordon Riggs Nursery and Skipton Places still available £16.50p due now.

If you have put your name down and you are unable to go, please let José know. Refunds can be given up to 2 weeks prior to the trip. After that they won't unless you are able to find someone to take your place. 12th May 2023:
Lancashire Circular

Castlefield Viaduct



This is a National Trust Urban Garden, and Jean MacDonald is arranging a trip. If you are interested, please contact judithlloyd@rocketmail.com. Jean is looking at several dates in between April and June to book a tour for Sale u3a.

Film

Friday April 14th 2pm at Sale Moor Community Centre



This is the start of regular Friday events other than the talks. If you have any requests let us know or suggestions for other activities. This is seen as a social event. The QR code above leads you to the trailer for the film.

Friday Talk

March 24th John and Maureen Nugent “France with Music and Pictures”