

Countesthorpe U3A Newsletter

Feb - Mar 2015

Issue 2015/1

Chairperson's Letter

(Tel: 247 8043)



Dear Friends

It's a little late to wish you a Happy New Year, but my excuse is that this is the first missive of 2015 – so I'm allowed!

I'm pleased to note that the Jazz Appreciation Group has restarted, and this will now meet on the last Monday evening of the month (although the first meeting will be different – 16 February). Also, if you are interested in Cribbage, then you should be aware that the Group which meets on alternate Thursdays would welcome you to an afternoon's card play.

We have had expressions of interest in starting a group for would-be solvers of Cryptic Crosswords! If you have an interest in crosswords, or would like to develop the skills to tackle cryptic clues, then just add your name and contact details to the list in the small lounge, or call Jane Gray on 284 9547 or our Groups Co-ordinator, Menna Carr, on 01455 283862. See article on page 5.

Whatever your interests, or whatever the weather is doing, there is sure to be something to interest you amongst our wide range of activity groups. For those who use the website – did you know that you can search by day of the week, or by type of activity? Just go to the Activity Groups section, and along the top you'll find three pull-down boxes, enabling you to View by Type (eg music, or active pursuits, etc), or View by Weekday. Use these menus to match with your preferences or available time, and then go to the relevant page/s for any group/s to find out more details.

Whatever you do, though, keep warm, keep busy and as active as you can, but most of all – keep on enjoying our wonderful U3A.

From

Graham Surman
Chairperson

Countesthorpe
U 3 A

THE UNIVERSITY OF THE THIRD AGE

SOME KEY DIARY DATES: Feb - Mar 2015

Date	Group	Activity	Venue/time
16 Feb	Creative Writing	Theme: "Temperature"	2 – 4 pm at Brook Court
16 Feb	Jazz Appreciation	First meeting – new group	7.30 pm, 2 Linden Farm Dr
17 Feb	SWANS	Oakfield Park to the Manor	10.30 am Oakfield Car Park
18 Feb	Literature	Any book by Stella Duffy	2 – 3.30 pm Brook Court
18 Feb	Singing for Fun		7 – 8.30 pm Methodist Ch
19 Feb	Cribbage		2.30 pm, 25 Westview Av
20 Feb	CHEWS	Main meeting + weigh-in	Lesley's home, between 9.15 and 10.15 am
23 Feb	Country Dancing		2.00 – 3.30 pm Village Hall
24 Feb	Play Reading		2 – 4 pm, Wyn's home
24 Feb	Pilates	Now £5 per session, 5 for £20	1.30 – 2.30 pm Village Hall
26 Feb	Walking (CARE)	5 miles from the Manor, Glen Parva + optional pub lunch	9.30 am from Village Hall
27 Feb	Birdwatching	Visit to Brandon Marshes	9.30 am from Village Hall
27 Feb	Discussion	The Pros and Cons of Traffic Calming Measures	10.00 am at Jill's home (9 The Square)
2 Mar	Computing	Bring laptop and IT questions	7 pm, 35 Station Road
3 Mar	SWANS	East Carlton Park	10.30 am, main car park
4 Mar	Scrabble	Also Upwords and Rummikub	2 – 4.30 pm, Brook Court
5 Mar	Cribbage		2.30 pm, 25 Westview Av
5 Mar	Birdwatching	Anne Strang: "The Birds of Gambia" talk	7.30 - 8.30 pm, lounge, VH
9 Mar	Country Dancing		2.00 – 3.30 pm Village Hall
10 Mar	Nordic Walking	Meet at Willoughby Rd playing fields; walk for about 1 hour	9.30 am in WRPF car park
10 Mar	Monthly Meeting	Quilts for Injured Servicemen (<i>John Franks</i>)	Doors open 1.30 pm Speaker at 2.00/2.15 pm
11 Mar	Flower Arranging		2 – 4 pm, Small Lounge

Date	Group	Activity	Venue/time
17 Mar	SWANS	Wistow & Newton Harcourt	10.30 am, Wistow Gdn Ctre
17 Mar	Pilates	Now £5 per session, 5 for £20	1.30 – 2.30 pm Village Hall
18 Mar	Literature	Any book by Robert Galbraith	2 – 4 pm Brook Court
20 Mar	CHEWS	Main meeting + weigh-in	Ruth's home, between 9.15 and 10.15 am
23 Mar	Country Dancing		2.00 – 3.30 pm Village Hall
24 Mar	Nordic Walking	Meet at Willoughby Rd playing fields; walk for about 1 hour	9.30 am in WRPF car park
26 Mar	CARE Walking	Details in March What's On	Village Hall, time TBA
27 Mar	Discussion	Loneliness	10.00 am at June's home (30 Marston Crescent)

DOUBLE DELIGHT ~ for just £30!
Thursday, 7 May
Leave Village Hall at 9.15 am

Travel Group visit to The Shuttleworth Collection and the Swiss Garden. Both these wonderful places are at the same location, so divide your time as you prefer.



Discover the truly awe-inspiring Shuttleworth collection of historic aircraft and vehicles dating from the first half of the 20th century. Explore the hangars, smell the engine oil, see the engineers at work! Audio guide costs just £3 from the Visitor Centre.

Having just re-opened after a £3.5m refurbishment, the Swiss Garden is an outstanding example of the Regency fashion for creating landscapes in a picturesque alpine style. With new vistas revealed at every turn, 13 listed structures, an adjacent woodland sculpture trail and three resident peacocks, the Swiss Garden is a delight! Audio guide also available for the Garden.

Refreshments are available on site.

Book/pay at the Travel Table, or call Jill Clayton on 277 7154

CARDIFF BREAK: Monday 18 – Friday 22 May

Why not join us on a five day trip to this interesting city? We start off with a meal altogether in the hotel – the Future Inn. Cost is just £230 (sharing) or (£360 single)

On Wednesday there will be a coach to take us to St Fagan's National History Museum of Wales; this being one of the world's best open air museums, there are over 40 amazing re-erected historical buildings all in the grounds of St Fagan's castle. Motorised vehicles can be hired. The site features 3 cafes so there will be plenty to occupy you for the 5 – 6 hours of your visit.

Tuesday and Thursday are FREE days to enjoy any of the following:

CARDIFF BAY (5 minutes' walk from hotel)

Dr Who experience, Wales Millenium Centre (cafés, music, theatre), Norwegian Church Art Centre and tearoom, Techniquet Science Discovery Centre, Bay and Barrage with cafés surrounding it or take the walk to Penarth and around the Bay (5 miles), a relaxing 25 minute cruise up the river Taff (an ideal link to the city centre), Mermaid Quay for restaurants, bars, cafés and shops to suit all tastes and pockets.

CITY CENTRE

National Museum Cardiff (works of Art, Archaeology, Natural History) with cafe and/or restaurant. Try Cardiff Castle, Sofia Gardens, shopping arcades, Cardiff Story, all major stores, or a tour of the Millennium Stadium at Cardiff Arms Park. All these places can be approached on the Hop on, Hop off sight-seeing bus, or the local bus. Or, visit LLandaff Cathedral, parts dating back to the 12th century.

Returning home on Friday visiting CAERLEON with Roman Fortress, Baths, Amphitheatre, Barracks, National Roman Legion Museum, shops and cafés etc.

Some places remain, so contact Jill Clayton for details or to book, on 277 7154 or go to the Travel Table in the small lounge at general meetings.

Holiday arranged by Shirley and Michael Taylor for the Travel Group

FREE LEGAL ADVICE FOR U3A MEMBERS

Advice available 24 hours a day, on any legal issues (not just U3A-related ones). Call FirstAssist on 01455 251500 and quote: "The Third Age Trust. Number 70494"

COUNTRY DANCING



A little late news! We gathered for a cuppa and most actually ate scones not mince pies to celebrate Christmas but we were back dancing on January 12th and 26th, ready willing and able to welcome all to a session of Folk Dancing of all sorts.

My Waitrose magazine told me we could burn up 300 calories in an hour dancing at the office party - I bet it would be more than that in Countesthorpe Village Hall

on these Monday afternoons! Do remember to wear comfortable shoes and bring your sense of humour please. Next dates are 23 Feb, then 9 and 23 March.

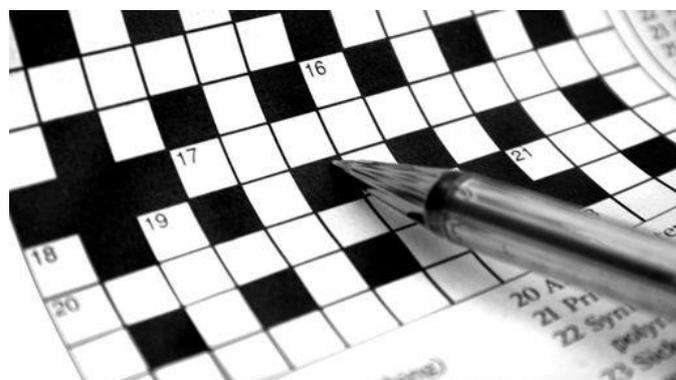
Details from Patsy Paterson on 277 6259

CRYPTIC CROSSWORDS

Have you ever sat and scratched your head in puzzlement at how people manage to unravel the clues to complete a cryptic crossword? Can you work out whether it is a hidden anagram or some other fiendish device? If you are one of those who remain baffled by cryptic puzzles, and you would like to find the key to these mysteries, why not come along to Mary Harvey's home (14 Holyrood Drive) on Monday, 2 March at 2 pm to discuss the possibility of forming a group that will work together to learn how to solve cryptic crossword puzzles.

It must be stressed that this group is definitely NOT for those who already have the knack of solving cryptic crossword clues! It is strictly for beginners only! If it is decided to progress the idea then the day, time and venue of the resulting new group would be decided by its members – it doesn't have to be a Monday; it is likely to be held in members' homes (perhaps on a rotating basis).

If you would be interested, then please add your name and contact details to the list in the small lounge or telephone Jane Gray on 284 9547.



If you have changed your address, or phone number, please let Sue Wyllie (our Treasurer) know (284 9959) so that we have your current details on file in case we need to contact you.

THIS IS ESPECIALLY IMPORTANT FOR TRIPS/HOLIDAYS!

If you have an email address, that would be helpful, too, please!

DIRECT MAIL SCHEME FOR U3A MAGAZINES

As many of you will be aware, there is an excellent magazine (Third Age Matters) published five times a year by the Third Age Trust, plus a Resources magazine three times a year. Third Age Matters used to be delivered in bulk to U3A branches, but this ceased a couple of years ago, to be replaced by the Direct Mail Scheme, whereby members could register and pay a nominal sum for postage. This scheme is ONLY available through each local U3A, and there are just two or three dates during each year when new subscribers/renewals can be notified.

If you would like to receive Third Age Matters and Resources delivered to your home, then please collect a form from the Treasurer's desk or the plastic rack in the foyer, complete it, and return it with a cheque (Countesthorpe U3A) for £2.15 to ensure that you are registered in the next tranche for a full year's worth of interesting reading. (Or, you COULD pay £10 and get it at the newsagent's! ☺)

HISTORY GROUP

Monday, 23 Feb: Visit to **RAF Museum, Cosford**. Coach leaves Village Hall at 9.00 am. £16. Full

Thursday, 19 March: Visit to **St Albans** – Verulamium Park and museum, amphitheatre, cathedral and much more! Leave VH 9.00 am. £20. Full, but waiting list

Thursday, 16 April: Visit to **Lubenham** (shared cars) for guided walk; optional lunch and Parish Walk or drive on to Market Harborough for new museum.

Monday, 11 May: Visit to **Hampton Court Palace**. Entry to palace and gardens plus a river trip. Leave Village Hall at 8.30 am, returning approximately 8 pm. £40 payable by 14 April.

Mon, 28 Sept – Thurs, 1 Oct: Three night break in **Salisbury** (DBB at AA 4* hotel). Includes visits to **Stonehenge**, Old Sarum, Basildon Park, Mottisfont Abbey and Hughenden Manor, plus time to explore Cathedral and a city walk. Shared double/twin rooms £275 pp, single occupancy £360 pp. FULL

*For details and to book see the **History** Table, the website or contact June on jhawkins45@talktalk.net or telephone 0116 277 6330*

BIRDWATCHING

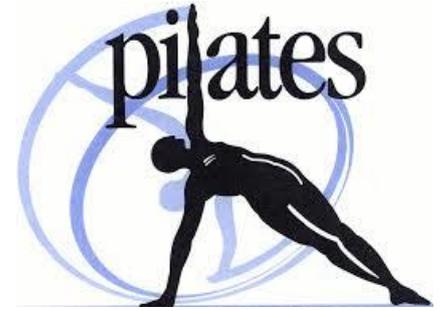
Friday, 27 Feb: Visit to **Brandon Marshes** leaves at 9.30 am from Village Hall – shared cars.

Thursday, 5 March at 7.30 pm in the small lounge at the Village Hall - a talk by Anne Strang on **The Birds of Gambia**

For more information just contact Tony Claricoates on 277 5251



PILATES



This group is now firmly established and therefore we can now also offer it on a 'pay as you go' basis at £5 per session. The upfront block payment of £20 for 5 sessions will remain for those able to commit, with a resulting saving of £1 per session.

Each Tuesday (except the second in the month) between 1.30 and 2.30 pm in the Village Hall. (But no class on 17 Feb) Mats, etc are provided, and you can use a chair instead of the floor-based work. Gentle way to build up your core strength and suppleness, helping you to cope easier with everyday activities. Age appropriate with alternatives for creaky knees, shoulders, etc! Why not come along and try it – you've nothing to lose! For details, call Ursula on 277 5881.

RAISE A SMILE TO BRIGHTEN THE DULL DAYS!

I feel like my body has become totally out of shape,
So, I got my doctor's permission
To join a fitness club and start exercising.
I decided to take an aerobics class for seniors.
I bent, twisted, gyrated, jumped up and down,
And perspired for an hour.
But, by the time I got my leotards on,
The class was over.



Reporters interviewing a 104-year-old woman asked:
“And what do you think is the best thing about being 104?”
She replied simply, “No peer pressure.”

Grant me the senility to forget the people I never liked anyway,
The good fortune to run into the ones I do,
And the eyesight to tell the difference.



Know how to prevent sagging?
Just eat until the wrinkles fill out!

My memory's not as sharp as it used to be.
Also, my memory's not as sharp as it used to be.

THEATRE PROGRAMME



Thurs, 19 Feb	Edward Scissorhands	£45	Milton Keynes	VH at 12.30 pm, Square 12.35 pm	9 Dec
Wed, 11 Mar	To Kill a Mockingbird	£30	Milton Keynes	VH at 12.30 pm, Square 12.35 pm	13 Jan
Wed 15 April	Children's Hour	£16	Market Harborough	Leys at 6.40 pm, VH at 6.45 pm, Square at 6.50 pm	10 Feb
Thurs, 14 May	Barnum	£42	Milton Keynes	VH at 12.30 pm, Square 12.35 pm	10 Mar
Wed, 10 June	Dead Simple	£31	Milton Keynes	VH at 12.30 pm, Square 12.35 pm	10 Mar
Wed 4 Nov	The Curious Incident of the Dog in the Night Time	£28	Milton Keynes	VH at 12.30 pm, Square 12.35 pm	14 Apr

EDWARD SCISSORHANDS – the Matthew Bourne ballet production of this fantasy fairy-tale about a boy left unfinished, with scissors for hands.

TO KILL A MOCKINGBIRD - Atticus Finch is a lawyer in a racially divided Alabama town in the 1930s. He agrees to defend a young black man who is accused of raping a white woman. Many townspeople try to get Atticus to pull out of the trial, but he decides to go ahead. How will it turn out - and will it change any of the racial tension in the town?

CHILDREN'S HOUR – Two highly-respected boarding school teachers see their reputations torn to shreds when a troublesome and malicious pupil starts an unfounded rumour.

BARNUM – This exhilarating musical follows the irrepressible imagination and dreams of America's greatest showman, Phineas T Barnum. Brian Conley stars.

DEAD SIMPLE - an adaptation of the work of best-selling novelist Peter James and the first to feature his now well-known character, Detective Roy Grace.

THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT TIME – The National Theatre's touring production of Mark Haddon's award-winning novel, adapted by Simon Stephens, which won 7 Olivier Awards including Best Play in 2013.

**SHOPPER SEATS AT JUST £10 AVAILABLE ON MILTON KEYNES VISITS.
BOOK AT THEATRE TABLE; PRIORITY FOR THEATREGOERS.**

June Hawkins – tel: 277 6330 or email: jhawkins45@talktalk.net

**SELECT YOUR CHOICE OF PICK-UP POINT WHEN BOOKING
AND THEN HELP US BY STICKING TO IT! THANKS!**