

Keep Fit Class Update

Our larger class is going strong,
We're still a very happy throng,
Continuing to stretch, strengthen, tone and flex,
For our health's sake (either sex).

One or two through illness have departed,
The rest are fitter than when they started,
Meeting weekly each Thursday morn,
For their exercises with leader Dawn.

Sometimes on a mat (don't despair),
Other times we're sitting on a chair,
Occasionally we wave a scarf about,
Ensuring no-one gets a clout.

Then there's coordination for all,
Throwing or bouncing a ball,
No, it's not getting out of hand,
But did I mention our big elastic band?

"The mind boggles" you will say,
Why not give it a try one day,
Afterwards it's a well-earned coffee break,
(Only occasionally with a scone or cake).

Dawn Stopper

WEST WOLDS QUARTERLY

ESTABLISHED 1999



THE UNIVERSITY OF THE THIRD AGE

"Learn, Laugh and Live"



**THE NEWSLETTER OF THE WEST WOLDS U3A
IN MARKET RASEN AND SURROUNDING VILLAGES**

ISSUE 70

JULY 2017





EDITOR'S CHAT

As you have probably realised the distribution of the magazine this quarter has been delayed due to the General Election so we are issuing it at the July

monthly meeting. We will revert to September for the next edition so please provide any contributions before the cut off date of 20th August. This issue again runs to twenty pages, so thank you to all those who have contributed, albeit with some arm twisting, and reminding.



Remember that the ethos of all U3As is to LEARN, LAUGH, LIVE!

We hope that this will be echoed in these pages and that you will bring something to them through your own contributions. Over the years since we were established in 1999, it has always been a struggle for the Editors to have sufficient material to fill the pages, so don't be shy, put pen to paper and send us your thoughts, and details of your work and deeds plus any unusual photos, to: magazine@westwoldsu3a.org.

Many thanks from Terry Francis – Production Editor, and Brian Ward – Copy Editor.

WEBSITE STATISTICS Number of Web Accesses over the last two years

	Jan	Feb	Mar	Apr	May	Jun	
2015			478	776	894	1,207	
2016	878	1,127	960	1,275	1,266	789	
2017	2,153	1,321	1,392	1,253	909		
	Jul	Aug	Sep	Oct	Nov	Dec	Total
2015	1,592	1,729	2,055	993	1,175	528	11,427
2016	1,086	1,386	1,609	1,636	1,170	1,466	14,648
2017							

COPY DATE FOR THE SEPTEMBER ISSUE

Articles for the next edition should reach the editor no later than

20th August 2017

Send it to magazine@westwoldsu3a.org

WINES

DINNER

GORDON'S COCKTAILS

from 1/6

	SHERRY	Per Gallon	Quarter Gallon	Half-Gal. Bottle	Bot.
1 "Fine Golden" ...	...	...	2/9	4/9	...
8 Garvey Light ...	...	...	1/-	2/9	5/-
11 MENDOZA—1887 Jubilee, Amontillado, Miniature Bottle	...	...	...	1/3	1/3
49 MADERA—Very Fine Old Rich ...	...	...	2/6	4/6	...

STILL WHITE WINES

101 Graves ...	...	1/3	2/-	3/4	...
108 Barac ...	...	1/6	2/9	5/-	...
102 Sauternes ...	...	1/-	2/9	5/-	...
107 Chateau de la Fleche Blanc de Blancs	...	...	4/6	8/6	...
119 Chateau de la Fleche Blanc de Blancs	...	...	4/6	8/6	...
147 Liekeheim Berg ...	...	1/6	2/9	5/-	...
183 Zelinger ...	...	1/9	3/-	...	...

CLARET

52 Bordeaux Superior ...	...	1/3	2/-	5/-	...
56 Chateau St. Georges de Montagne ...	...	1/6	2/9	5/-	...
54 Chateau Columbiere-Pompey-Paulic ...	...	...	3/-	...	...
12 MASAIA-Jagham's "Virgin" ...	...	...	4/-	...	...

RED BURGUNDY

128 Macon ...	...	1/3	2/3	4/-	...
124 Beauplais ...	...	1/6	2/9	5/-	...
130 Beaune ...	...	...	3/-	5/6	...
136 Pomard ...	...	...	4/-	...	...

CHAMPAGNE and SPARKLING WINES

226 Haddick Monopole, Rich ...	...	10/6	20/-	...	...
220 Louis Roederer, Extra Dry ...	...	11/-	21/-	...	...
318 Sparkling Sauternes "Golden Gull" ...	...	8/-	15/-	...	...
189 Sparkling Muscad "Golden Gull" ...	...	8/-	15/-	...	...

EMPIRE WINES

192 Australian Chateau "Emu" Brand ...	...	...	2/6	...	...
198 Australian Burgundy "Emu" Brand ...	...	...	2/6	...	...
171 South African Val de Bourgogne, P.B. Burgoyne ...	...	...	2/6	...	...
172 South African Port Amber (Black), P.B. Burgoyne ...	...	...	2/6	...	...

PORT

27 Superior Old ...	...	2/9	4/3	...	...
29 The "Legal" ...	...	1/-	...	...	...
31 Dow's No. 1 White ...	...	1/10	4/6	...	...
20 Taylor's Fine Douro ...	...	1/-	2/9	...	...

WHISKIES

DEWAR'S "White Label" ...	...	...	...	...	...
DEWAR'S "Black & White" ...	...	...	...	...	...
BUCHANAN'S "Black & White" ...	...	...	...	...	...
JOHN WALKER'S "Red Label" ...	...	...	...	...	...
JOHN WALKER'S "Black & White" ...	...	...	...	...	...
MALCOLM'S "Black & White" ...	...	...	...	...	...
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JOHN JAMESON'S "Black & White" ...					

FOOD & DRINK APPRECIATION, ALONG WITH ANTIQUES

Both these subjects were announced in the February 'Sources' as subjects for future editions of that magazine which arrives with your Third Age Matters. They inspired me to think about the combination of Food & Drink with modes of Travel, all forms of which have always been of interest to me, and in later years, this led me to collect objects and ephemera relating to travel, many of which have now become antiques in their own right.

I first started work on the railways, in 1957, and that form of travel has probably remained my preference, but you do also have to admit the glamour of other forms in some circumstances (i.e. preferably when you are in the better class of accommodation!). The prime time of railway travel was probably in the 1930s, when speed and style began to play an important part in publicity. Many of us probably remember with affection the dining cars and silver service of freshly cooked 'meals on wheels' which still prevailed into the late 1960s.



LMS Dining Cars 1935 teapot and milk jug

This photo shows a pocket flask for the sustenance of the hardy traveller, embossed the 'Railway Companion.' It looks to me as though it bridged the gap between the days of stage coach and mail coach travel, to the arrival of the first railways, when the early passenger coaches were just like mail coaches mounted on a railway chassis!



British Transport Hotels whisky, and modern day version from the scenic West Highland Line

The great liners of the North Atlantic run attracted much publicity and the famous 'Blue Riband' in speed was hotly contested, but regular Mail services from the UK to all its outlying Empire bases provided a range of elegant ships on which one could travel the world. Food became an important part of daily life, from an early period.



Orient Line crumb scoop



CHAIRMAN'S REPORT

It's been an exciting few months since my last report as the committee begins to implement the changes discussed in the March newsletter. We've set up a number of special events with a very good response from the membership; we revised the layout of the Group Activities at the monthly meetings to some very positive feedback and our engagement with the University of Lincoln continues to strengthen with more opportunities becoming apparent. Our "Greeters" under the guidance of Linda Brighton are proving to be really helpful to new members.

We hope that more and more members will become involved in the development of our U3A and we are looking for someone to work with Ken Howitt to take on the scheduling of group displays at the monthly meetings – let me know if you'd like to help out. With an ever increasing membership there should be an increase in the number of skills and expertise available to us so we continue to look for people to start new groups and there's always someone available to help you get started.

If you have any ideas or suggestions please let me know.

Many thanks for your continued support

Steve McCarthy

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A REMINDER – WEAR YOUR NAME BADGES WITH PRIDE!

Your Membership card is also your name badge, which we again ask you to wear at the Monthly Meetings - you may know who you are, but that ignores the fact that our newer Members are probably looking for Group Co-ordinators to whom they want to talk. Also of course, our new Members are not yet known to the 'older' ones, and it is much more friendly to address someone by their name than to have to ask them for this information! Please therefore, everyone, wear your badge so we can all talk to each other on a personal basis.

Cover Picture

Llandaff Cathedral., taken during the Cardiff trip in April

Cardiff, April 2017

8.00 on Tuesday morning, Tesco's bus stop, bleary eyed. It must be one of Brian's adventures again. Cardiff this time, almost abroad. Our brand new coach arrives, well not quite true, its maiden voyage was to France last week, the clock at the front is still on French time, for the next five days we'll be ahead of ourselves. We set out on time in bright sunshine, what could possibly go wrong? At that well known beauty spot, Caenby Corner, our driver, Ian, announces that he has a cunning plan to avoid the traffic in Lincoln. Sure enough, in no time at all we are sailing past Newark, metaphorically speaking (we did it for real in a previous life with Brian).

Our first stop was at Leicester North services, a first for everyone, including Ian. A bit like its cousin at Leicester Forest East but much smaller and quieter, heartily recommended. Onward again, heading for our favourite lunch stop at Evesham Garden Centre and time for a little retail therapy. By mid-afternoon we were already in Wales and heading for our first destination, Caerphilly Castle. After a fascinating tour of the back streets of Abergavenny we found the Heads of the Valleys road; and the roadworks! It looked as though we wouldn't reach the the castle (or

castel in Welsh, we're quite fluent already) before 4.30 and they closed at 5.00. Plan B – we followed in the PM's footsteps and took a vote, tea and biscuits at the hotel won resoundingly.

Dinner tonight was in a private dining room in our hotel, the Clayton, entertained by Eluned Henry playing the Welsh Harp (made in the USA – the harp not Eluned), a lovely introduction to Cardiff.



To our surprise, breakfast on Wednesday morning was enjoyed in the company of a group of American tourists. Promptly at 9.30 we were met by our guide for a walking tour of the city, to be followed by a tour of the Bay area on the coach. Our delightful guide, Stella, informed us that her first language was Welsh!!! Not to worry, her second language, English, was perfect. We spent a very pleasant hour wandering the streets and enjoying the

DAY VISITS & LONGER TRIPS ...

Our Programme for the rest of the year ahead is as follows:

11 August: Cafe Jazz, Central Hall, Grimsby: *Dave Challis Band*

21st September: Sheffield Assay Office, Winter Garden, Cutlers' Hall

14 October: Cafe Jazz, Central Hall, Grimsby: *Magnificent 7 Jazz Band*

2018 Plans

13-16 April: Dutch Bulbfields

Late September: Return to Solberge Hall, North Yorkshire

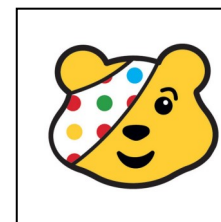
Tbc: Scampston Walled Garden, Jackson's Wold, Yorkshire
Lavender, National Brewery Centre, Hitachi UK Train
Builders& S2 Steam Loco Construction

West Wolds U3A Discovery Group's fundraising challenge

The Discovery Award Association is celebrating its 30th anniversary in 2017 and challenged its members to raise at least £30 for Children in Need to mark the event. So

West Wolds U3A's newly formed Discovery Group decided to hold an Easter themed stall at the April general meeting to raise our contribution. A range of goodies were offered - plants, cakes and biscuits, knitted chicks and baby booties, and some novel teacup pincushions.

Generous U3A members were keen to help the cause and our stall was busy from start to finish. A 'Guess



the Number of Eggs in the Jar' game proved popular, with guesses ranging from 51 up to 210! Several guesses were close, but only one person was spot on at 76, winning the jar of chocolate eggs to take home ready for the Easter weekend.

A big 'thank you' to everyone who contributed items for sale and to the lovely people who bought our Easter goodies, raising £60. This, along with money raised by other Discovery Award members across the country, will be presented to Children in Need at the Association's 30th Anniversary Celebrations in September.

Shelley Franklin



UKULELE GROUP

The ukulele group gave its first public performance on Saturday 25th March to a full house at East Barkwith Village Hall. We had been asked to perform at an "Under the Pier Show" to help raise funds for the hall. As our first public appearance we were a little nervous, especially when we realised the concert was a sell out with not a spare seat in the hall.

While Heather (our Group Leader) was on an extended winter holiday Tim Hirst took over the position as leader and was very generous with his time and patience to get us ready for the night, making sure our performance was as near perfect as possible. For the first set we played three pieces which were very well received, and in the second half we played four pieces with the audience willingly joining in the choruses. It went down so well we even had to do an encore! Thank goodness we had rehearsed Waltzing Matilda – just in case. We left the stage to lots of cheers and applause feeling we had done a really good job and left our audience happy.

If you fancy learning a new skill, come and join us. We meet on the second and fourth Wednesday of each month in the Church Rooms in Market Rasen Market Place from 7 – 8.30pm. If you would just like to come along to watch our rehearsal and see what we are about you would be most welcome. You do not need any previous musical knowledge or experience or even the ability to read music. It is great fun and you never know, you, like me may be making your stage debut at ??? years of age .

Cynthia Burke

CONGRATULATIONS – What a great advert for the Ukulele Group and for our U3A. (the Editors)

architecture, ancient and modern. Brian pointed out Cardiff Arms Park, our venue for the next evening, and we saw the Castle, very interesting but not as big as the Arms Park. Back at the hotel we boarded our coach for a very enjoyable tour of Cardiff Bay, an area that has been totally renovated in the last 20 years, with excellent tourist facilities and many striking buildings. A barrage across the bay now prevents the water from disappearing into the Bristol Channel twice a day, and forms a huge area for water sports and marinas. Apparently FIFA are holding a conference in the area in the near future and one of the highlights will be a celebrity football match on the Bay (unless it's waterlogged).

After a pub lunch we were off to Llandaff Cathedral, the principal church in Wales. Nothing could have prepared us for the impact as we walked through the entrance. The Cathedral is much like any other, but right in the centre is a huge modern Epstein sculpture that quite takes the breath away.



We awoke to beautiful sunshine on Thursday, no sign of our transatlantic cousins at breakfast, they had done Wales. Off to Duffryn Gardens this morning, to be welcomed by a U3A group from Sully (it's somewhere in the Vale of Glamorgan). The house and garden have recently been acquired by the National Trust and a tremendous amount of work is underway to renovate it, should be quite stunning in a couple of years' time.



At last we get to visit a castle this afternoon. We were welcomed to Fonmon Castle by Casey, the estate manager, who explained that the usual guide was not available and she did not really know the history but she would do her best, then proceeded to tell us everything about the place and the two families who had owned it since the 11th century. Tea and cakes in a beautiful room in the castle made a perfect end to our visit.

This evening the plan was to attend a rehearsal by the Cardiff Arms Park Male Voice Choir in the Arms Park,

unfortunately the venue had to be changed to a large room in a local hotel. The "rehearsal" became our very own half-hour concert! Hearing a Welsh male voice choir on the television doesn't quite prepare you for the real experience, quite astounding and very moving.



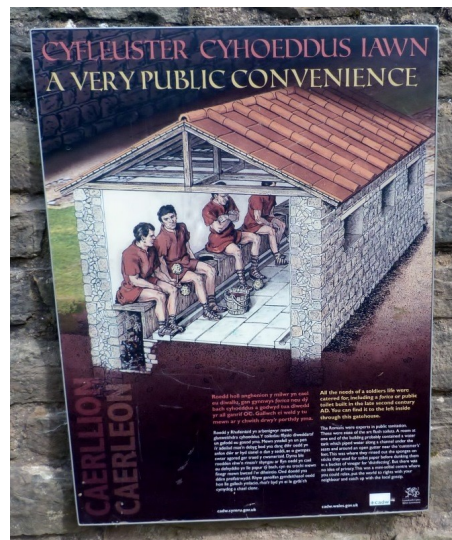
Friday, our final day in Cardiff, began at the Royal Mint. Our guide, Geraint, had obviously done it all before but was very entertaining. We took up his offer of a group photograph in front of a million pounds, that's a lot of £1 coins. Sadly when we saw the photo later only half of us were on it, that's inflation for you!

This afternoon the Welsh Assembly are to be graced with our presence. Unfortunately they are all on holiday, but that means we have the building to ourselves. Gareth, our charming young guide, is a mine of information and we get to see just about all of the building. It is a very impressive modern construction of wood, lots of glass and, of course, slate. The facilities even include a

pleasant restaurant for visitors, in fact they seem not only to welcome visitors but to actively encourage them.



All too soon it's Saturday and time to go home, but not quite yet. Not one to drive past an attraction, our intrepid leader had planned a visit to Caerleon, a partially restored Roman site only a few miles away. We were amazed at the extent of the site but the highlight of the visit was the superbly recreated Roman Baths, definitely worth a look if you're in the area.



golden days of Hollywood, and the days when we had Ealing Studios producing the comedies. We also have some more up-to-date films but they have to be good. On the 3rd Tuesday at 7pm we screen what we hope are more thought-provoking films which lead to a discussion over coffee. Fortunately the debate doesn't get too heated but has lead to deeper investigation into the author who wrote the book on which the film was based, purchase of the book, or borrowing it from the library. Surely that meets the ethos of the U3A enjoy and learn. We will screen your favourite, if we don't have it in our collection bring your copy and tell why it is your favourite.

The group which has now been going for 15 years, always had its following, but lately, for good reasons, the numbers signing up at the monthly meetings has diminished. So if films are your thing give it a go and sign up at the August meeting for the September screenings when we return after our summer break. Sorry no ice creams on sale as the usherette has retired.

Barbara Bartlett

Gardening Group

The Gardening Group meets on the 3rd Wednesday of the month at 2pm, and on occasional other days depending on the activity or visit. In winter we meet at Holyrood Church Hall, Market Rasen, to hear speakers, have social events, practical sessions or perhaps just swap ideas, seeds and plants. In the summer we like to be out visiting members' gardens as well as those open to the public, through N.G.S or other public schemes. Nurseries and places of other

horticultural interest are regularly visited too. We try to encompass whatever our members want so are always open to new ideas and suggestions. You don't have to be a good gardener, if you like plants and gardens just come and give us a try. You are very welcome.

Mary Howes

Keep Fit

The class is aimed for over 50's, both male and female, with moves to music, standing, sitting or lying down. The exercises aim to improve flexibility, strength, co-ordination, posture and well-being in a friendly group environment.

The weekly class is also a great way to meet new people, build confidence, have fun and enjoy chatting over coffee afterwards in the tea-rooms of Market Rasen (and occasionally having lunch together).

We meet every Thursday at 10am in the Festival Hall, except for when the Monthly Meeting is on.

Dawn Stopper

A SHOUT OUT FROM THE GROUPS

We have again invited a selection of group coordinators to provide a piece of about 75 words describing where and when you meet, how the group operates, what you get up to at your gatherings, your aims and objectives, if you are planning to expand or even to add a second group to cope with growing demand, all the sort of things that will interest members.

We are doing this in sections over the year, this issue we are looking at the second ten groups in alphabetical order to submit an item for publication, starting with letters E-K. Next Issue: L-R Inclusive

Embroidery

This group began in 1999. We started with canvas embroidery and made boxes of all shapes and sizes. Since then we have tackled many forms of embroidery and have enlisted the help of more experienced embroiderers to teach us specialist things, especially gold work.

At present we are working on a Mandela. It was decided that we would all draw the same shape and embroider it using any of the techniques learned over the years. They will be framed simply or made into boxes or cushions.

Unfortunately we have not space in our current group for new members but, embroidery is back in fashion so if anyone would be interested in joining a new group please let me know. Beginners especially welcome!

Pat Hage

Ethical and Moral Dilemma Group

This is one of the few short activities available at West Wolds U3A. The group has met once a month for 5 sessions and once completed it will be open to another set of people.

The format of the meetings has developed where we discuss a number of brief moral dilemmas where there is no right answer and one has to decide what one would do faced with decisions such as that through inaction five people might die but by saving the five one person will die. Although these may be serious issues, we explored outside the immediate problem sometimes with great depth and other times with humour and mirth.

We've had some very serious discussions regarding abortion and euthanasia but I think I can speak for the current group that we've enjoyed each session and have never come to blows.

Steve McCarthy

Film Group

Films have been in John's blood ever since a neighbour introduced him to the magic of the moving image at the tender age of seven. Films are screened in our converted garage. We have 12 ex-cinema seats and project onto a 8ft screen. As the house lights dim we hope to transport you to the land of make believe.

The Film Group meets twice a month on the first Tuesday at 2pm for general films ranging from the classics of the



The return journey was much the same as outbound but via the Severn Bridge, it's free to leave Wales, you only pay to enter. Now there's an idea! No, we don't do politics. By now we are almost on first name terms with the staff at Evesham and a very pleasant lunch was enjoyed sitting outside in the sunshine. On behalf of everyone, thanks to Brian for a most entertaining five days,

Notice Board

General Meetings 2017

Held at Festival Hall, Market Rasen

July 13th Terry Wogan and Company by Grahame Keal

August 10th Safer Driving with Roger Hicks and Ashley Behan of IAM RoadSmart

September 14th Wildlife Photography by Geoff Trinder

Local History Programme 2017

Meetings held at the Church Rooms, Middle Rasen

Tuesday 11th July

Paul Howitt-Cowan: Church trail by coach to Bodley churches in the Gainsborough area.

Tuesday 8th August

Tom Lane: Coach Trip to Flag Fen and Spalding.

Tuesday 12th September

Ruth Andrews: Gainsborough Old Hall - Food through the Ages

GROUPS NEWS

Ethics Group

This is a new group run by Steve McCarthy to discuss ethics and moral dilemmas. The proposed next dates for the group to meet are

July 15th

August 2nd

September 6th.

Please contact Steve if you are interested.



West Wolds U3A Gardening Group

Forthcoming Programme

Thursday July 6th

2.p.m. A visit to Shelagh Bridges garden, Waddingham. Numbers limited. £2 entry to include tea/coffee and cake.

Wednesday July 19th

All day event. Plant hunting in the nurseries around Alford, lunch at Woodthorpe Garden Centre and afternoon visit to Marigold Cottage Garden at Sutton on Sea.

Monday July 31st

Evening visit 6p.m. Secret Garden of Louth. Cost £6 including tea/coffee/cake

Wednesday August 16th

'A Walk in the Woods'. Another full day event. Morning short walk with Neil Timm looking at Ferns and other plants in Willingham area, followed by lunch in Tealby, and afternoon visit to Neil's Fern Nursery and lovely garden at Binbrook.

Sunday September 3rd

1p.m. Visit to Pam Tatum's garden at Hall Farm (N.G.S). Free seed collecting!

Wednesday September 20th

2.p.m. Visit to E.H.Thorne (Beehives) Ltd., nr Wragby. Tour and talk. Everything you need to know about bees and bee-keeping. Lunch and/or cream tea available

Visitors and New Members welcome. Enquiries Mary Howes 01673 849554.



Of course I talk to my plants! What do you expect me to do? Ignore them when they ask me a question?

INTEREST GROUP CO-ORDINATORS

ABSOLUTE BEGINNERS COMPUTING

Lyn Henry 01673 843851

ART APPRECIATION

Linda Coveley 01673 857153

BIBLICAL HEBREW

Alison Atkinson 01673 849979

BRIDGE

Bryan Storey 01673 849625

CANASTA

Jan Watkins 01673 308791

CARD CRAFT

Cynthia Burke 01673 849506

CROSS STITCH

Cynthia Burke 01673 849506

CYCLING

Heather Barratt 01673 849393

DIGITAL PHOTOGRAPHY

Allen and Alice Forster 01652 678034

DISCOVERY GROUP

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DRAMA

Gail Dennis 01673 843575

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LIFTS: If you do not have transport it is usually possible to arrange lifts to the various venues. A contribution to the cost of fuel is also welcome.

THE WEST WOLDS QUARTERLY DIARY INSERT

Remove this insert from your magazine, fold along the lines indicated

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INTEREST GROUPS

WEEK	Monday	Tuesday
1st	10:00 German 14:00 Bridge 14:00 Digital Photography 14:00 Turkish Delight Desert Dancers	14:00 Film 14:30 Spanish
2nd	09:30 Paper Engineering 10:00 German 13:30 Cardcraft 14:00 Bridge	10:00 Local History 10:00 IT Workshops 14:30 Spanish
3rd	10:00 German 14:00 Bridge 14:00 Digital Photography	10:00 Country Walks 10:30 Strollers 14:30 Spanish 19:00 Film
4th	09:30 Paper Engineering 10:00 German 14:00 Bridge 14:30 Art Appreciation	10:00 IT Workshops 10:00 Music Appreciation * (* <u>Last</u> Tuesday of month) 10:30 3 Mile Walkers 14:30 Spanish

MONTHLY TIMETABLE

Wednesday	Thursday	Friday
10:00 Country Walks 10:30 Strollers	10:00 French 10:00 Patchwork * 10:00 Keep Fit 14:00 Drama 14:00 Patchwork *	10:00 Beginners Family History 10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:30 Cycling 14:00 Scrabble
10:00 Embroidery 10:00 4 Mile Walkers 12:00 Luncheon Group 14:00 Canasta 14:00 Poetry 19:00 Mr Ukulele Group	09.45 GENERAL MEETING Festival Hall Market Rasen  14:00 Drama	10:00 Family History 10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:30 Cycling
10:00 Telling our Stories 14:00 Readers Group 1 14:00 Gardening Group	10:00 French 10:00 Keep Fit 10:00 Patchwork * 10:30 Cycling 14:00 Drama 14:00 Patchwork *	10:00 Latin 10:00 Line Dancing 10:00 Biblical Hebrew 10:30 Cycling 14:00 Scrabble* (* <u>And 5th Friday of the month, if there is one</u>)
10:00 Embroidery * (* <u>Last</u> Wednesday of month) 14:00 Readers Group 2 14:00 Knitting and Crochet (Oct – April) 19:00 Mr Ukulele Group	10:00 Cross Stitch 10:00 Keep Fit* (* <u>And 5th Thursday, if there is one</u>) 14:00 Drama	 10:00 COFFEE MORNING Jossals, Market Rasen 10:00 Latin 10:00 Line Dancing* 10:00 Biblical Hebrew 10:30 Cycling* (* <u>And 5th Friday of the month, if there is one</u>) 14:00 Mah Jong 