

## Welcome to Skelmersdale website August 2023 Newsletter



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### Ramlah's Yoga Group 2<sup>nd</sup> and 4<sup>th</sup> Monday each month 2-3pm at the library

**u3a** is a UK wide, cooperative movement of people no longer in full time work who come together to continue their educational, social and creative interests. Our branch of the nationwide u3a is now in its twelfth successful year. If you are interested, you are most welcome to join us for **a free taster visit to one of our activities**. Details of our activity programme are given in this Newsletter or **Telephone[ Elaine] 01695 726660**

Joining us in Skelmersdale u3a is a great way to find and develop new interests and make great friends in a relaxed environment. Membership fee is only £12 a year. £8.00 [sliding scale] for affiliated u3a members.

Covid restrictions, enforceable by law, have been lifted and we now have **ADVICE**.

### Neill's News

Hello u3a

At our June monthly meeting our very own Jim told us all about snakes. Jim has travelled far and wide in exotic places all the while increasing his knowledge of these incredible animals. All his snakes are from rescue sanctuaries and have been bred in captivity. He assured us that all are non-venomous and very friendly. It was very good of Jim to support our u3a and many members attended the meeting.

Ramlah also, is supporting our u3a by providing a Yoga class, the first of which took place on Monday, places are limited so if you still wish to join, do so soon and inform Ramlah.









I am pleased to say our new **Debating and Discussion group** also made a good start, and we look forward to many interesting debates in the future. [1st and 4th Thursday of each month at the library 2-4pm]  
David and I will alternate chairing the meetings initially until the members of the Group get the “gist” of it  
We have been asked to hold a joint concourse event with Upholland u3a, the committee and I are going and will keep you informed of what transpires.

I look forward to seeing you all and welcoming new members at our future events.

Kind regards, Neill

### Snakes Alive





**Walking Group. Thursday 8th June**

Carol and Wendy led the walk where 16 of us walked along the canal at Newburgh, setting off from the Red Lion and returning there for Lunch.

All agreed we had a good day out.



## **Gardening**

Arriving at Birkacre Garden Centre after many wrong turns along the way including a very narrow farm track (thanks to satnav!?) we arrived safely. Others also had equal travel troubles too. Going directly to the cafe to get a refreshing drink and something to eat we were greeted by unfriendly staff who made a point that we had not booked - it was not busy - eventually finding a table the food and drinks were good even some got doggie boxes to take home. Visiting the garden centre itself was good and interesting where many of us purchased plants. The weather was very hot and many of us were wilting however all managed to get home quicker than earlier. [Sally]



## **Bowness Trip**

Alan Speers is organising a trip to Bowness on Monday 21st August with Timewells

The cost is £39 and £38 for seniors

This includes the coach, the train fare and the boat trip.

There will be 3.1/2 hrs in Bowness for shopping etc

Alan's mobile number is; 07391906401

He has been on this trip a few times and knows it to be good value

## **Book Club News**

The book we read in June was Hamnet by Maggie O'Farrell

A fictional tale of Shakespeare's son who died at the age of 11years.

Some of the group found it very interesting but others thought it tedious. This month's book is Trust Me by T M Logan which is a thriller. [Jenny]

## **Walking News**

Our walk on 13th July was along the canal from Burscough Wharf going towards the locks by the Ship Inn.

The weather was fine except for a couple of light showers. We all enjoyed our walk and even met with a guy who is responsible for the canal waterways. He told us about what his role is which was very interesting. We also watched a narrow boat going through the lock. Afterwards we all enjoyed our meal Hugo's Wharf Cafe. [Norma and Cliff ]



**Curry Night** this month will be on Thursday 27th July at Raj Gate in Upholland. Meet at 6.30pm. For more details, please contact me on 01695 726660. [Elaine]



## Sunday Lunch News

As from now on, Sunday lunches will be on the **4th Sunday of the month**.

The next meeting will be 12.30pm, at the Hesketh Arms, 81 Liverpool Road, Rufford. L40 1SB

Hesketh Arms do want a pre-order, so I hope you can choose from what is on offer and let me know what you choose. Also, can you let me know if you are able to join us or not.

Let us hope we have a good lunch, and I look forward to seeing you there. Sally

### — SUNDAY MENU —

Available Sunday from 12pm

Main Course: £16.50 | Two Courses: £19.95 | Three Courses: £23.95

#### STARTERS

SEASONAL SOUP [GFO]

Sourdough & Butter

CHICKEN LIVER PÂTÉ [GFO]

Red Onion Marmalade, Toasted Sourdough

LANCASHIRE CHEESE FRITTERS [V]

Piccalilli and Leaves

SEASONAL FISH CAKE

#### MAINS

CHICKEN SUPREME

Roast and Mashed Potato, Seasonal Vegetables, Yorkshire Pudding and Gravy

PORK LOIN WITH CRACKLING

Roast and Mashed Potato, Seasonal Vegetables, Yorkshire Pudding and Gravy

RUMP OF BEEF

Roast and Mashed Potato, Seasonal Vegetables, Yorkshire Pudding and Gravy

LEG OF LAMB

Roast and Mashed Potato, Seasonal Vegetables, Yorkshire Pudding and Gravy

*Please note there is a £1.50 supplement for the Roast Lamb*

VEGETARIAN ROAST [V]

Roast and Mashed Potato, Seasonal Vegetables, Yorkshire Pudding and Gravy

MARKET FISH

White Wine and Dill Cream

*Ask your server for today's catch*

*Please note a £3 supplement for Sunday market Fish dish*

Tartare Sauce, Garden Salad

#### EXTRAS

\$4.50

PIGS IN BLANKETS

\$3.95

CAULIFLOWER CHEESE [V]

#### DESSERT

BAKED CHEESECAKE [GF] [V]

Blueberry Compote, Vanilla Ice Cream

SEASONAL CRUMBLE [V]

Custard or Vanilla Ice Cream

**CHOCOLATE BROWNIE [GF] [V]**

**Vanilla Ice Cream, Chocolate Sauce**

**ICE CREAM [V]**

**Please ask for today's flavours**

**A discretionary 10% service charge will be added to your bill. 100% of this will be fairly distributed amongst the team who prepared & served your food today. The gratuity is discretionary – please ask us if you would like us to remove it from the bill.**

**We source gluten free bread, pasta and buns to cater for guests with a gluten intolerance. Dishes marked with GF are made with non-gluten containing ingredients. Our dishes marked with GFA have non gluten containing alternatives available, and can be altered upon request.**

**Despite our best efforts, due to the nature of our kitchens we are unable to guarantee that our dishes are free from any allergen.**

**Please inform your server of any allergies that you have.**

**Please note all our food is prepared and cooked fresh on premises. If you have any allergies or queries, please just bring it to our attention and we will do our utmost to accommodate you.**