# WEST WOLDS

# u3a

"Learn, Laugh and Live" Website: www.westwoldsu3a.org

# CHAIRMAN'S REMARKS

I was to be seen patrolling the Festival Hall Car Park after I was told the Traffic person was there at our last General Meeting in July. At least three people were booked and as far as I could see all had tickets but one had put a coin on it to hold it in place, one had not realised the first two letters of their registration had not registered on their ticket and the third was over the line. When we go in August I will probably feel compelled to patrol the Car Park before he arrives! Please be aware of the three things I have listed and be very careful. Make sure your back wheels are in the box as well.

We had an entertaining greetings group of people from our different languages groups, thank you to those people. Our speaker was very good, so apart from the parking we had an excellent meeting. A big thank you to everyone for the marvellous response to my plea to help clear away tables and chairs because the usual council employee who does this was absent. That day was u3a at its best. Those of you who never come to General Meetings but read this do give a meeting a try.

Best wishes Gail Dennis, Chairman

### HEALTH ISSUES

If you have a hearing or sight issue, or any other health issue that you feel we may be able to help you with whilst attending a group or the general meeting, please speak in complete confidence to a committee member.

# August 2023 Newsletter

# Issue 120

Thanks for all contributions, these are very well received, I will endeavour to get them in if possible. *Terry Francis (Editor)* 

newsletter@westwoldsu3a.org

# MEMBERSHIP RENEWAL FOR 2023-24

The West Wolds u3a Membership runs from September 1st to August 31st

Please remember you should now start to pay your 2023-2024 membership fees online by BACS, or by presenting a cheque, cash, or using a contactless card at the Meetings.

For details, you will need to download and fill in a new 2023-24 Membership form, link below, available online on our website, or available to pick up at the meetings, and return it to the Membership Secretary.

https://westwoldsu3a.org/wp-content/ uploads/2023/06/WW-u3a-Membership-Application-form-23-24-revised-June-2023.pdf

The Membership fee for September 2023 to August 2024 is :-

#### £18 for Individual membership £34 for Joint Membership £12 for Associate Membership.



Amongst other benefits, this includes our newsletter, the "West Wolds Monthly" as well as being able to 'opt-in' to receive "Third Age Matters", the national magazine which is mailed to members five times a year.

We hope you continue to support the West Wolds u3a next year with all that we can offer.

Terry Francis, Treasurer

#### **REMINDER AT MEETINGS**

Please remember that the catering stops serving at 10:15, please ensure all cups are returned to the kitchen by this time *Rachel Telfer* 

#### GENERAL MEETING SPEAKER PROGRAMME 2022/23

<u>14<sup>TH</sup> September – Stephen Brown - It's 'L' On</u> <u>Wheels</u>



Find out how much the Driving Test has changed in the 34 years that Steve has been a driving instructor. Be amazed at the funny things learner drivers ask and feel free to ask driving-related questions at the end.

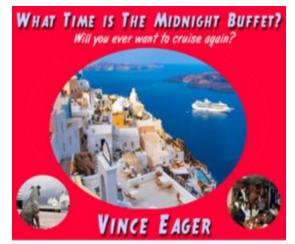
#### 12th October – Dan Swinton – The Plastic Problem



Plastic is everywhere, useful and convenient. Its also a massive pollution problem. Wildlife becomes ensnared in discarded plastic and microplastics are eaten by ocean creatures. Dan will take us through the most asked questions: how does plastic get into our oceans; how can I use less; what are the alternatives; what happen to my plastics recycling and what's the solution.

WLDC recycling will have a stand at this meeting to answer any questions you might have about your own bin recycling scheme.

<u>10th November – AGM with entertainment from</u> <u>the Drama Group</u> <u>14<sup>TH</sup> December – Vince Eager - What Time Is The</u> <u>Midnight Buffet</u>



Vince's presentation reveals almost everything you didn't or wouldn't know about cruising. He goes behind the scenes and reveals often hilarious or worrying facts about cruising, what the passengers get up to, and how the crew get their own back!

#### **Catering Helpers Rota**

Serving:: Anita Handford Pat Robinson Kitchen: Bernadette Heald Dallas Stubbings

Serving:: Serving:: Anita Handford TBA Kitchen: Yvonne Heathershaw Stephanie Fox

Rachel Telfer is always looking for members who would like to volunteer to help with catering, please contact her at the meetings.

#### **Greeters Rota**

<u>September</u> Eunice Hughes Pauline Wellings Val Walsh

October
TBA
TBA
TBA

Caroline Dale is asking if anyone would like to be a greeter, please contact her at the meetings or on 01673 844142.



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# The u3a ethos is 'by the members, for the members' but this ethos seems to be slipping away.

Our u3a is only as good as the contribution members make to it.

Think of it like a bank - if you keep taking out then eventually the bank will collapse.

If, however, we all make a contribution, it can only grow.

Volunteers needed in all areas, from running or helping to run a group, catering, greeters, helping set up or clear away at the monthly meetings, to assisting committee members with small tasks.

What contribution can you make?

Thank you to all the wonderful volunteers we already have -

you are what makes our u3a work.

# THE WEST WOLDS WARBLERS



The West Wolds Warblers entertained the residents at the Poplars Care Home on Wednesday 2nd August. We went down a storm and even got a round of applause.

Thanks to the eleven members of the group who took part, especially Bess who gave out the lyric sheets to the residents, many of whom joined in with gusto.

Terry Francis

#### THE WEST WOLDS GARDENING GROUP.



We always welcome new members to the group which meets every third Wednesday at The New Life Church in Market Rasen from September to April when we usually have a guest speaker on a garden topic and of course a cup of tea/coffee and biscuit.

We have plant swaps and enjoy each other's company and garden knowledge. We produce a monthly newsletter on garden matters of interest to our members. To join the group contact Jane Guy on gardening@westwoldsu3a.org or phone on 0797 1277 482.

We also arrange some garden visits in the summer months. Any u3a member, whether they are a member of the garden group or not, is welcome to join us.

I have arranged one final coach excursion for this year, on Wednesday 6th September to Gunby Hall which was requested after we had a speaker at our general meeting back last August, on growing fruits, from Gunby Hall.

The cost will be £25 to include coachseat, driver's gratuity and entrance to Gunby Hall Gardens. You can also pay on arrival for a small extra fee if you want to go round the Hall.

#### AN EARLY DATE FOR YOUR DIARY:

West Wolds u3a Christmas Lunch Market Rasen Golf Club Thursday 14th December 2023

#### **GARDENING GROUP PROGRAMME**

**20th September:** Flowers & Folklore by Mary Hollingsworth

**18th October:** Containers for all Seasons by Martin Fish.

**15th November:** Special Plants for Small gardens by Peter Williams

**22nd November:** Wreath Making workshop with Linda Clark. £35 which includes materials

**20th December:** Gardeners' Question Time and Christmas tea.

**17th January:** Life of a Gardener - Part 2 by Alan Mason

**21st February:** Echiums – In the Land of the Giants by Linda Heywood

**13th March:** Willow weaving. £25 which includes materials

20th March: All about Irises by Chris Davey

17th April: All about Peonies by Gail Harland

Jane Guy

#### LOCAL HISTORY GROUP PROGRAMME

#### Meetings at Middle Rasen Village Hall

**September 12th.** A talk by Richard Pullen entitled: "War, what is it good for?" Everyday Military Creations that we now take for granted.

**October 10th.** A talk by Michele Beadle entitled: "Amy Johnson" (One of the most influential and inspirational women of the 20th century)

**November 14th.** A talk by Hazel Barnard entitled: "Tales of old Market Rasen".

**December 12th.** The Christmas Quiz set by Paul Ettridge. A light hearted event with prizes for winners and losers!

For information about any of these talks or visits contact **Paul Ettridge telephone 01472 398921 Email paulettridge28@gmail.com** 

#### GARDEN GROUP VISIT TO <u>"OVERBECK" GARDEN.</u>



On Wednesday, July 5th our group visited "Overbeck" in Scothern belonging to John and Joyce Good. This garden represents a 29 year project of design and hard work. Joyce was kind enough to show us an album which depicted the gradual creation of what is now a plantsman's garden. See photographs "Before and After!"; from no flower beds at all to today's magnificent plantings. We were free to wander at will.



We entered over the beck into a good-sized area, mature shrubs and small trees screening the dormer bungalow from the road; the flower beds here curved and colour-themed. A central circular flower bed was a riot of colour. (see pic' on the left). walking down the side of the property we passed clematis and roses at the back corner of the bungalow and entered the large and carefully designed rear gardens. Passing a bed of various grasses a central lawn was flanked by huge curving beds of perennials.



The ground sloped gently upwards towards a small pond stocked with goldfish. A stone bird bath and rustic stone figure set off this delightful feature which also boasted gorgeous bright pink waterlilies.



On our left, slightly hidden behind a small paved "room" with an antique urn, was the surprise geometric feature of clipped box and to the right a white bed. On the extreme right a pleasant grassed seating area was tastefully arranged to include ornamental sculptured ducks and chickens.



At the rear behind a screen of roses and climbers of all kinds lay the immaculate vegetable garden. The screen had been created from a badly positioned pergola that the original owners had erected 30yrs previously.

After a sojourn on a recliner in the shade, it was back to the house where we were served with tea, coffee or a cold drink with a biscuit.

Afifa Sutherland.

#### **NEW GROUPS**

Are you looking for a new hobby, we have 4 new groups starting up, please contact the convenors below for more details and to book a place.

Architecture: A discussion group to be lead by David Oliver 01673-880188 or <u>david.g.oliver@btinternet</u> Day/time/venue tbc when numbers are known.

**Games:** To play a variety of board games and card games to be lead by David Bedford 01673 308573 from October 23 to April 24. Day/time/venue tbc when numbers are known.

**Metal Detecting:** contact David Ebbage 01673 847750.

Day/Time/Venue tbc when numbers are known

**Scrabble 2:** Due to popular demand Yvonne Heathershaw 01673 308976 is starting a second scrabble group.

Day/Time/Venue tbc when numbers are known.

**INDOOR BOWLING** 

We have now closed for the next 6 weeks but will be opening again in early September. Our group meets every Thursday afternoon (from September) at 2 p.m. for a two hour bowling session at Dunholme's Indoor Bowling Club in Honeyholes Lane in Dunholme. Everyone is welcome.

For those who have not played before we will provide your shoes and bowls and show you how to play, although it is not difficult to pick it up very quickly and start to have some fun. We stop for a cuppa and chat half way through. This is gentle exercise in convivial company with lots of laughs on the way and a great opportunity to make new friends.

Why not ring Jane on 0797 1277 482 or e-mail her on jane.m.guy@gmail.com to arrange for your first lesson. After that, your next two sessions are free and after that the rink fee is £4 for two hours. What have you got to lose?

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#### LANGUAGE GROUPS LATEST

The weather throughout Europe remains extremely hot and isn't an enticement for any of our language group members to venture abroad at this time of year. Not to be outdone, some of our Intermediate Spanish Group will be travelling to Easingwold, just north of York, to take part in a Spanish Summer School hosted by Yorkshire and Humber Region u3a. Over a four day break, this annual event is a wonderful opportunity for some of our members to meet up with others from the wider u3a network to take part in group activities that they normally experience closer to home.

You really don't have to travel abroad to use an additional language. A more detailed report will be available in the September edition of our Spanish newsletter.

In the meantime here's a round-up of all our language groups for August and early September. If you want to join one or more of these lively groups we're always pleased to welcome new members.

Contact details can be found towards the end of this newsletter and also on the West Wolds u3a website.

#### French

This group will be moving to a new regular timetabled slot in September. A final decision will be confirmed when this is agreed. Contact Sandra Dean for further details on 07734 456213.

#### German

This group will be back again in September. Contact Gary Beighton for further details 07582 227856.

#### Italian

The first meeting in the autumn will be on Thursday 7th September at 10am. The venue will be announced nearer the time. Details will be given in the Italian WhatsApp group or directly from the convenor. Contact Sandra Dean for further details on 07734 456213.

#### **Spanish Beginners**

The next session will be on 11th September at 1.30pm in Market Rasen. The exact location will be shared with group members through WhatsApp and by email. Contact Sandra Dean for further details on 07734 456213.

#### **Spanish Intermediate (Hablemos Español)**

The group will be back together on 5th September at 2.30pm in Caistor. Contact Sandra Dean for further details on 07734 456213.

And finally, a big "thank-you" to all our Language Group members who took part in the International Greeters Session at the recent Monthly Meeting at the Festival Hall. It was a wonderful opportunity to use our skills and to chat to each other in a variety of languages.



Thanks to everyone who wore something "linguistic" on the day.

Thanks to Sue Roebuck and Sue Toyne (Sancho Panza and Dulcinea del Toboso) who put on a wonderful display of Spanish artefacts and memorabilia.

Thanks to Brian Ward ( our very own Don Corleone) for the original idea.



Finally, thank you to everyone who came through the door that day and who shared some of their own languages with us all.

#### Sandra Dean

#### AGE UK LINDSEY

Age UK Lindsey is an independent local charity and has been working for over 30 years to promote and improve the wellbeing of older people living in this East Lindsey, West Lindsey and North Lincolnshire. The solo group met again on Friday 21st July, there were 18 of us in total and I was very pleased to see new members. We were given a very information talk by Michael Smith, the specialist nurse from the

Due to a significant rise in referrals especially in the Market Rasen area, we're now looking to increase our team of Befriending Volunteers to assist us in delivering the service to older people in West Lindsey.

Being a Befriender means you are there to provide some much needed company for those who are feeling lonely or isolated with very few family or friends to support them.

#### There are two options to help:

#### **Telephone Befriending**

Some people prefer to have a phone call rather than have someone visit them. It's about have a friendly chat, sharing special important memories, talking about any hobbies they may have, family/friends, what's going on in the world and just life in general! The call lasts as long as the volunteer /client wants to chat - but somewhere around 30- 40 mins is a general guideline, once a week.

#### Face-to-Face Befriending

The other option is Face-to-Face Befriending, again this is on a weekly basis, for an hour or so. It's simply about having a cup of tea with them, maybe playing a game or just having a chat the same as you would over the telephone, or even accompanying them to a local activity if that is possible.

It may not seem like very much time spent with the client, however Befriending can make a hugely positive difference to an older person's life.

There is a short application process which I would be happy to explain if anyone is interested in becoming a Befriender.

My contact details are Lin Wood (Volunteer Coordinator) - 07593 818748 Email: <u>Linda.wood@ageuklindsey.co.uk</u>

#### SOLO GROUP

The solo group met again on Friday 21st July, there were 18 of us in total and I was very pleased to see 5 new members. We were given a very information talk by Michael Smith, the specialist nurse from the Market Rasen surgery regarding care and welfare for those of us living on our own. He came well prepared with books and leaflets full of useful information of which I still have some left if anybody is interested.

I am proposing to organise a visit to the local Fire Station in September so there will be no meeting at the New Life Church that month. Details and timings will be sent out to everyone in the group by e-mail or by phone.

Ginny Beard

#### **NOTES FROM THE EDITOR**

I am always looking for any u3a news articles and information about group activities to add into the Newsletter each month. Please send them to me at newsletter@westwoldsu3a.org.

For all Group Conveners, I can only keep the information about your groups up to date if you let me know of any changes, please check the Monthly Timetable and Group Information on the last two pages of this Newsletter to ensure it is all correct, and let me know if you are not happy with it.

Terry Francis – Editor

#### MESSAGE FROM THE FISHERMENS MISSION

From Email: annestones@fishermensmission.org.uk

We just wanted to say thank you so much for the donation following the Dock Walk by some of your members. Our work provides a lifeline of welfare support to active, retired fishermen, widows and their families in times of need and crisis.

Donations such as yours enables our vital work to continue.

# WALKING GROUPS PROGRAMME FOR NEXT TWO MONTHS

Date	Place	Distance	Walk Leader	Telephone
Aug 15th	Legsby	3-3.5 Miles	Rachel Telfer	07443 483831
Aug 22nd	Chamber Farm	3.5 Miles	Sharon Rupp	07803 694889
Aug 30th	Nature Walk		Mary Orphanoudakis	07484 842915
Sept 6th	Hemswell	4 Miles	Yvonne Heathershaw	07990 643933
Sept 13th	Tealby/Bayons Pk	3.5 Miles	Rachel Telfer	07443 483831
Sept 19th	Middle Rasen	5 Miles	Lesley Brewis	07510 353502
Oct 4th	Walesby/Claxby/ Normanby	5-6 Miles	Merilyn Combes	07814 470265
Oct 11th	Rasen Round	4 Miles	Yvonne Heathershaw	07990 643933
Oct 17th	Doddington	5 Miles	Sharon Rupp	07803 694889
Oct 24th	ТВА			

Please contact the Walk Leader direct to sign up any of these walks or see Ken Howitt at the General Meeting. Walks can be subject to change so anyone who is not on Ken's mailing list must contact the walk leader to ensure they are booked on the walk before turning up.

Walks can be across uneven terrain, so please ensure you check with the walk leader about the details of the walk.

If you can offer to fill in any of the blanks and lead a walk, please contact Ken Howitt with the details of the walk.

## THE NEW STROLLERS

As you may already know we are hoping to relaunch this very popular walking group and we are keenly searching for volunteers to lead walks of about 2 miles distance. You will find below details of any walks we are offering at present. I must stress that these are the ONLY ones on offer at present and, unless other volunteers step up to lead a walk, they may well be the last ones! So, please, help us all out by taking charge of a walk. If you can offer a walk see me at the u3a meeting on August 10<sup>th</sup> or leave a message on 01652 678490.

Let`s revive what was once a very thriving group!! *Ken Howitt*  Sign up for the following walks at the meeting on August 10<sup>th</sup> or contact the leader of the walk :

No walks proposed at present in August/ September.

#### WARNING TO ALL USERS OF DOG KENNEL WOODS

One of our members was recently bitten by a dog in these woods; it was with its owner but off the lead. Please be vigilant if using this area.

### **DIGITAL PHOTOGRAPHY GROUP FASHION SHOW**

On 17th July, the Digital Photography Group held a fashion show at the New Life Church to meet our monthly fun challenge of 'Fashion Photography'.

A call went out on the website for other members of the u3a to come along in their finery to strut their stuff and pose for the members of the group to allow us to use our expertise to the best of our abilities.

Five keen models that were not members of the group plus five existing members dressed up and posed. Thanks go to Ginny Beard, Gillian Anderton, Jenny Oyston, Rosanna Benn and Julia Francis for joining group members Barbara Jackson, Sandra Dean, Dave Ebbage, Brian Ward and myself for putting on the show, and thanks to Suzanne Barker and Steve McCarthy for making the arrangements to set it up.

Here are a few of my photos that I think show the resulting fun. The best photo from all the members taking photos and chosen by the group is shown on page 11.

Terry Francis



#### DIGITAL PHOTOGRAPHY GROUP-PICTURES OF THE MONTH FOR JULY 2023

Here are all the chosen photos from the Digital Photography Groups challenges for July, based on the fun theme 'Fashion' and technical challenge of 'Macro photography' plus a favourite of the month..



Favourite of the Month Isle of Skye Taken by Margaret White

Fashion Photography Taken by Steve McCarthy





Macro Photography Taken by Dave Ebbage

For more photos taken by the West Wolds u3a Digital Photography Group look at our Challenges page on the website at https://westwoldsu3a.org/?page\_id=8458

#### **GROUPS DISCLAIMER**

Please be aware that it is your responsibility to take care of your own health and safety when participating in any u3a activities, and ensure that any current Government guidelines around Covid are adhered to. *The Committee* 

#### CHANGES OF CIRCUMSTANCE

If you have any changes of circumstance, e.g. change of address, telephone or email, or a death of a member, please let the Groups Co-ordinator and Membership Secretary know by phone or email.

#### **COMMITTEE & MANAGEMENT RESPONSIBILITIES 2022/2023**

Chairman and General Meeting Coordinator Gail Dennis Tel: 01673 843575 chairman@westwoldsu3a.org

Vice Chairman & Membership Secretary Jane Lloyd Tel: 01673 843078 membership@westwoldsu3a.org

> Treasurer Terry Francis Tel: 01673 842088 treasurer@westwoldsu3a.org

Business Secretary, Speaker Finder Sharon Rupp Tel: 07803 694889 secretary@westwoldsu3a.org speakerfinder@westwoldsu3a.org

Groups' Coordinator Shirley Fuller Tel: 01673 885948 groupcoordinator@westwoldsu3a.org

Newsletter Production Editor and Technical Support Terry Francis Tel: 01673 842088 newsletter@westwoldsu3a.org

Publicity Officer and Website Support Gary Beighton Tel: 01673 849364 publicity@westwoldsu3a.org Secretary to East Lincs. Neighbourhood Shirley Fuller Tel: 01673 885948 eastlincs@westwoldsu3a.org

Safeguarding Officer Kathryn Wade kathrynbwade@gmail.com

**New Members – Roles TBD** Ginny Beard Sandra Dean

#### Support Roles (Non Committee)

Catering Coordinator Rachel Telfer Tel: 01673 844244 racheltelfer1@hotmail.co.uk

**Greeters** Coordinator

Caroline Dale Tel: 01673 844142 ginger.mike29@btinternet.com

Welfare Mandy Murphy Tel: 01673 565295 Mandy.murphy1396@gmail.com

Website Administration Steve McCarthy Tel: 01673 308364 webadmin@westwoldsu3a.org

### How to Subscribe on the West Wolds website to receive updates and notice of New Posts by email.

Opening the West Wolds website homepage, **www.westwoldsu3a.org**, look for the area shown on the right.. Enter your email address and click on the '**Receive Updates'** button. You will receive an email from Wordpress, which refers you to opening your account. Make sure you click the link shown.

Back copies of all Newsletters can be seen on the website.

Sign Up For Updates Enter your email address to get updates from Westwolds U3A and receive notifications of new posts by email.

Email Address

**Receive Updates** 

Here is the Interest Groups Monthly Timetable, please contact the relevant Group Convener shown overleaf to ascertain if the group is running, and times and where they meet.

Conveners, please check the days and times for your group and the information on the last page are correct and let me know if any changes are needed. *Terry Francis (Editor)* 

<b>n groups)</b> Friday	<ul> <li>10:00 Latin</li> <li>10:00 Line Dancing</li> <li>10:00 Biblical Hebrew</li> <li>10:00 Cycling (Longer Rides)</li> <li>14:00 Scrabble</li> <li>14:00 Discovery Group</li> <li>14:00 Start Spanish- Course</li> <li>Complete</li> </ul>	<ul> <li>10:00 Latin</li> <li>10:00 Line Dancing</li> <li>10:00 Biblical Hebrew</li> <li>10:00 Cycling (Longer Rides)</li> <li>14:00 Start Spanish- Course Complete</li> </ul>	<ul> <li>10:00 Latin</li> <li>10:00 Line Dancing</li> <li>10:00 Biblical Hebrew</li> <li>10:00 Cycling (Longer Rides)</li> <li>14:00 Scrabble*</li> <li>(*<u>And</u> 5th Friday of the month, if there is one)</li> <li>14:00 Start Spanish- Course Complete</li> </ul>	<ul> <li>10:00 Latin</li> <li>10:00 Line Dancing</li> <li>10:00 Biblical Hebrew</li> <li>10:00 Cycling (Longer Rides)*</li> <li>(*<u>And</u> 5th Friday of the month, if there is one)</li> <li>14:00 Mah Jong</li> <li>14:00 Start Spanish- Course Complete</li> </ul>
GKOUPS MUNTHLY LIMELABLE (excludes short run groups) esday Wednesday Thursday F	<ul> <li>10:00 Patchwork</li> <li>10:15 Keep Fit</li> <li>10:00 Italian for Beginners</li> <li>14:00 Indoor Bowls</li> <li>14:30 Drama</li> <li>14:30 Recorder Group</li> </ul>	09:45 GENERAL MEETING Festival Hall Market Rasen 14:00 Indoor Bowls 14:30 Drama	<ul> <li>10:00 Patchwork</li> <li>10:15 Keep Fit</li> <li>10:00 Italian for Beginners</li> <li>14:00 Indoor Bowls</li> <li>14:30 Drama</li> <li>14:30 Recorder Group</li> </ul>	10:00 Cross Stitch–FULL 10:15 Keep Fit* (* <u>And</u> 5th Thursday, if there is one) 14:00 Indoor Bowls 14:30 Drama
WONTHLY IIMETA Wednesday	<ul> <li>10:00 Country Walks</li> <li>10:00 Cycling (Short Rides)</li> <li>10:30 Strollers</li> <li>14:00 West Wolds Warblers</li> <li>14:00 Canasta</li> </ul>	<ul> <li>10:00 Embroidery</li> <li>10:00 4 Mile Walkers</li> <li>10:00 Cycling (Short Rides)</li> <li>12:00 Luncheon Group</li> <li>14:00 Poetry</li> </ul>	<ul> <li>10:00 Telling our Stories</li> <li>10:00 Cycling (Short Rides)</li> <li>14:00 Readers Group –</li> <li>FULL</li> <li>14:00 Gardening Group</li> </ul>	10:00 Embroidery ( <u>*Last</u> Wednesday of month) 10:00 Cycling (Short Rides) 14:00 Rasen Book Group
Tuesday	<ul> <li>10:00 Family History</li> <li>14:00 Backgammon</li> <li>14:00 Upholstery</li> <li>14:30 Spanish Intermediate</li> <li>14:30 German</li> </ul>	<ul> <li>10:00 Local History</li> <li>10:00 Beginners Family History</li> <li>14:00 Upholstery</li> <li>14:30 Spanish Intermediate</li> <li>14:30 German</li> </ul>	10:00 Country Walks 14:00 Embroidery 2 14:00 Upholstery 14:30 Spanish Intermediate 14:30 German	10:00 Music Appreciation 10:30 3 Mile Walkers 14:00 Upholstery 14:30 Spanish Intermediate 14:30 German
Monday	14:00 Digital Photography 14:00 Turkish Delight Desert Dancers	<ul><li>13:30 Spanish for Beginners</li><li>14:00 Recorders</li><li>14:00 Ukulele for Beginners</li></ul>	14:00 Digital Photography	<b>13:30</b> Spanish for Beginners <b>14:00</b> Ukulele for Beginners
WEEK	1st	2nd	3rd	4th

# INTEREST GROUP CONVENERS

ARCHITECTURE David Oliver 01673 880188 BACKGAMMON Bill Roberts 01673 842703 **BIBLICAL HEBREW** Alison Atkinson 01673 849979 CANASTA Brian Ward 01472 852273 CARD MAKING Ginny Beard 01673 844432 / 07980 209642 **CROSS STITCH-FULL** Audrey Storey, 01673 849625 **CROSS STITCH 2/EMBROIDERY** Shirley Fuller 07810 845178 CYCLING Gordon Jennings 0794 8881121 DIGITAL PHOTOGRAPHY Terry Francis 01673 842088 DISCOVERY GROUP Mary Howes 01673 849554 DRAMA Gail Dennis 01673 843575 **EMBROIDERY** Pat Hage 01673 849447 FAMILY HISTORY Iacaueline Reid 01673 849490 **FAMILY HISTORY - BEGINNERS** Jacqueline Reid 01673 849490 FRENCH CONVERSATION Sadra Dean, 01507 313934 / 0773 4456213 GARDENING Jane Guy 0797 1277482 / 01673 885415 **GERMAN- SUMMER RECESS – BACK IN SEPTEMBER** Gary Beighton 0758 2227856 **INDOOR BOWLS** Jane Guy 0797 1277482 / 01673 885415 **ITALIAN** (for beginners) Sandra Dean, 01507 313934 / 0773 4456213 **KEEP FIT** Dawn Stopper 01472 851133 LATIN Gwen Parsons 01673 601086 LINE DANCING Margaret White 01673 849274 LOCAL HISTORY Paul Ettridge 01472 398921 LUNCHEON GROUP Kay Green Tel: 0790 081 8373 MAH JONG Jane Fairclough 0794 756 6606 MUSIC APPRECIATION Barry Dukes 01472 852454

PATCHWORK

Lyn Henry 01673 843851 POETRY Eva Smith 01673 842218 **READERS GROUP- FULL** Audrey Storey 01673 849625 **RASEN BOOK GROUP** Kathryn Wade 01673 849487 **RECORDER GROUP** Geoff Goddard 07752 945543 **SCRABBLE** Audrey Storey 01673 849625 **SCRABBLE 2** Yvonne Heathershaw 01673 308976 SOLO GROUP Ginny Beard 07980 209642 **SPANISH** Sandra Dean, 01507 313934 / 0773 4456213 START SPANISH-TO START AGAIN IN **SPRING** Sandra Dean, 01507 313934 / 0773 4456213 THEATRE VISITS *Jane Lloyd* 01673 843078 **TRIBUTE BANDS** Phyl Murray 01673 838543 **TURKISH DELIGHT DESERT DANCERS -**SUMMER RECESS – BACK IN SEPTEMBER Gillian Anderton 01673 844382 UPHOLSTERY AND FURNITURE **RESTORATION – STARTED ON 2ND MAY** Gail Dennis 01673 843575 **UKULELE GROUP FOR BEGINNERS** (DAYTIME) Pat Hage 01673 849447 WEST WOLDS WARBLERS - SUMMER **RECESS – BACK IN SEPTEMBER** *Terry & Julia Francis, 01673 842088* 

**THE COUNTRY WALKERS** *Ken Howitt 01652 678490* 

THE STROLLERS – NEW CONVENER REQUIRED

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