

# January 2024 Newsletter

A very belated Happy New Year to you all. There is so much in this month's newsletter. We are starting the year as we mean to go on with lots happening. Please keep an open and positive mind when considering if you can help within the Ware u3a.

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A little reminder that it is now time to renew your membership if you haven't already done so. The fee for 2024 is £12 per person. As previously, we would prefer you to pay by Bank Transfer if you can; please quote your name and membership number. Our account details are: Account Name: Ware u3a Bank Sort Code: 40-45-42 Account Number: 01271997

You can of course still pay by cheque made payable to Ware u3a, with your name and membership number on the reverse. Either send it to the Membership Secretary, 9 Wheatsheaf Drive, Ware, SG12 0XP or bring it to a monthly meeting, when you can also pay with cash (correct money if possible, please) or by credit/debit card.

There may be a delay for new members receiving the Third Age magazine. This will affect new members who were not on the list for the November magazine. It is due to the company that handles the data going out of business. Hopefully, this will be sorted out in the near future.

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Wendy does an absolutely brilliant job of booking wonderful excursions, as I am sure that you will all agree.

Such is the number of Open to All outings now, Wendy would welcome a small team to help with the admin: to attend the monthly meetings at Wodson, to take cash or cheque and record the name, boarding place and amount taken and issue a receipt, which shows the times of the different pickups.

Please let Wendy via Pauline on [chair@wareu3a.co.uk](mailto:chair@wareu3a.co.uk) if you are able to help.



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We have 2 reconditioned iPads if any members can make use of them. They are IOS 12.5.7. One does not retain its charge and needs to be plugged in all the time. There is only one usb charger cable. Please contact John Hammond on [treas@wareu3a.co.uk](mailto:treas@wareu3a.co.uk) if interested.

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**Tai Chi 2** would welcome a few more participants. They meet on Mondays 12.30-1.30pm at Wodson Park. This is a wonderful form of exercise to calm the mind and improve balance. These are just a few of its benefits. Contact Dawn Cruse via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk) if you would like to join.



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Come and enjoy a bit of therapeutic exercise in Fanshawe Pool on **Fridays from 7.45-8.30am** in our friendly **Aquafit** class. First trial session is free. If interested contact Kathryn via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)

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Although this next item is not run by Ware u3a, it is worth a mention as it may benefit some of our members. Southern Maltings have a **Health & Wellbeing Day on 4th February**. They are trying to promote the talks to men in particular. There is a new group that has just started in Ware—the Men’s Shed who has premises in Watton Road. There is also a men’s talking circle going on. Although the Ware u3a Choir is thriving and going from strength to strength, if you want more than this, there is a Mamma Mia Sing-a-long for Wellbeing. If interested, please click on the appropriate link below.

<https://southernmaltings.co.uk/events/mens-talking-circle/>

<https://southernmaltings.co.uk/events/mens-shed-talk/>

<https://southernmaltings.co.uk/events/mamma-mia-sing-along/>



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If you are interested in **Making a Green Impact**, it is not too late to join this group. They meet on the 3rd Friday of the month from 2-4.30pm. Please contact Ann via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)

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**Pilates 2** There are a couple of vacancies in this friendly mixed group, who meet on Thursdays 2-3pm at Wodson Park. This is an excellent all round exercise for differing degrees of mobility. If interested, please contact Diana via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)



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The new **Exploring London** group is almost ready to get going. We could do with a few more interested members. We also need a couple of volunteers to step forward to book the guides for the walks. Advice will be given by existing Group Leaders. The Group Leaders will get to choose the day that the group meets on. Please contact Debbie on [groups@wareu3a](mailto:groups@wareu3a) if you would like to join this new Exploring London group or wish to lead it.



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**Creative Writing** has a couple of vacancies for interested members. Please note that the group now meets on the 3rd Monday afternoon of the month. If interested, please contact Zara via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)

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**Concert** on Wednesday 27th March 2024 at the Royal Festival Hall at 7:30pm  
Come and enjoy the Royal Philharmonic Orchestra with Conductor Vasily Petrenko and Soloist Yunchan Lim.

Programme: Ethel Smyth The Wreckers: Overture  
Rachmaninov Piano Concerto No.3  
Elgar Symphony No.2

Cost: £45 includes, ticket, coach and gratuity  
Notification of the numbers for this concert is required ASAP



**Concert** on Friday 12th April 2024 at the Royal Festival Hall at 7:30pm  
Come and enjoy the London Philharmonic Orchestra with Conductor Edward Gardner and Soloist Nicolas Altstaedt.

Programme: Dvořák Cello Concerto  
Holst The Planets

Cost: £50 includes, ticket, coach and gratuity

Last date to book 7th March

For all concerts please contact Jeff Bergman via Pauline on [chair@wareu3a.co.uk](mailto:chair@wareu3a.co.uk)

Please note that seats can only be confirmed upon receipt of payment.

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