

July Newsletter

Only 2 more Birthday celebrations to go! We have had a very positive feedback from the 3 held so far, so please make sure that you don't miss out on the remaining ones!

Wednesday 23rd August at 2pm

(doors open 1.30pm) in the **Southern Maltings** (1st floor no lift) is the **comedy Twelfth Night performed by the Festival Players International**. Refreshments are available. For bookings please contact Marilyn on events@wareu3a.co.uk Tickets £5





For our final event, come along to our **Barn Dance at Wodson Park on Friday 15th September 7.30-10.30pm** (doors open at 7pm). Nibbles are provided, all drinks must be purchased from the bar. Tickets £5. As always book through Marilyn on events@wareu3a.co.uk.

What better way to start the day than in the pool! Come and join a very sociable group in the **Aquafit** group at Fanshawe Swimming pool on **Fridays from 7.45-8.30am**. Contact Kathryn Pullinger via chair@wareu3a.co.uk if interested.



Benefits to Yoga

- It increases flexibility
- Helps you to build strength
- Improves your posture
- Helps to keep joints healthy
- Is a powerful mindful practice
- Reduces stress
- Lowers blood pressure
- Helps you to make healthier life choices



So why not give it a try. Come along to our friendly **Yoga** class on **Wednesdays 11-12** at Isobel Adams room at Leaside Community Centre. If interested contact Heather Lovegrove via chair@wareu3a.co.uk

Concert Group

A Christmas Celebration!

Wednesday 6th December 2023 at The Royal Albert Hall

7.30 p.m. with the Royal Philharmonic Orchestra.

Conductor: John Rutter with Guests: The Bach Choir and Choristers of St Albans Cathedral

You are invited to enjoy this ever popular festive concert featuring glorious symphonic and choral classics, sing-along carols and John's Christmas quiz - everything guaranteed to fill you with sparkle and cheer!

Cost £50 including ticket, coach and gratuities.

Last date to book: 6th October 2023

Please contact Annette Richardson via chair@wareu3a.co.uk to express your interest.