

welcome to

u3a **Sale**

learn,
laugh,
live

u3asites.org.uk/sale

u3a.org.uk

What is the u3a?

The u3a¹ is an international voluntary organisation that provides educational and cultural pursuits for people no longer in full time work.

How does it work? It's Guiding Principles.

Members are encouraged to form and join interest groups covering a wide range of topics guided or led by one of the group members. We learn for fun, and we enjoy it. We are a self-help educational group and therefore there are no tutors or speakers. The Internet, Open University material or other published teaching aids may be used where appropriate. Groups meet regularly, either in rented premises or in participants' own homes.

The Third Age Trust

All u3a groups across the UK are affiliated to the Third Age Trust, a national body governed by a Board of Directors. The Third Age Trust provides services to individual u3a groups, including a quarterly newsletter, a resource centre, assistance for new groups starting up and representation of u3a interests on other national and international bodies.

Finance for the Third Age Trust's activities is raised through an annual subscription fee that individual u3a groups pay, based on their number of members.

Stated Aims

To encourage and enable people no longer in full time work to help each other to share their knowledge, skills, interests, and experience. To demonstrate the benefits and enjoyment to be gained, and the new horizons to be discovered in learning throughout life. To celebrate the capabilities and potential of older people and their value to society. To make u3as accessible to all older people. To encourage the establishment of u3as in every part of the country where conditions are suitable and to support and collaborate with them.

¹ originally called the University of the Third Age, now u3a

Your local u3a

Sale u3a, a registered charity, was formed in November 1992 and continues to thrive with increasing membership numbers. It is managed by an Executive Committee of members.

Activities are financed by annual membership fees and a small charge paid for each session attended. This covers insurance, refreshments and rent payments where required.

Where do we meet?

Sale Moor Community Centre (SMCC):

Bridge, Canasta, Computer Club, Crafters & Natterers, Easy Exercises, Egyptology, Family History & Local Studies, French Conversation, French-Intermediate, German, Guitar, Italian Beginners, Literature, Mah Jongg [English style], Mahjong [Hong Kong style], Music Appreciation, Practical Philosophy, Recorder, Scrabble, Singing for Pleasure, and General Interest Meetings.

The General Interest Meeting takes place on the 4th Friday afternoon 2.00pm to 4.00pm (as announced). These meetings consist of a speaker and/or presentation from one of our own, or an invited guest speaker.

Various Places:

Badminton, Cycling, Eating with Company, Gardening - Grow Your Own, Latin, Luncheon Group, Spanish Intermediate 1, Spanish Intermediate 2, Table Tennis, Walking Group and Writers Group.

Members' Homes: Cryptic Crosswords and Water Colour Painting

On the lighter side

In addition, social activities are organised at the centre, as well as trips further afield to areas of natural beauty and historic interest. Travel is usually by coach.

Interested?

If you have seen a subject which you are interested in and would like to join us please see details about the Programme on our website **u3asites.org.uk/sale**. This is where you will be able to get more information about how to become a member.

Please note we allow two visits before you are required to pay our annual subscription.

All groups are open to everyone but as our language groups are ongoing it is advisable to check what level they have reached before attending. Group Leaders will need to see your current membership card as this must be noted on the register.

To give everyone more choice we need more groups and therefore more leaders. Perhaps someone from an existing group could start a similar one themselves, alternatively, you could start a new one with the Committee's help. Whether new groups start depends on the support shown.

Those already running or taking part in groups will tell you how enjoyable they can be. If you have any ideas for groups not included in this leaflet, please let the Committee know as we can support you in exploring how to set a new group up.

We look forward to hearing from you.

SPECIALIST GROUPS

**Unless otherwise stated morning meetings are 10.00am to 12 noon
and afternoon meetings are 2.00pm to 4.00pm**

Badminton (Sale Leisure Centre)	Weekly Monday 1.30pm - 3pm
Bridge (Sale Moor CC)	Weekly Tuesday 1.30pm - 4pm
Canasta (Sale Moor CC)	Weekly Wednesday 1.30pm - 3.30pm
Computer + Tech (Sale Moor CC)	Monthly 1st Wednesday am
Crafters & Natterers (Sale Moor CC)	Twice Monthly 2nd & 4th Mondays pm
Cycling (Walton Park Car Park)	Twice Monthly Seasonal Mar - Dec 1st & 3rd Tuesday 1.30pm
Cryptic Crosswords (Member's Home)	Monthly 2nd Monday pm
Easy Exercises (Sale Moor CC)	Weekly Friday 10am - 11am
Egyptology (Sale Moor CC)	Monthly 3rd Tuesday am
Family History & Local Studies (Sale Moor CC)	Monthly 2nd Tuesday pm

French Conversation (Sale Moor CC)	Twice Monthly 2nd & 4th Thursday pm
French Intermediate (Sale Moor CC)	Twice Monthly 2nd & 4th Thursday am
Gardening Grow Your Own (Moor Nook Allotments)	Sunday, Tuesday & Thursday 10am - 12 noon
German Language (Sale Moor CC)	Twice Monthly 1st & 3rd Thursday pm
Guitar (Sale Moor CC)	Monthly 1st, 3th, 4th & any 5th Tuesday pm
Italian – Beginners (Sale Moor CC)	Twice Monthly 2nd & 4th Tuesday am
Latin (Sale SportsClub)	Twice Monthly 1st & 3rd Thursday 2pm - 3.30pm
Literature (Sale Moor CC)	Monthly 4th Wednesday am
Luncheon Group (As advised on notice board)	Monthly 1st Thursday
Lunch with Company (As advised on noticeboard)	Monthly 3rd Thursday
Mah Jongg [English style] (Sale Moor CC)	Twice Monthly 1st & 3rd Monday am
Mahjong [Hong Kong style] (Sale Moor CC)	Twice Monthly 2nd & 4th Monday am
Music Appreciation (Sale Moor CC)	Monthly 3rd Wednesday am

Practical Philosophy (Sale Moor CC)	Twice Monthly 2nd & 4th Wednesday 1.30 - 3.30pm
Recorder (Sale Moor CC)	Twice Monthly 1st & 3rd Tuesday am
Scrabble (Sale Moor CC)	Monthly 1st Wednesday am
Singing For Pleasure (Sale Moor CC)	Twice Monthly 1st & 3rd Friday pm
Spanish Intermediate 1 (Moorfield Hotel)	Weekly Monday 2pm - 4pm
Spanish Intermediate 2 (Timperley Village Club)	Weekly Monday 10am - 12 noon
Table Tennis (Sale Leisure Centre)	Weekly Thursday 1.30 - 3pm
Walking (announced)	Seasonal Wednesday pm
Water Colour Painting (Member's Home)	Weekly Monday am
Writers Group (Timperley Village Club)	Twice Monthly 2nd & 4th Thursday 2pm - 4pm

FRIDAY SPEAKERS & FILMS 2024 2pm

Films will normally be at 2.00pm on the second Friday of each month and talks at 2.00pm on the fourth Friday.

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| 12 January | Film "The Unlikely Pilgrimage of Harold Fry" |
| 26 January | Talk "From Barrow to Baghdad" by Philip Caine |
| 9 February | Film "The Great Escaper" |
| 23 February | Talk "Acupuncture" by Lilian Lo |
| 8 March | Film "The Duke" |
| 22 March | Talk "History of Manchester Theatres" by Marilyn Shalks |
| 12 April | Film "Living - It's Never Too Late to Start" |
| 26 April | Talk "Tales of a Customs Officer" by Brian Topping |
| 10 May | Film "Genevieve" |
| 24 May | Talk "Chinese Medicine" by Lilian Lo |
| 14 June | Film "Hobson's Choice" |
| 28 June | Talk "An Interesting Life in Television, Theatre, Radio and Films"
by Alan Shalks |
| 12 July | Film "The Father" |
| 26 July | Talk "The Simons Family links with Manchester University" |