

Ware u3a

Group News

March 2023

Meditation I am hoping to squeeze in another Meditation course before the warm weather comes and everyone is off on holiday. These courses are always very well received. It will run from 21st April 1.00-1.45pm on Fridays at Wodson Park for 4 weeks and concludes on 12th May. It is suitable to those new to Meditation and those who have already completed a course. Topics covered will be Body Awareness, Energy Centre Clearing, Grounding and Love & Gratitude. Cost will be dependent on numbers. If interested, contact Pauline on groups@wareu3a.co.uk .



Following on from its huge popularity, a new group of Pickleball, **Pickleball 2**, will be starting on Tuesday 11th April 11am-1pm at Wodson Park. Cost is £4 per session. If interested in joining this

Group please contact either Mike Mavin on mikehyder93@gmail.com or Ken Davis on davisfamily@btinternet.com

Book Group 5 Do we have any book lovers who would like to join a new Book Group. If so please contact Pauline on groups@wareu3a.co.uk





As part of the celebration of 40 years of the u3a last year, the East of England region collated the walks carried out by the **Walking Groups** in this region for the month of September 2022. To obtain a copy of this booklet please contact Sue on web@wareu3a.co.uk. This booklet is too large to be loaded onto the website

Upcoming concerts



Thursday 20th April 7.30pm at the Barbican Cost £55
London Symphony Orchestra conducted by Sir Simon Rattle

Lon-
Pro-

programme : John Adams Harmonielehre
 Claude Debussy La Mer
 Maurice Ravel Daphnis et Chloe

Last date to book if tickets available 15th March 2023

Wednesday 10th May 7.30pm at the Royal Festival Hall Cost £45
Royal Philharmonic Orchestra conducted by Vasily Petrenko

Programme : Psychedelia Soloist Arabella Steinbacher
 Jennifer Higdon Blue Cathedral
 Prokofiev Violin Concerto No.2
 Berlioz Symphonie Fantastique

Last date to book if tickets available 10th April 2023

Thursday 8th June 7.30pm at the Royal Festival Hall Cost £50
Philharmonia Orchestra conducted by Santtu-Mathias Rouvali
Soloists: Nicola Benedetti – Violin, Sheku Kenneth-Mason – Cello,
Benjamin Grosvenor - Piano

Programme : Beethoven Concerto for Violin, Cello and Piano
 Strauss Win Heldenleden

Last date to book if tickets available 10th April 2023

Cost price includes ticket, coach and gratuity. To express your interest, please contact Annette Richardson on 01920 412885 or email nettles43@outlook.com or Pat Fairbrass on 07932 939718 to ensure a ticket. Please note that seats can only be confirmed upon receipt of payment.