



WSPU3A Newsletter

December/January
2022/2023



Winter Robin

Photo by Ced Shurben

The Committee's Briefs

Contact the Committee:

You can use this link to send a message to any of our Committee:

<https://u3asites.org.uk/woodhall-spa/contact>

Chairman's Chat

Wandering in the garden I noticed that there are a few green shoots poking through. We shall have a wonderful display if the pictures on the packets are anything to go by. Last year was good but this year will be even better.

Looking back we celebrated the u3a 40th anniversary with a picnic, organised our own 'thank you' to Group Leaders, instigated welcoming tea and coffee for

new members, and ran a croquet competition for the neighbouring u3as and won it ourselves. There was a revival of our own pantomime and the opening of the Parish Office, Community Hall and Roughton Village Hall to groups. We have had a wide variety of speakers, some of national standard. Thank you to everyone who helped this happen.

A Happy New Year to you all!

Malcolm Capps - Chairman

Groups News

We currently have in excess of 30 active groups. It may be some time since you had a look at the sheets on display at the monthly meeting, or even looking at Groups on our website (just type in Woodhall Spa u3a, or use the link below). There may be an interest group you were unaware of, as we have had several new ones start up in the past few months. If you have an interest which you would like to pursue with other like-minded members

then either have a word with me, or take one of the blank sheets on the table and put the subject at the top, plus your name and details, and I will contact you. Would you like to learn a new skill in the coming year? The **UKULELE GROUP** needs a few more members to sign up so that we can get this group strumming. Why not give it a go?
My very best wishes for a happy and healthy 2023.

Val Shurben – Groups' Coordinator

Groups List:

You can use this link to find a current list of the groups we support, and how to join up:

<https://u3asites.org.uk/woodhall-spa/groups>

Online u3a

Find out more:

You can use these links to search for ways of furthering your interest in specific subjects, or even take part in some competitions:

Our own WSPU3A website

<https://u3asites.org.uk/woodhall-spa/welcome>

u3a – Online Learning Events

<https://www.u3a.org.uk/events/educational-events>

u3a Radio Podcast

This special episode looks back at some of the highlights of the last 12 months in the u3a radio podcast.

https://youtu.be/J_6AH1ryQPk



Maths Challenge

Take part in our weekly maths challenge, with problems and puzzles.

<https://www.u3a.org.uk/learning/national-programmes/maths-challenge>

Poetry Competition 2022-23

Your poem should be a maximum of 16 lines (plus title), on any topic, and be submitted by 12 noon on Friday 27 January 2023.

<https://www.u3a.org.uk/learning/national-programmes/poetry-competition-2022>

Coming Soon

Upcoming Events list

You can use this link to find more details on all the events in our diary:

<https://u3asites.org.uk/woodhall-spa/events>

Thu Jan 5th

Monthly Meeting
2:30pm - 4:00pm
Coronation Hall

Silver Lions Ukelele Band

The band will play and present a history of the instrument.

Around the Groups in 60 days

Lunch 1

Sporting a fine selection of Winter knitwear, here is Lunch Group One enjoying their Christmas Lunch at The Plough, North Kyme.



Photo by Peter Ellis

Outings

Trip to Thursford Christmas Spectacular

Twenty Eight of us boarded the Coach on a damp miserable November morning but that did not dampen the mood of the members! We were off to the famous Christmas Spectacular Show in Thursford, Norfolk. For those who had never seen it before it was a fantastic surprise!



The glitz and glamour, colourful costumes, dancing and singing by a huge choir was outstanding. Carols were included, which felt very emotional.



The decorations both inside and out were awesome and the pretty Christmas shops were buzzing.

Continued

Trip to Thursford Christmas Spectacular – Continued

The different restaurants catered for all our needs and the gluhwein and mince pies were delicious. We left feeling full of joy and Christmas Spirit.

[Elaine Aspinall – Group Co-leader](#)

The visit to the Thursford Christmas Spectacular was our last outing of 2022. We hope you enjoyed our mixed programme of outings for 2022 and thank all who joined us.

Our first outing in 2023 to the Theatre Royal in Nottingham in February is already booked up, but we are currently in the process of arranging an evening out, with a meal, to Nottingham Greyhound Racing Stadium in April.

Also, tickets have been reserved already for our annual trip to Tolethorpe Hall open-air theatre in August.

[Sue Pollitt – Group Co-leader](#)

Find out more:

<https://u3asites.org.uk/woodhall-spa/page/114125>

Visiting Churches

We shall be visiting the following churches in 2023. If you'd like to join the group please email Michaela.moody@u3a.org.uk

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|----------------|---|
| • 14 March | Scopwick church and War Graves |
| • 11 April | Bardney Dairies |
| • 09 May | Spalding: St Nicholas and St John |
| • 13 June | Scrivelsby |
| • 11 July | Metheringham and Blankney |
| • 08 August | Bardney abbey ruins, St Lawrence, catholic church |
| • 12 September | Bicker, Langrick |
| • 10 October | Roughton, Kirkby on Bain |
| • 14 November | Stixwould, Southrey |

[Michaela Moody – Group Leader](#)

Play Reading

2022 Woodhall Spa U3A Panto

Where can you see a panto with *eight* of your favourite characters? Woodhall Spa u3a of course!

'Scullery Maid Wanted' was written by Harold Chaloner of Preston & District u3a and was performed with his permission at the December monthly meeting.

Jean Ellis and Barbara Michaelides wrote some additional dialogue and 10 members were involved when rehearsals began, but, with 3 days to go, sadly Tony Duggins was forced to withdraw due to illness. I remembered Tom Sefton's interest in performing and he gladly agreed to step into the breach.

The enthusiastic members of the cast sourced all their own costumes and provided the props and noises off.



Photos and layout – Geoff Noel

On the day there were the usual hitches but these only served to increase the amusement. I hope that the audience enjoyed the performance as much as the play readers. Judging by the laughter I think they did. The author tells me that he has other pantos available so maybe we'll do another in 2023. (I do hope so as I have a drawer full of wigs, tiaras. costumes and props.)

Jean Ellis
Continued

Play Reading – Continued

December saw us performing our pantomime at the monthly meeting in Coronation Hall. We all had a great time putting on the show and really appreciated the audience participation we received. Thanks go to Jean Ellis for organising the panto and also a big thank you to her for running the Play Reading Group for many years.

I am taking over as the leader for the group from January 2023 and we have decided to change the timings of our meetings. We will still be meeting on the 2nd Tuesday of each month but now in the mornings from 10-12.

Rosemary Brown – Group Leader

We would love to have some new members and please don't think we'll be expecting you to get up and perform. We are "*what it says on the tin*" – we read different types of plays in a relaxed atmosphere and always stop for that important tea/coffee and biscuits break. Our play for January is *Steel Magnolias*, which was made into a film in the 1980s. If you would be interested in joining us or just want to find out a bit more about our meetings, please add your name to the list at the next monthly meeting or send a message to the Groups Coordinator via the website.

Five Mile Walking

Little Cawthorpe

Some people like to go away in Winter but I enjoy the seasons. The walk from Little Cawthorpe was on a bright winter morning with sunshine and blue skies. There was a nip in the air but once we were on our way to Munckton we soon warmed up. Christmas hats and decorations added to the jollity of the day.

The road skirts the hills to one side and on the other the low land stretches out towards the Coast.

I was told that in the last Ice Age the ice sheet penetrated inland as far as the eastern slopes of the Lincolnshire Wolds and into the embayment of The Wash.

[Continued](#)



Little Cawthorpe - Continued

The road is on the line of the old marine cliff that formed the eastern edge of the chalk before the Ice Ages. There is a fine view over the Marsh to the sea from the road, which is an extension of Barton Street, a prehistoric trackway that follows the edge of the chalk Wolds from the Humber to the Wash.



At Munckton we paused for refreshments before wending our way along the road and bridleway back to Legborne Wood, an ancient woodland and one of the largest woodland reserves of the Lincolnshire Wildlife Trust. On the way we walked beside the old railway, part of the old Lincolnshire East Coast line. The hard frost meant the going was good.



Back to Little Cawthorpe we walked along the beck, washed our boots or had a paddle in the Splash before enjoying a meal at the Royal Oak.

Malcolm Capps – Group Leader
Photos by Les Wylde



Home Computing for Fun

(...and Fitness)

It is normal after Christmas for people's thoughts to turn to diet and exercise. Of course, it is better to join a local group that provides social interaction as well as a workout, but not everyone is able to do this and this is where technology can help.

There are many options available that can provide free classes or workouts that you can do in your own home with no special equipment needed.

As with any exercise program you should normally check with your doctor first.

Here are just some ideas:



YouTube

You can access YouTube on your phone, iPad, pc or Smart TV. Where you access it depends on the area you choose to exercise in. You will need to see the screen clearly and hear the instructions. There are a variety of workouts, including many especially for Seniors. You can search for the type of workout you want. Remember to start slowly with any new exercise and build up gradually. Please note, you do have to put up with a few ads with these

videos. You may see pop up ads for 'Add Blocking software' but you can click on the X on these to close them.

Also, for those of you that are new to YouTube, You can [Save](#) or [Subscribe](#) to a video so that you can find it easily again. [Save](#) will just keep the video you want and [Subscribe](#) will give you access to other videos by that person as well. Subscribe in this context does not require any payment.

Have a look at these:

- [10 Minute Home Workout For Seniors](#)
- [10 Minute Full Body Home Workout For Seniors](#)
- [Whole Body Chair Exercise For Seniors \(30 Mins\)](#)
- [Yoga For Seniors](#)
- [Standing Pilates for Seniors](#)

The Body Coach TV

The Body Coach TV

More Life Health

Slow and Gentle Yoga

25 Minutes of Exercise to Improve Strength, Mobility and Confidence

The Internet

Most of the free fitness websites for Seniors link into YouTube videos, so it is better to search there in the first instance. Quite a few of the fitness websites require you to sign up with them which often then requires a payment, so be wary of these. The NHS, Age UK and Livestrong are a few sites that have links to free Health and Fitness for Seniors.

Social Media

Apps like Facebook can provide links to pages and groups covering Health and Fitness and can be found using the Search option. Often these will link you to YouTube Videos as well.

[Continued](#)

Home Computing for Fun (...and Fitness) – Continued

BBC Sounds

There are useful broadcasts and podcasts regarding Health and Fitness here:

- [Just One Thing](#) With Michael Mosley
- [Personal Best](#) The Impact of Pets on our Fitness
- [For Fitness Sake](#) Explores all aspects of Fitness

Android and iPad Apps

There are countless Apps that can provide ideas and advice for Health and Fitness. Some are totally free, others have free versions or free trials. As with most free technology you will normally have to put up with reduced functionality or adverts.

Even the paid Apps can be reasonably priced if they suit your requirements. A lot of the Apps are available for both Android and iPad. These cover all aspects of Health and Fitness, including exercise and nutrition.

The following are available from the Apple Play store or on [Google Play](#):

- [MyFitnessPal](#) Calorie counter and exercise logger
- [FitOn](#) All types of exercise for all levels
- [Steezy](#) Dance tutorial
- [Daily Yoga](#) Yoga for all levels
- [Calm](#) Meditation and sleep monitoring
- [Strava](#) Running, cycling and hiking GPS tracker

There are many more. If you have an Android phone or tablet, search Google Play, if you have an iPhone or iPad search the App Store.

Some of these Apps require a smart watch, (Apple, Garmin, Fitbit etc). These can record exercise and often set challenges for you to complete.

Of course, there is no limit to how much you can pay to assist you to lose weight or get fit.

You have probably seen the adverts for Peloton, a fitness paid subscription that you can use with your home fitness equipment or workout.

One of the latest ideas for home use is the Boxball. It is designed to help your fitness and also your hand/eye coordination. Read about it here:

- [The Boxball UK](#) Gamified physical activity

It is impossible to cover all of the options that technology gives regarding Fitness and Health but hopefully I have given you a few ideas.

Wishing you all a Happy and Healthy New Year.

Heather Maslen – Group Leader

Find out more:

If you have any questions about these articles, follow this link and click on the bird on the Home Computing for Fun page on the Woodhall Spa U3A website:

<https://u3asites.org.uk/woodhall-spa/page/115109>

The Final Word... on 2022

Thanks go to...

There have been many WSPu3a members that have given their time to support the Newsletter over the last year, whether with words or photos. I am grateful to them all. Special mention must go to Heather Maslen for the great articles she has constructed every month describing the pleasures and pitfalls of home computing. Thank you Heather and all those who have contributed.

The Year in Photos

I'd also like to thank Ced Shurben for venturing out each month to capture a special image of *Woodhall Spa-at-its-best* to adorn the front page of every new edition of the Newsletter. Here's a reminder of some of his work.



Feedback, please

Feedback:

You can use this link to view past issues of the Newsletter, or to send a note to the Editor:

<https://u3asites.org.uk/woodhall-spa/page/113917>

I would very much like to hear from you about what you like and don't like about the Newsletter. All constructive feedback is always worth listening to, so feel free to tell me your opinions. Please use the link above to get in touch.

I hope we all continue to enjoy the happy community of [Woodhall Spa u3a](#) in 2023.

All the very best,

Tom Sefton – Editor