

u3a Ware September 2023 Newsletter

I would like to give huge thanks to several members of the Committee for their hard work in enabling the Birthday celebration events to take place, namely Marilyn, aided by Marion for taking the bookings and Penny for booking the venues / boats and John for handling the transactions. I hope those who took part really enjoyed them.

Would you like to be stronger, more flexible with a good posture and feel less stressed? Why not come and join our friendly **Yoga** class on **Wednesdays 11-12** at Leaside Community Centre. If you are interested, contact Heather Lovegrove via groups@wareu3a.co.uk.



There are currently 2 spaces in **Book Group 3**, who meet on the **last Thursday of the month at 2pm** in one of the member's homes.



Members take it in turns to choose a book, which leads to a wide variety of reading. The book review is the purpose of the group but we also enjoy our friendship over tea and biscuits. New members would be made very welcome. Contact Nikki Gibson via groups@wareu3a.co.uk if interested.

Come and enjoy a bit of therapeutic exercise in Fanshawe Pool on **Fridays from 7.45-8.30am** in our friendly **Aquafit** class. Contact Kathryn Pullinger via groups@wareu3a.co.uk if you would like to join the group.



Tap Dancing Would you like to don your dancing shoes and try a bit of Tap Dancing on Tuesdays 1.30-2.30pm at the Quaker Hall in Hertford. If so, get in touch with Lesley Carter via groups@wareu3a.co.uk



Concerts There is one ticket left for the concert on Thursday 19th October at the Royal Festival Hall at 7.30pm, for details see the August newsletter.

Other upcoming concerts are:

Friday 3rd November at the Royal Festival Hall at 7.30pm to hear the Royal Philharmonic with Conductor Edward Gardner and Soloist Helene Grimaud.

Programme: Dukas The Sorcerer's Apprentice

Ravel Piano Concerto in G

Stravinski Petrushka (1947 revised version)

Cost £45 (inclusive)



Thursday 7th December at the Barbican at 7pm to hear the London Symphony Orchestra with Conductor Gianandrea Noseda and Soloist Simon Trpceski.

Programme: Brahms Piano Concerto No 1

Tchaikovsky Symphony No 6 'Pathetique'

Cost £50 (inclusive)

Coach pick up points: Bengo New Road; Saracen's Head on Ware Road; Bus stop opposite Ware College.

If interested, please contact Jeff Bergman via groups@wareu3a.co.uk.

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

Pickleball 2 is looking for new players

Pickleball 2, at Wodson, began in April this year and has proved to be successful and has encouraged at least 8 members, who had never played Pickleball before, to join our happy and welcoming group.

However, we would like to encourage more people to try this highly addictive game. You don't need any equipment as 'paddles' and balls are provided. If you have previously played tennis, badminton or table tennis, you are an ideal fit for Pickleball. Even if you haven't played of these games, Pickleball is easy and quick to learn. So, don't be shy or worried about showing yourself up as our bunch of players will quickly help you settle in.

So what have you got to lose? NOTHING! Your first session is Free and only £4 thereafter.

What have you got to gain? EVERYTHING! Your health and mobility will improve and you may make some new friends.

We play on Tuesdays from 11am-01pm at Wodson Park.

Contact Mike Mavin or Ken Davis via groups@wareu3a.co.uk for more information.

Please look at the link below to see how easy it is to play and then come and play with us.

<https://www.youtube.com/watch?v=4vHhZ03O0PI>

Creative Writing currently has 2 vacancies in their very friendly and encouraging group, who meet on the 2nd Monday afternoon of the month. Please get in touch with Zara Kimber via groups@wareu3a.co.uk to find out more.



Great News! Community Alliance

Broxbourne and East Herts has received funding to keep running free Digital Skills session in Stanstead Abbots. Would you like to increase your confidence in the digital world, be confident using e-mail, downloading attachments and browsing the internet?



Call 0300 123 1034 to book on a course. The courses are free, but **booking is essential**. All you need is your charged device, whether it be a phone, tablet or laptop.

Dates of courses: Wednesdays 2.30-4pm on 11/10; 8/11; 13/12/2023; 10/01; 14/02 and 13/03/2024

Fridays 10.30-12 on 29/09; 27/10; 24/11/2023; 26/01; 23/02; and 22/03/2024

All courses are held at the Nigel Copping Community Building, Sanville Gardens Stanstead Abbots SG12 8GA

Referendum for Ware Residents

All Ware residents will have received polling cards for a vote on the Ware Referendum on Thursday 28th September.

If you vote 'yes' in this referendum, you are voting to keep Ware as an identifiable attractive town, which enjoys the peace associated with being part of the countryside. Its adoption will strengthen planning controls on developments in Ware. It is crucially important to remember that the Plan covers the town within its existing boundaries and is nothing to do with the proposed new development to the North and East of Ware.

Kingshill School needs a Lollipop person. If you are interested please contact the Safer Travel team on 01992 556816 or scp.enquiries@hertfordshire.gov.uk. The pay is £10.60 per hour.