



## Spalding & District U3A Notices for April 2020

Our thanks go to Peter Hall, for all his efforts made and enthusiasm given as he steps down as group leader of the Weekly Walking Group. In light of the Government restrictions, it may be some weeks before Barbara Charity, who has taken over his role, organises the next Monday get together, but we wish them both well for the future.

We are aware that some members may not have family close to hand and we ask that if you, or any member you know of, is experiencing any difficulties at this time, or would just welcome an e mail or phone call please feel free to contact any of the Committee who will do what they can to help.

## There are no dates for the diary

We have unhappy wanderers, static strollers and very, very grumpy old men with the out and about group now indoors and staying put. Nothing is planned for Aviation which has been grounded neither for Wine and Cheese, even if supplies were still available. **Each monthly meeting, every group meeting and all outings and trips have been suspended for the foreseeable future. But let's try and stay in contact with each other.**

### U3A Facebook

A reminder for face book members that the Spalding & District U3A group is open for business and sharing local coronavirus-related information.

### Summer Newsletter

With nothing being planned for the foreseeable future, our newsletter editor would welcome articles from our members.

Can you tell us about your background - perhaps an interesting career, accomplishments, travel or your hobbies. There must be some interesting stories out there to share with our members. Tell us why you joined the U3A. Tell us what you get from our U3A.

Please send your contributions to Group Co-ordinator via the Contacts page by the deadline of 15<sup>th</sup> May. (please send as a word document no more than 300 words and if you have a photo - send separately).



## U3A Spalding and District Website

How are you filling your days, any suggestions for others, anything of interest or a photograph you would like to share?

One of our members has printed out a grid to give them a balanced day. The idea is that you "do" something for each box every day and "tick" those done. Everyone would put different things in their boxes and imagination has to be employed!!

<i>JOB (in and around the house)</i> <i>Painting ironing cooking</i>	<i>EXERCISE</i> <i>Walk in garden Dance round the kitchen Yoga</i>
<i>FUN</i> <i>"whatever makes you laugh"</i>	<i>CREATIVE</i> <i>Photos Music Sewing</i>
<i>BRAIN</i> <i>Crosswords puzzles Ipad game</i>	<i>SELF ENRICHMENT</i> <i>Take up a new hobby learn a language/a poem</i>
<i>CONTACT</i> <i>Email/ phone/ skype a friend</i>	<i>RELATIONSHIP</i> <i>With your partner, talk, board game, no arguments!</i>

One member has said that with the help of Google maps and the little yellow man, they are going to walk from Lands' End to John O'Groats.

Paint has been purchased by some members, but that doesn't necessarily mean decorating will get done – likewise the promised garage/shed/loft Spring clean.

Another member is going to copy all their photos, before they fade, onto their laptop and then onto a memory stick.

Contact Group Co-ordinator via the Contacts page if you have anything to add to the Website

## National Office Newsletter

Every member can receive the U3A National Office Newsletter direct to their e-mail each month. To subscribe go to the National U3A Website and then press the "Newsletter" button to enter your contact details. In the current March issue there is a link to join the U3A Keeping in Touch Facebook, which has been set up especially for this unsettling period. There are amazing ideas, suggestions and fun topics coming forward and you may want to take a look for yourself and join in conversations with U3A members from all over the country.

GROUP	GROUP LEADER	WHERE AND WHEN
Alternative Gardening X	Rosemary McClements Heather Girdlestone	3 <sup>rd</sup> Tuesday 2.00 pm various venues
Aviation X	Peter Crossgrill	Times and venues vary
Canasta X	Rosemary McClements	2 <sup>nd</sup> and 4 <sup>th</sup> Wednesdays 6.30 – 9.00 pm
Coins and Stamps	Frank Wilson	1 <sup>st</sup> Friday 10.00 am
Computer Clinic	Richard Strudwick Ian Rose	Contact Richard or Ian for details
Creative Writing X	James Crosby	1 <sup>st</sup> Tuesday at 2.00 pm
Cribbage	Ian McCallum	4 <sup>th</sup> Tuesday 1.30 pm Morrison Community Room
Cribbage 2 and Games	Richard Groombridge	2 <sup>nd</sup> Wednesday 10.00 am Morrison Community Room
Dining Group (The)	Ian McCallum	4 <sup>th</sup> Tuesday 7 for 7.30 pm various venues
Discussion X	Mel Gordon	2 <sup>nd</sup> Tuesday 2.00 pm Crown Pub Surfleet
Dolls House – Miniaturist	Wendy McCallum	3 <sup>rd</sup> Thursday 2.00 pm
Evening Dining	Sylvia Bush	2 <sup>nd</sup> Tuesday 7 for 7.30 pm various venues
Exploring Churches	Ken Bush	4 <sup>th</sup> Tuesday 2.00 pm various venues
Family History X	Peter Crossgrill	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday 10.00 am Spalding Library
French Cercle Francais X	Marguerite Swallow	2 <sup>nd</sup> Friday 2.30 pm
French for Beginners	David Lawson	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday 1.30 Morrison Community Room
Friendship for singles X	Janet Wise	1 <sup>st</sup> Friday 2.00 pm gen chat various venues
Fun Disco Dancing X	Gill Allen	2 <sup>nd</sup> 3 <sup>rd</sup> & 4 <sup>th</sup> Thurs 10.00 am Pinchbeck Hub
FUN DISCO DANCING 2	Gill Allen	TBC
Gardening X	Peter Crossgrill	2 <sup>nd</sup> Monday 2.00 pm various venues

German Conversation	Heather Girdlestone	2 <sup>nd</sup> / 4 <sup>th</sup> Weds 3pm Surfleet/Moulton
GOLF	Richard Livermore	TBC
Grumpy Old Men	Jim Gibbs	3 <sup>rd</sup> Friday 2.00 pm
History	David Lawson	2 <sup>nd</sup> Thursdays 2.00 pm Pinchbeck Hub
Italian for Holidays	Gill Allen Mary Sharrocks	Every other Tuesday 2.00 pm
Luncheon Group	Sheila Field	3 <sup>rd</sup> Weds 12.30 var. venues
Mah Jong	Sue and Barry Drew	Times and venue vary
Music Appreciation 1	Megan Price	3 <sup>rd</sup> Thursday 2.00 pm
Music Appreciation 2	Lorraine Lenton	3 <sup>rd</sup> Thursday 2.00 pm
Music Study	Anna Maxey	Every Tuesday 11.00 am
Needlecraft X	Molly Sharp	3 <sup>rd</sup> Thursday 2.00 pm
Needlecraft 2	Margaret Coe	2 <sup>nd</sup> Thursday 2.00 pm
Out and About	Gill Allen	4 <sup>th</sup> Thursday 2.00 pm
Photography 1 X	Margaret Crossgrill	1 <sup>st</sup> Wednesday 10.00 am various venues
Photography 2 X	Margaret Crossgrill	2 <sup>nd</sup> Wednesday 10.00 am various venues
Poetry Reading	Lesley Bamforth	4 <sup>th</sup> Friday 2.00 pm
Poker for Fun	Jean-Marie Dumarche	1 <sup>st</sup> and 3 <sup>rd</sup> Mon 6.30 Moulton 2 <sup>nd</sup> and 4 <sup>th</sup> Fri 2pm Morrisons
Reading X	Barbara Webster	Last Friday 2.00 pm
Reading Group 2	Wendy McCallum	2 <sup>nd</sup> Friday 10.00 am
Rummikub	Heather James	4 <sup>th</sup> Thursday 7.00 pm
Singing for Fun X	Tessa Chapman	4 <sup>th</sup> Tuesday 2.00 pm Pinchbeck Hub
Supper for Solos	Rosemary McClements	1 <sup>st</sup> Wednesday various venues
Walking - Happy Wanderers	Steve Field Neil Wilkinson	4 <sup>th</sup> Wednesday 10.15 am various venues



Walking – Strollers	Gill Allen	1 <sup>st</sup> Tuesday 10.30 am various venues
Walking - Weekly	Barbara Charity	Every Monday 9.45 am various venues
Wine and Cheese App. X	Eric Maltby	3 <sup>rd</sup> Tuesday 7.30 pm

**Members must contact the Group Leader for information before joining any Group. Groups in CAPITALS are new Groups.**

**Groups marked with an X and in red are full but please contact Group Leader/Co-ordinator to go onto the waiting list. Where feasible, we would hope to set up a second group.**

**Please contact the Group Co-ordinator to discuss proposals for new groups – your ideas are always welcome.**

**Coffee Morning, open to all members, every Wednesday from 11.00 a.m. at the Castle Sports Complex café, Albion Street, Spalding PE11 2AJ**

**“Pinchbeck Hub” is the Pinchbeck Hub and Library, Knight Street Pinchbeck. “Myers Room” is at Moulton Community Centre & Village Hall, 35 Broad Lane, Moulton**

**“Morrisons Community room” is Morrison Supermarket, Benner Road, Pinchbeck, PE11 3UU, who have a community room at the rear end of the café.**

	Week 1	Week 2	Week 3	Week 4
<b>MON</b> <b>am</b>	9.45 Walking(weekly)	9.45 Walking (weekly)	9.45 Walking (weekly)	9.45 Walking (weekly)
<b>pm</b>	6.30 Poker for Fun	2.00 Gardening	6.30 Poker for Fun	
<b>TUES</b> <b>am</b>	10.30 Walking – Simply Strolling 11.00 Music Study	11.00 Music Study	11.00 Music Study	11.00 Music Study
<b>pm</b>	2.00 Italian for Holidays 2.00 Creative writing	7.00 for 7.30 Evening Dining 2.00 Discussion	2.00 Alternative Garden Group 2.00 Italian for Holidays 7.30 Wine & cheese appreciation	1.30 Cribbage 2.00 Singing for Fun 2.00 Exploring Churches 7.00 The Dining Group
<b>WED</b> <b>am</b>	10.00 Photography 1 11.00 Coffee at Castle Sports Complex	10.00 Photography 2 10.00 Cribbage & Games 11.00 Coffee at Castle Sports Complex	11.00 Coffee at Castle Sports Complex	10.15 Walking Happy Wanderers 11.00 Coffee at Castle Sports Complex
<b>pm</b>	1.30 French For Beginners 7.00 Supper for Solos	3.00 German conversation 6.30 Canasta	12.30 for 1.00 Luncheon 1.30 French for Beginners	3.00 German conversation 6.30 Canasta
<b>THURS</b> <b>am</b>		10.00 Family History 10.00 Fun Disco Dancing	10.00 Fun Disco Dancing	10.00 Family History 10.00 Fun Disco Dancing
<b>pm</b>	1.30 MAIN MEETING Surfleet Village Hall	2.00 History 2.00 Needlecraft 2	2.00 Music appreciation 1 & 2 2.00 Needlecraft 2.00 Dolls house - Miniaturist	2.00 Out & About 7.00 Rummikub
<b>FRI</b> <b>am</b>	10.00 Coins & Stamps	10.00 Reading 2		
<b>pm</b>	2.00 Friendship for Singles	2.00 Poker for Fun 2.30 French - Cercle Francais	2.00 'Grumpy Old Men'	2.00 Poetry 2.00 Reading 2.00 Poker for Fun

Aviation, Computer Clinic and Mah Jong Groups - times and venues vary. Out and About - venues vary