WEST WOLDS u3a

"Learn , Laugh and Live"

Website: www.westwoldsu3a.org

July 2024 Newsletter

Issue 131

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

newsletter@westwoldsu3a.org

CHAIR'S REMARKS

Hello everyone,

The past month has, as always, been another very good month. The presentation at the General Meeting was a fascinating journey into how passports have changed over the centuries.
The membership continues to grow with more exciting new ideas and groups coming into being.

For those who come to the General Meeting please take a look at all the groups available and for those who don't come (you're missing out), there's plenty of information on our website.

Once more, I'm going to bang the drum about members becoming more involved in the running of your u3a. We need people to join the committee in November (it will soon be here) and if you wish to see your committee in action to learn what we do then contact Sharon Rupp via (secretary@westwo;dsu3a.org) to arrange a visit.

I hope you enjoy the coming month and look forward to seeing you at the General Meeting.

Steve McCarthy – Interim Chair

AGM in November

Some members of the Keep Fit , Turkish Dancing and the Line Dancing Groups are intending to put on a short performance of the River (Rase) Dance at the AGM in November.

If anyone is interested in joining in, please contact Gillian Anderton, Dawn Stopper or Margaret White.

MEMBERSHIP RENEWAL FOR 2024-25

We are getting close to that time again when we are going to ask you to renew your membership, which runs from September 1st to August 31st, we hope you continue to support the West Wolds u3a next year with all that we can offer.

From the July meeting you can now start to pay your 2024-2025 membership fees online by BACS, or by presenting a cheque, or cash, or using a contactless card at the Meetings.

For details, you will need to download and fill in a new 2024-25 Membership form, see online on our website, or available to pick up at the meetings, and return it to the Membership Secretary as detailed on the form. We do need you to complete a form so that we can ensure that the data we hold against your name is correct.

The Membership fee for September 2024 to August 2025 has remained the same as last year for Individual and Joint membership, but we have decided that Associate Membership need only be £5 :-

£18 for Individual membership
£34 for Joint Membership
£5 for Associate Membership.

Terry Francis, Treasurer & Membership Secretary

Have a look at our Facebook page for interesting information, share it to all your friends, to increase our membership.

westwoldsu3a

SECRETARY'S NOTEBOOK - JULY

How does the Data Protection Act 2018 affect you?

GDPR was a European law and has been superseded by the above act following Brexit.

Key Principles:

- The least amount of people should know the least amount
- Use data only for the specifically defined purposes
- Keep data secure
- Don't share without permission
- Define a time period for storage
- Keep confidential

There is a lawful basis to gather and store data, the three categories which mainly apply to the u3a are legitimate interest, contract and consent. The first 2 apply as we cannot contact our members without the information, and by taking a fee and providing membership, we have entered a contract. Consent must be sought on an opt-in basis e.g an ICE card, photos in the newsletter and website, subscription to the Third Age Matters magazine etc.

Members must not share email address or personal data without consent for example; and group leaders must use BCC when emailing their groups or use Beacon. However there needs to be a balance between confidentiality and members being able to contact leaders and/or the committee and so generic emails are used by the Committee or personal ones with consent.

For more information, there is a Data Protection and Privacy Policy on our website under the dropdown menu Info/Policies and Reference Information and scroll down to Data Protection and Privacy.
Sharon Rupp

CROCHET GROUP

Pat Hage is running a new Crochet Group on the 1st and 3rd Mondays of the month at 2pm in Market Rasen. Please contact her on 01673 849447 or by email on phage65@gmail.com

THE SCIENCE BEHIND VOLUNTEERING & HEALTH

For anyone who listens to the 'Just One thing' programme on Radio 4, you will already know about the health benefits of Volunteering from the show on Friday 30th May. You can hear it at https://www.bbc.co.uk/sounds/play/m001zmcl For those who did not hear it, here is a brief summary:

Science has shown that helping others and volunteering helps with 'mental health, reduces stress and has shown to reduce inflammation and improve the markers of heart health'. In 2016 a study of 7000 older adults showed of those who volunteered regularly, 38% had fewer nights in hospital. A follow- up survey in 2020 found just volunteering for 2 hours per week lowered their risk of an early death and gave an improved sense of wellbeing.

Even 1 hour per month can have these benefits, because less stress and higher well being reduces blood pressure and can extend a healthy life.

Volunteers live longer!

West Wolds u3a needs volunteers because it only operates 'by the members, for the members' so please talk to the Chair, Secretary or any committee member about how you can help.

FOR ALL GROUP CONVENORS

Looking for New Members? Why not tell us more about what your group does.
Write a short article or create an advert for a future newsletter.
Speak to the Groups Coordinator or Newsletter Editor to find out more

25TH ANNIVERSARY CELEBRATIONS – IMPORTANT INFORMATION

Further events are proposed, these are:-

Murder Mystery with Afternoon Tea. -
19th September 2-4:30pm – Tealby Village Hall
See poster on next page.
Tickets £12, on sale at the July and August Meetings.

Games Afternoon at Market Rasen New Life Church. Monday 21st October 1-4pm .
A wide variety of board games will be available, or bring along your favourite.
Refreshments included £2

Payment can be in cash or by cheque only.
Cheques to be made payable to 'West Wolds u3a'

You will need to sign up for these events so do look out for them or let us know of your interest.
chair@westwoldsu3a.org

Thanks to everyone who has come forward with ideas and offers of help.

If you've not yet been in touch please contact **chair@westwoldsu3a.org** with your suggestions.
Let's make this a year to remember

Indoor Bowls Afternoon

Unfortunately the Bowls Event has had to be postponed until Autumn. £5. Date to be confirmed

U3A FESTIVAL 2024 AT YORK UNIVERSITY

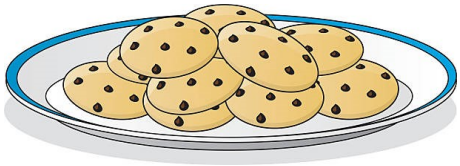
July 18th to 20th
This national event will include a wide range of events.
Details on the national website and in TAM

AT THE MONTHLY MEETING, TEA & COFFEE IS SERVED FROM 9.30 - 10.15.

PLEASE REMEMBER THAT THE CATERING STOPS SERVING AT 10:15, PLEASE ENSURE ALL CUPS ARE RETURNED TO THE KITCHEN BY THIS TIME.

THANK YOU FOR YOUR CO-OPERATION.

IF ANYONE NEEDS HELP CARRYING THEIR DRINK TO THEIR CHAIR, PLEASE ASK ONE OF THE CATERING TEAM.



Greeters Rota

August
TBA
Beth Scott Gunn
Brian Ward

September
Janice Adams
Steve Fields
TBA

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

Catering Helpers Rota

August
Help needed for serving and kitchen please.
Serving:: Vera Brisbane
Christine Pearce
Kitchen: Yvonne Heathershaw
Jane Bridger

September
Serving:: Bess Scott-Gunn
Penny Nott
Kitchen: Norma Willis
TBA

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

Murder Mystery Afternoon

25th Anniversary Event

West Wolds u3a
learn, laugh, live

Thursday 19th September 2-4.30pm
Tealby Village Hall

Do you like solving puzzles and crosswords?

Pit your wits against the murderer whilst enjoying an Afternoon Tea

Lord Heathcliff is found murdered with a candlestick in the Pool Room of his Manor House during a party - But who dunnit?!

Our u3a Drama Group will play the suspects and you (the party guests) will listen to the clues, question the characters and unmask the killer!

Afternoon Tea will be served during the game, including selection of sandwiches & savouries, scones, cake and unlimited tea/coffee..

Tickets £12, on sale at the June, July and August General Meetings.

RECOMMEND A FRIEND PRIZE DRAW!

It is a proven fact that the way we recruit members most effectively is by you!

We have tried Advertising, Facebook campaigns and manning stands at various events, but what brings new members in most effectively are your recommendations.

So, talk to your friends and neighbours, bring them along to a meeting or two, or a Group. If your friend joins up between June 1st and October 1st then you will be entered into a draw to win a £20 National Garden Voucher. The draw will be made at our October General Meeting.

Pick up an entry form from the Reception Desk at the July, August and September meetings. Closing Date 1st October.

***T&C's: you must have renewed your membership by 1st October**

ADVANCE NOTICE OF THE GROUP LEADERS AND VOLUNTEERS THANK YOU EVENT

This will be held on Wednesday 30th October 2024

At Market Rasen New Life Church Main Hall

Group Leaders Meeting starts at 2pm

Followed at 3pm by the arrival of remaining Volunteers, when Afternoon Tea will be served for all

GENERAL MEETING
SPEAKER PROGRAMME 2024

11th July "You Must Remember This" by Bernard Bale - Speaker * broadcaster * actor * author & writer.

Take a step back in time to childhood, going to school, growing up and living through the 1940s, 1950s, 1960s, 70s and stepping into the 80s. Remember the radio, the TV, the music, the fashions, the stars – the way we were. This is a fun look at life as it was and as it is.

8th August - Lincolnshire Lowland Search and Rescue

LOWLAND RESCUE
From Hill to High Water

Lowland Rescue covers everywhere "from hill to high water". We primarily cover the county of Lincolnshire, but we also regularly assist neighbouring teams.

12th September – Nettleham Woodland Trust

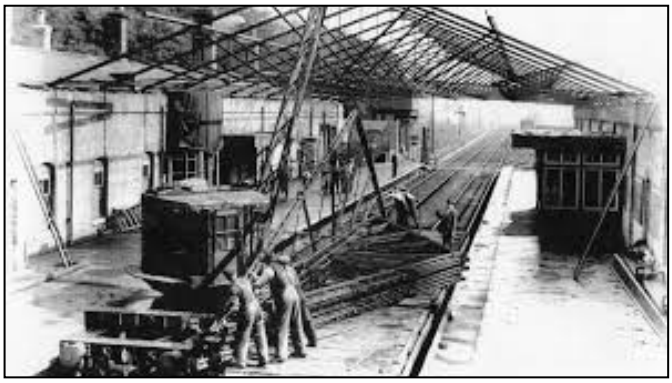
Our community group is dedicated to the development and management of the woodlands around Nettleham.

10th October – "You'll Fly Laughing" by Kenneth Moore

A humorous account of 34+ years as a Royal Air Force Navigator flying Shackletons, Phantom F4s, Tornados and finally AWACS.

14th November - AGM

12th December - The Arrival of the Railway to Market Rasen by Hazel Barnard



THE WEST WOLDS GARDENING GROUP.

We welcome any new members to our group. Below is our programme. For our meeting programme we meet at The New Life Church in Serpentine Street on the third Wednesday of every month from 2 p.m./4 p.m.

Summer garden visits

4th July	Garden visit	Ludney House Farm, Louth
30TH July	Coach Excursion	Yeo Tree Farm, Gosberton, S.Lincs.
15th August	Garden Visit	Baumber Walled Garden

Meeting Programme from September 24 to April 25

Meeting date	Speaker	Topic
18th September	Andrew Mikolajski	Pin me to the wall
16th October	Peter Williams	Shady characters and shy maidens
20th November	Rob Potterton	A labour of love
18th December	Quiz perhaps!	Christmas celebrations and afternoon tea
15th January	Alan Mason	More travels
19th February	Andrew Ward	Gardening in a changing climate
19th March	Martin Fish	Propagation – plants for free
16th April	Hannah Sylvester	The medicine chest in your back garden

To book any of the above Summer events please e-mail jane.m.guy@gmail.com
4th July is a visit where you drive yourself there and it costs £7 to visit the garden and have tea and cake. 30th July is a coach excursion going from Tesco's car park in Market Rasen and costs £35 to include coach, driver's tip, entrance to the garden and refreshments. 15th August is another drive yourself there but it is FREE entry and you can purchase a drink and light refreshments if you wish.

Since our meetings stopped in April we have all been busy, having fun and enjoying ourselves. We started in mid May by visiting a wonderful nursery and gardens at Norwell which is just off the A1, north of Newark. We were given a very interesting and instructive tour of the garden by the owner Andrew Ward who is an excellent botanist and has national collections of chrysanthemums, pulmonarias and astrantias. What is unusual is that many of his plants are growing in sand with no soil anywhere near and they look very strong and robust. Many of us purchased more unusual plants here.

In late May we went on a coach excursion to Littlethorpe Manor near Ripon. It was a dull and cold day but it did not dampen the enthusiasm of us hardy gardeners. We all agreed this was up among the very best of the gardens in Britain with exquisite planting and many acres of gardens. We were amused by the technology in the garden; lights, fountains, the rill, the mower, etc. all worked from a small mobile phone. We enjoyed the four seasons garden, the rose garden, the medicinal garden and the large lily lake with summer house.

In early June we were back on home territory visiting a lovely garden in Sudbrooke where the creative owner has up-cycled some interesting purchases from e-bay and used her wood-carving skills to make some lovely features in the garden. I saw no weeds in this garden and we all enjoyed sitting aside the wonderful vegetable garden having tea and cakes.

Finally, in mid June we had a tea-party, obviously set in a garden. Members each brought a plate of food and created a magnificent spread. We used the opportunity to fill the refreshment rota for our winter meeting programme, to consider how the group is faring, whether we like it, what we might improve, and seek new ideas for speakers and gardens to visit.
If what you have read sounds like something you would like to do too, then please do join us for any events – but let Jane know first; jane.m.guy@gmail.com
Jane Guy

CREATIVE WRITING GROUP

Would you like to join a group of like-minded people who will support each other to create short pieces such as poems, comic verse, and stories? As always ,the aim is fun and satisfaction, not work. We are not looking to develop serious authors who seek fame and fortune. However we might just aspire

to having the groups efforts appearing in this newsletter !

Interested ? Want to know more? Please contact Sue Flower 01673 849188

DIAMOND WEDDING

We are celebrating our diamond wedding in a service at Nettleton Church on August 8th. at 10.30 a.m.

We're not sending out lots of invitations but would be delighted if our friends could join us.
If you're coming it would be nice if you could let us know (e-mail: alibod21@gmail.com) but feel free just to turn up on the day

David and Alison Atkinson

BACKGAMMON GROUP – BACK AT THE BISTRO

For our meeting in August we will be returning to the Bistro , anyone wanting to join the group, please contact Bill Roberts for further details.

We are keeping to 2pm on the first Tuesday of the month.

NATIONAL U3A FRIENDS SITE

Look at the u3a Friends site on the National u3a website at

https://www.u3a.org.uk/get-involved/u3a-friends

u3a Friends is an exciting new initiative to bring together stories and interests from across the u3a movement; to use our collective voice to change lives and to share exclusive member offers with our exclusive Friends Extra benefits program. All of these come together under the banner of u3a Friends. Signing up to the newsletter means you are up-to-date and in touch with all that's happening across the movement as it happens.

GAMES ON!

The next Games group will meet on the 29th July at The Bistro Cafe, Market Rasen at 2pm finishing at 4pm. We now have a Chess table, so if you are interested in playing (or learning), please come along. We are a friendly group and would welcome anyone interested in playing board games,

We are a friendly group of members who all like to play games, we supply a variety of games for you to play, so if interested then please come along and join us. If you have any new games you would like to introduce, or join in with the existing games please contact Pam.

The **Board and Card Games Group** meet on the last Monday of the month at 2pm,.

Contact Pam Britton for information

CANASTA GROUP

The Canasta group is now in its second year. We meet every other Tuesday at Lammas Leas, Market Rasen, in the common room. From 2pm until 5pm. We are a friendly group and have 18 members at present. Not everyone comes all the time.

If you have never played Canasta before and think you might like to give it a go, come and visit us, you would also be welcome if you have played before!

If you are interested please contact us.
chrispeaone@gmail.com. Or
verabrisbane@gmail.com

DISCUSSION GROUP

TOPIC : " Is China aiming to become the next worldwide colonialist? Consider Taiwan, and China's "Belt and Road projects". I hope this will draw a lengthy response! Date; Wednesday 17th July, at 1000.

Venue in my house (Market Rasen), meeting time/date 10:00am on the Third Wednesday. Maximum number is 8.

Please contact the Group Leader, David Ebbage on visits@westwoldsu3a.org or 01673 847750

SOLO GROUP

The next solo meeting will be on Friday 19th July at 2.00 p.m. at the New Life Church. It will be another opportunity to meet other single U3a members for a casual chat with refreshments.
Ginny Beard

GERMAN GROUP

The German Group is taking a break until September, for further information contact Gary Beighton

MAHJONG GROUP

The Mahjong Group meets at the Lammas Leas Community Hall on the 4th Friday of the month.

If any members have a Mah Jong set that is surplus to requirements and destined for a charity shop, would you be willing to donate it to our group? We would be very grateful. Contact Margaret Allerston on 01673 842247

LOCAL HISTORY GROUP PROGRAMME

Meetings at Middle Rasen Village Hall

August 13th. No meeting - summer holidays!

September 10th. A tour of "Old Caistor" with Elizabeth

October 8th. A talk by Chris Hewis entitled: "The Tale of Tom Otter"

November 12th. A Talk by "The Red Arrows" - Awaiting Confirmation

December 10th. The Christmas Quiz set by Caroline Foster. A light hearted event with prizes for winners and losers.

For information about any of these talks or visits contact Paul Ettridge telephone 07916 910023
Email paulettridge28@gmail.com

TURKISH DANCING GROUP

Please note that this group is taking a break until September, Gillian Anderton will decide when she will recommence.

INDOOR BOWLING GROUP

The Bowls Group have taken a summer break. This is due to many members opting for outdoor bowls over the holiday period. Also many, are away on holidays

We have been very lucky to have Jane Guy and Kate Winterlich. 2 volunteers who opened for us in the afternoon at 2.0.
A few of us have joined the main club on a Thursday morning at 10.30 until we can start the U3A group, back again in the Autumn.

BOWLS AVAILABLE AT THE CLUB.
FLAT SHOES NEEDED.
CONTACT CATHY WHELAN
01673 565608

THEATRE GROUP

UPCOMING EVENTS AT THE BROADBENT THEATRE.

FILM

THE ROCKY HORROR PICTURE SHOW

07:30pm Friday 25th October
£10

RIVERSIDE THEATRE LOUTH

LAST OF THE SUMMER WINE BY ROY CLARKE

THE STAGE VERSION DEBUTED IN 2003

Based on Clarke's novel The Moonbather.
Saturday 14th September Matinee Performance.

There is a performance in the evening too, but many of us are averse to night driving.
Will reserve seats after the next u3a meeting.

FLEETWOODMAC STEVIE NICKS & TOM PETTY AND THE HEARTBREAKERS

Tribute Group
21st September Saturday
£22.50

BILLY JOEL FRIDAY 20TH DECEMBER

£22.00

If interested please ring Cathy Whelan 01673 565608
Transport by own car/car share.

Several of our group went to the Broadbent Theatre to see DUETS. a very funny play in 4 parts. This play was brilliantly directed by our own Gail Dennis.
It was a real treat. The theatre was packed by a very enthusiastic audience. The play took a hilarious look at modern relation-ships, beginning with on-line dating through divorce to 2nd & 3rd marriages.
Cathy Whelan

WEST WOLDS U3A: MEET OUR LANGUAGE GROUPS

ITALIAN

We meet every fortnight on Thursdays to share a range of activities in a supportive and fun way. We don't take ourselves too seriously. This very popular group is full however there is a Waiting List available.

SPANISH: INTERMEDIATES PLUS

This popular and friendly group meets every Tuesday and enjoys finding out about Spain and using the language to engage with others in our own group and beyond. Group full. Waiting List available.

STOP PRESS

SPANISH FOR YOUR HOLIDAYS BOOKING NOW

This group will be starting in September for 8 weeks if there is enough demand. It's designed for anybody who wants to learn a few Spanish basics to take on holiday. It would also provide you with an entry point to this fascinating language. Every Friday at 1pm during October and November 2024. 1 hour per week.

SPANISH BEGINNERS

This group meets every fortnight on Mondays at 1.30pm (1st and 3rd of the month). We use the BBC Talk Spanish materials as a core text with a range of other materials to make our language learning fun and realistic.

FRENCH

There's a lot to find out about as this group develops to support both Conversational and Beginners Levels. Indulge in a little culture, improve your knowledge of the French-speaking world and make new friends. Join us on September 19th at 6.00pm in Lammas Leas Community Room to make plans for the autumn.

GERMAN

The group meets every Tuesday throughout the year and is always looking for new members. Contact Gary directly for more details

groupscoordinator@westwoldsu3a.org

FRENCH, ITALIAN AND SPANISH

sandrawwu3a@gmail.com

SPANISH
FOR YOUR HOLIDAYS

find out how to greet friends, read signs, ask for things, use directions, go shopping, order and pay for food when travelling

STARTING IN SEPTEMBER
SUBJECT TO DEMAND

register your interest

sandrawwu3a@gmail.com

WALKING GROUPS PROGRAMME FOR NEXT TWO MONTHS

Date	Place	Distance	Walk Leader	Telephone
July 16th				
July 23rd				
August 7th				
August 14th	HEIGHINGTON		SHARON RUPP	07803 694889
Sept 4th				
Sept 11th				
Sept 17th	BELCHFORD		SHARON RUPP	07803 694889
Sept 24th				
Oct 2nd	BAG ENDERBY	5.25 Miles	YVONNE HEATHERSHAW	07990 643933

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 on 07933 744043 with the details of the walk.

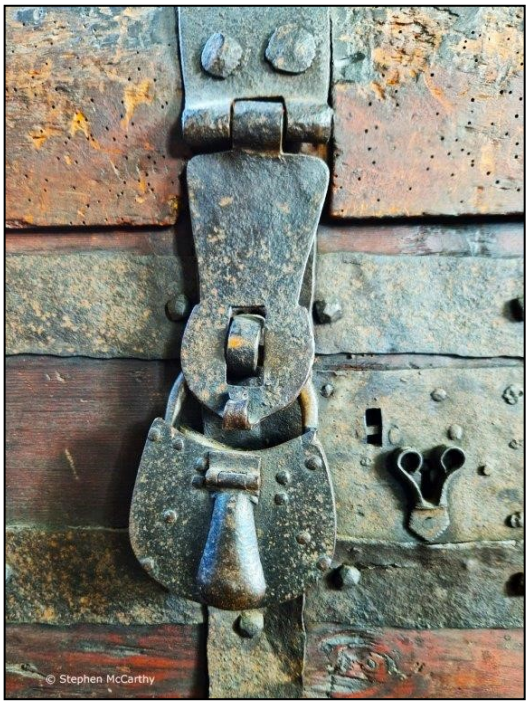
WHISBY WALK

On Tuesday 18th June, the weather was good enough for a walk around the paths of Whisby Country Park, we need more people to sign up for these walks.

Terry Francis

DIGITAL PHOTOGRAPHY GROUP-
PICTURES OF THE MONTH FOR JUNE 2024

Here are some photos from the Digital Photography Groups challenges for June, based on a fun theme 'Fasteners and a technical theme of 'Photos using window light' plus a favourite of the month. This selection was voted on at our Digital Photography Group meeting.



Fasteners – Padlock

Taken by Steve McCarthy

Photos using Window Light –

Apple of the Sun's Eye

Taken by Dave Ebbage

Favourite of the Month –

Suspended Spheres

Taken by Angela Coupland

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 2023/2024

Interim Chairman
and General Meeting Coordinator
Steve McCarthy 07540 302603
chair@westwoldsu3a.org

Speaker Finder
Ginny Beard Tel: 07980 209642
speakerfinder@westwoldsu3a.org

Vice Chair
TBA
vicechair@westwoldsu3a.org

Visits
Dave Ebbage Tel: 01673 847750
visits@westwoldsu3a.org

Business Secretary
Sharon Rupp Tel: 07803 694889
secretary@westwoldsu3a.org

Committee member
without portfolio
Nick Wilson Tel: 07938 186626

Treasurer & Membership Secretary
Newsletter Production Editor
and Technical Support
Terry Francis Tel: 01673 842088
treasurer@westwoldsu3a.org
membership@westwoldsu3a.org
newsletter@westwoldsu3a.org

Publicity Officer, Groups' Coordinator
and Website Support
Gary Beighton Tel: 01673 849364
publicity@westwoldsu3a.org
groupcoordinator@westwoldsu3a.org

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

Email Address

Receive Updates

INTEREST GROUPS MONTHLY TIMETABLE (excludes short run groups)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
1st	**14:00** Crochet **14:00** Digital Photography **14:00** Turkish Delight Desert Dancers	**10:00** Family History **14:00** Backgammon **14:00** Upholstery **14:30** Spanish Intermediate **14:00** German	**10:00** Country Walks **10:00** Cycling (Short Rides) **10:30** Strollers **14:00** West Wolds Warblers	**10:00** Patchwork **10:00** Italian for Beginners **10:15** Keep Fit **14:00** Indoor Bowls **14:30** Drama **14:30** Recorder Group **18:00** French Begiinners **18:00** French Conversation	**10:00** Latin **10:00** Line Dancing **10:00** Biblical Hebrew **10:00** Cycling (Longer Rides) **14:00** Scrabble **14:00** Discovery Group **14:00** Spanish Conversation & Scrabble
2nd	**13:30** Spanish Beginners	**10:00** Local History **10:00** Beginners Family History **14:00** Upholstery **14:00** Canasta **14:30** Spanish Intermediate **14:00** German	**10:00** Embroidery **10:00** 4 Mile Walkers **10:00** Cycling (Short Rides) **12:00** Luncheon Group **14:00** Poetry	**09:45** **GENERAL MEETING** **Festival Hall** **Market Rasen** **14:00** Indoor Bowls **14:30** Drama	**10:00** Latin **10:00** Line Dancing **10:00** Biblical Hebrew **10:00** Cycling (Longer Rides)
3rd	**14:00** Crochet **14:00** Digital Photography	**10:00** Country Walks **14:00** Embroidery 2 **14:00** Upholstery **14:30** Spanish Intermediate **14:00** German	**10:00** Cycling (Short Rides) **10:00** Discussion Group **14:00** Readers Group—FULL **14:00** Gardening Group	**10:00** Patchwork **10:00** Italian for Beginners **10:15** Keep Fit **14:00** Indoor Bowls **14:30** Drama **14:30** Recorder Group **18:00** French Begiinners **18:00** French Conversation	**10:00** Latin **10:00** Line Dancing **10:00** Biblical Hebrew **10:00** Cycling (Longer Rides) **14:00** Scrabble* (*And 5th Friday of the month, if there is one) **14:00** Solo Group **14:00** Spanish Conversation & Scrabble
4th	**13:30** Spanish Beginners **14:00** Board & Card Games	**10:00** Music Appreciation **10:30** 3 Mile Walkers **14:00** Upholstery **14:00** Canasta **14:30** Spanish Intermediate **14:00** German	**10:00** Embroidery (*Last Wednesday of month) **10:00** Cycling (Short Rides) **14:00** Rasen Book Group **14:00** Artificial Intelligence	**10:00** Cross Stitch—FULL **10:15** Keep Fit* (* And 5th Thursday, if there is one) **14:00** Architecture—every two months **14:00** Indoor Bowls **14:30** Drama	**10:00** Latin **10:00** Line Dancing **10:00** Biblical Hebrew **10:00** Cycling (Longer Rides)* (*And 5th Friday of the month, if there is one) **14:00** Mah Jong

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)*

INTEREST GROUP CONVENORS

ARCHITECTURE
David Oliver 01673 880188
ARTIFICIAL INTELLIGENCE (AI)
Sandra Dean, 0773 4456213
BACKGAMMON
Bill Roberts 01673 842703
BIBLICAL HEBREW
Alison Atkinson 01673 849979
BOARD & CARD GAMES GROUP
Pam Britton 01673 847750
CANASTA
Vera Brisbane 07870 185247
CARD MAKING
Ginny Beard 01673 844432 / 07980 209642
CROCHET
Pat Hage 01673 849447
CROSS STITCH – FULL
Audrey Storey, 01673 849625
CYCLING
Gordon Jennings 0794 8881121
DIGITAL PHOTOGRAPHY
Terry Francis 01673 842088
DISCOVERY GROUP
Mary Howes 01673 849554
DISCUSSION GROUP
Dave Ebbage 01673 847750
DRAMA
Gail Dennis 01673 843575
EMBROIDERY
Pat Hage 01673 849447
FAMILY HISTORY
Janet Wilson 07966 232247
FAMILY HISTORY – BEGINNERS
Janet Wilson 07966 232247
FRENCH BEGINNERS – STARTING FROM SEPTEMBER
Sandra Dean, 0773 4456213
FRENCH CONVERSATION – STARTING FROM SEPTEMBER
Sandra Dean, 0773 4456213
GARDENING
Jane Guy 0797 1277482 / 01673 885415
GERMAN – PAUSED UNTIL SEPTEMBER
Gary Beighton 0758 2227856
INDOOR BOWLS
Cathy Whelan 01673 565608 / 07974 856984
ITALIAN (for beginners) - FULL
Sandra Dean, 0773 4456213
KEEP FIT
Dawn Stopper 01472 851133
LATIN
Gwen Parsons 01673 601086
LINE DANCING
Margaret White 01673 849274
LOCAL HISTORY
Paul Ettridge 07916 910023

LUNCHEON GROUP
Kay Green Tel: 0790 081 8373
MAH JONG
Margaret Allerston 01673 842247
MUSIC APPRECIATION
Kathryn Wade 01673 849487
PATCHWORK
Lyn Henry 01673 843851
POETRY
Eva Smith 01673 842218
READERS GROUP– FULL
Audrey Storey 01673 849625
RASEN BOOK GROUP – FULL
Kathryn Wade 01673 849487
RECORDER GROUP
Geoff Goddard 07752 945543
SCRABBLE
Audrey Storey 01673 849625
SOLO GROUP
Ginny Beard 07980 209642
SPANISH – BEGINNERS – SPACES AVAILABLE
Sandra Dean, 0773 4456213
SPANISH CONVERSATION & SCRABBLE FULL
Sandra Dean, 0773 4456213
SPANISH INTERMEDIATE PLUS - FULL
Sandra Dean, 0773 4456213
SPANISH FOR YOUR HOLIDAYS – STARTING FROM SEPTEMBER
Sandra Dean, 0773 4456213
THEATRE VISITS
Cathy Whelan 07974 856984
TRIBUTE BANDS
Phyl Murray 01673 838543
TURKISH DELIGHT DESERT DANCERS – PAUSED UNTIL SEPTEMBER
Gillian Anderton 01673 844382
UPHOLSTERY AND FURNITURE RESTORATION – CONTACT GAIL FOR FURTHER INFORMATION
Gail Dennis 01673 843575
WEST WOLDS WARBLERS
Terry & Julia Francis, 01673 842088

THE COUNTRY WALKERS
Sharon Rupp 07803 694889 (Temporary walks coordinator)

THE STROLLERS – NEW CONVENER REQUIRED