

Skelmersdale and District March



Newsletter 2024

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 thirteenth successful year. If you are interested, you are most welcome to join us for a free taster visit to one of our activities. For further details please Telephone Elaine, 01695 726660 or visit Skelmersdale u3a:Home

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.

Throughout January and February our members have been very, very busy, organising our monthly programmes of activities and events for 2024.

All photos, reports, messages of appreciation to future newsletters are always welcome. Contact Marlene

Group Meetings,

Sunday - Book Club - 10th March, 14th April, 12th May

We meet on the 2nd Sunday of each month usually at 10.30am - noon in the cafe at Pimbo Garden Centre.

We are part of the 'reading group' scheme of Lancashire Libraries. It is a way to support our local Library in Skelmersdale. There is no charge. We choose our books for 12 months ahead - and an eclectic range of subjects they are too.

When we meet, we chat about the books, then put the world to rights and solve the political issues of the day. We will often have a cup of tea/coffee and a toasted tea cake.



Contact Jenny

Sunday Lunch - 24th March, 28th April, 26th May

Alan has arranged Lunches for the 4th Sunday each month. Starting March 24th, meeting at 12.30pm, our venue will be the Stanley Arms in Aughton.

Monday - Coffee Afternoons March 4th and 18th, April 15th, May 20th

Every 1st and 3rd Monday each month, 2-4pm, the meeting at the Bistro Café in the Concourse, affords the opportunity to greet prospective members and a chance for a chat to catch up with any latest news. No meeting on Bank Holidays.

Monday - Yoga – March 11th, 25th; April 8th and 22nd, May 13th [27th Bank Holiday]

March

Every 2nd and 4th Monday each month, 2-3pm, room 2, upstairs in the library, Ramlah leads us through very enjoyable gentle forms of exercise and movement for health, balance and flexibility.

Admission £2

Yoga



Monday - Craft Group – at Marji’s 11.00- 1.00pm

Recently formed, the Craft Group’s next meeting will be on 25th March. Due to commitments, there will not be a group in April. The May craft group falls on Bank Holiday Monday so I will be happy to hold it on Tuesday 28th May instead. Admission Free, just a small charge for refreshments. Marji



Craft Group

Tuesday – Singing for Fun 5th and 19th March, 2nd and 16th April, 7th and 21st May

Originally formed by Don Evans and now in the capable hands of Neill, our SFF is now a steady group of 20+ members. People who were shrinking violets now sing with gusto. So why not come along and join us 1st and 3rd Tuesday afternoon every month, 2-4pm in Skelmersdale Library 1st Floor Lift available. If you do not think that you can sing, it may be guaranteed, that after a couple of sessions you will surprise yourself. Admission £2



Singing for Fun

Tuesday - Gardening - 2nd Tuesday each month meet at 11am, visits to local Garden Centres

Next meeting March 12th with Jean A. at Golden Days, Back Lane, Appley Bridge. Toilets and refreshments available.

April 9th Whitakers with Jenny, May 14th Primrose Hill with Jean T., June 11th Warbreck with Margaret P.

Wednesday - Indoor Bowls-Every Wednesday, 2-4pm in the main hall at the Ec Centre. Admission £2.

Currently up to 24 members regularly meet at a warm and well-lit venue for a 2-hour workout, which includes lots of walking, bending, weightlifting, groans, laughter, and friendship.

To help Ann, all capable members volunteer to set up and tidy away the equipment.

Sounds like hard work? Our bowling mat is around 40 feet long x 6 feet wide, so after around 2 doz.+ games up and down a fair amount of walking is done. The average bowl weighs around 2.5lbs, you use 2 of them, that takes care of the weightlifting. Along with lots of stretches and bends, hits and misses, hand eye co-ordination, a half-time break for a [personally brought] drink and a Kit-Kat, this activity fulfils all the needs to maintain physical and mental well-being.

No previous skill, personal equipment or knowledge is needed, everyone learns as they go along. ongoing through March, 6th. 13th 23th, 20th and 27th, April 3rd, 10th 17th and 24th onwards



Bowls

Cinema Club

Usually on a Wednesday Evening 7-9.30pm approx. at the Cinema in the Concourse.

This activity is totally dependent upon which film is to be shown and when. Margaret P, will keep everyone informed as to date and time of showing. Possibly the 'Bob Marley' film is in the pipeline.

Thursday - Walk - March 14th

Lin and Jenny

Depending upon the weather our walk will be a Canal Walk starting at the Red Lion in Newburgh.

Our walks held 2nd Thursday each month, usually taking less than 2.5 hours, all walks are gentle and sociable strolls of less than 3 miles and within a radius of no further than 10miles by car. Generally, we meet around 10.15am and endeavour to end the walk with the option of lunch at a local hostelry.



Walking

Leaders Walking Programme 2024

March 14th Lin and Jenny

April 18th Neill

May 9th Jean and Margaret

June 13th Wendy and Carole

July 11th Norma and Cliff **Orrell Water Park**

August 8th Sally and Elaine **Carr Mill Dam**

September 12th Ramla and Jim

October 10th Await details

November 14th Await details

Thursday – Discussion Group – 7th March, 4th April and 2nd May

meet upstairs in the library 1st Thursday, 2-4pm each month. Admission £2. Alternatively chaired by David or Neill.

At our next meeting we will be addressing the question,

‘Is the N.H.S. in crisis?’

Included questions for consideration are, what has caused the crisis? N.H.S priorities, waiting times, social care and many other relevant questions concerning the N.H.S.

Held under Chatham House Rule, this very relevant subject and should make an interesting discussion, in which members can offer their own experiences and ideas. If time permits a 'fun debate', Should we invite aliens down to visit us!!'. Margaret P.

Thursday - Monthly Speaker Meeting

Every 3rd Thursday each month, 2-4pm at Skelmersdale Library, Sally arranges a visit from a guest Speaker.

Meet and greet - Carole – Refreshments - Elaine

Admission £2

Monthly Raffle Margaret P., who gratefully appreciates all prizes donated by members.

March 21st - Guest speaker Barry from an organization that trained dogs to detect Covid.



Thursday Curry Club 28th March

Every other month Elaine arranges our Curry Club Evening at a local venue. Next meet - 6pm at Raj Gate

Upholland for the early bird meal



Thursday 8th February Tawd Vale Walk report

The weather was not very kind to us on our first walk of the year.

8 of us turned up at the library but it was decided it was just too wet and cold to walk.

6 of us went for coffee and a most enjoyable chat. Thank you, Ruth and Norma, for arranging a great walk.

We were all disappointed the weather let us down. Carole

Important notice

All members must be aware that before participating in any activity or visit, they must give due consideration to their personal suitability and ability level, the information provided by group leaders and the venue to be visited.

My thanks go to everyone who contributed to this edition.

Items for the March 21st issue, must be received no later than 14th March to include details of April activities and reports and photos of March.

Marlene

PS No Coffee Afternoon 1st April, Bank Holiday

BST 31st March clocks go forward

Membership Renewal due April, £12.