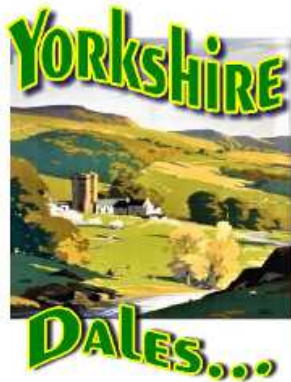


Armchair Travel

Monday 26th February 2018 (Hawtonville Meth. Church Hall).

Part 1 – Greetings from Yorkshire: Enjoy a unique journey through the timeless landscapes of Yorkshire in this chill-out combination of breath taking and relaxing music. Filmed throughout the seasons, it includes stunning new footage and extended scenes from most popular Yorkshire DVDs. Plus Meet nationally acclaimed artist Tom Harland who shares his passion for the Yorkshire landscape. Film 30 mins.

Part 2 -YORKSHIRE DALES: Picturesque Yorkshire has a wide and diverse landscape of outstanding natural beauty. It offers the visitor, stunning and panoramic dales, lush green valleys, castles, and museums. Bustling resorts, quiet bays, and some unique and beautiful gardens for those that like seclusion. This high-quality DVD is a wonderful memento of the special character within Yorkshire, accompanied with the superb Steeton Male Voice choir and filmed by Stephen Parker, an award-winning landscape photographer. Film 50 mins. New members welcome. Free parking and refreshments. 1:45 for 2:00 – 4:00pm. For further information contact Group Leader: June Halford on 923 648.



ARMCHAIR
TRAVEL

Mon. 26 Feb.

1:45 for 2:00pm

2 Amazing
Journeys



THE UNIVERSITY OF THE THIRD AGE
NEWARK AND DISTRICT

Newark and District

<http://newark-u3a.org.uk>
Registered charity



February/March 2018

We're always being told to take more exercise and keep fit. One of the ways you can do that is to join one of our dancing groups. Line dancing is great fun, everyone is welcome and most of our dances are very simple. The hat is optional!



Dancing in a circle is an ancient tradition common to many cultures for marking special occasions, the seasons, strengthening community and encouraging harmony and peace. *Circle dance* draws on the rich and diverse traditional dances of countries from all around the world, dress again is optional but it is often too chilly in Newark for grass skirts!

If you are interested in joining either of these groups why not go along and give them a try. Audrey and Sonia will be delighted to hear from you.

Digital Photography group



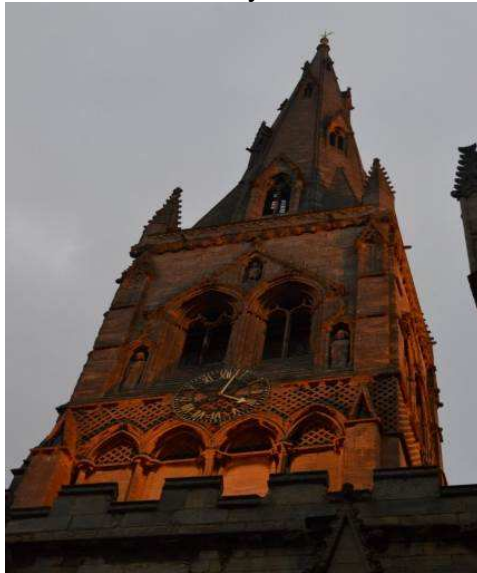
For our January 2018 meeting on Tuesday the 23rd at Hawtonville Methodist Hall, we had a show of some Christmas Lights photos, talked about how they were taken and discussed the basic camera & enhancement techniques used.

Everyone interested in photography at any level is welcome.

Please bring some images on a USB stick or your camera to show if you would like to.

Our group meeting dates for 2018 are every 4th Tuesday of the month at the above address.

23rd January, 27th February, 27th March, 24th April 22nd May, 26th June, NONE in July, August 25th September, 23rd October, 27th November. NONE in December.



2017 ANNUAL REPORT FROM THE UKULELE "HAPPY BAND"

2017 proved to be a far busier year than in 2016. Besides the regular Wednesday afternoon meetings (35 of them with an average attendance of 16) the band played for various organisations on 33 occasions and turning down, due to other commitments, a further 6.

Our performances are mainly at weekends or evenings and in 2017 covered an area from Allington to East Markham playing for organisations such as Dementia Support Groups, Care/ Residential homes, WI's (these are always very popular with band members), Church Fetes, other U3A's, and village/social club events.

Hopefully 3 new members will be joining the group in January bringing the membership up to 33. The playing abilities within the group range from complete novices up to the more experienced and talented individuals. Although not all members relish the opportunity to perform in public we have always managed (although it has been touch and go on occasions) to get 8 or 10 volunteers prepared to be let loose on the public.

The group never turns any potential member away so if you fancy giving us a try please get in touch. You never know you may love it!



Amendments to Out and About programme 2018

All trips £15 per seat

STRATFORD-UPON-AVON

Wednesday 18th April 2018. Leave Cow Lane / Northgate.

(Aldi) 9.00 am, leave Stratford 4.00 pm

TEWKESBURY

Saturday 19th May 2018. Leave Cow Lane / Northgate. (Aldi)

8.30 am, leave Tewkesbury 4.00 pm

BRIDLINGTON

Wednesday 20th June 2018. Leave Cow Lane / Northgate.

(Aldi) 9.00 am, leave Bridlington 4.00 pm

BURY ST EDMUNDS

Thursday 19th July 2018. Leave Cow Lane / Northgate. (Aldi)

9.00 am, leave Bury St Edmunds 4.00pm

YORK CHRISTMAS MARKET

Monday 3rd December 2018. Leave Cow Lane / Northgate

(Aldi) 9.30 am, Leave York 3.30 pm

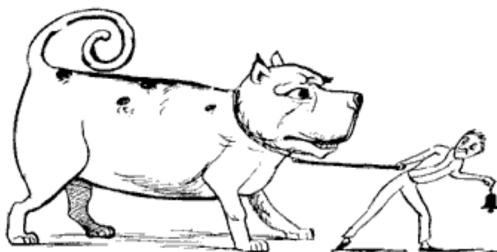
Contact Chris Handson if you would like to go on any of the outings.

Walking group

Monday 12th February, Balderton—leaders Mike and Alison Wilson. Meet outside the Chesters Pub on High Street at 09.30

Monday 12th March, Haddington —leader Gill Peterson. Find the car park by taking a right turn into Dovecote Lane at the sharp bend in the road. Start 9.30 and length 3.75 miles. There is some field walking. Thanks Gill Peterson.

Anyone is welcome, including dogs, you do not need to book. We leave at 09.30. We are fair weather walkers. If it is raining as you leave home, GO BACK TO BED!



Forthcoming Speakers

February 2018 :- Clive Rudd

Songs from 50's, 60's, 70's.

Recommended by a member

March 2018 :- 60's star Vince Eager

'You're never too old for Rock and Roll

April 2018 :- Ken Heathcote and Piper

Dogs for Good (formerly Dogs for the Disabled)

Recommended by a member

May 2018 - William Ruff

'A day in the life of the English Language

June 2018 - AGM, no speaker

July 2018 - The work of the Street Pastors at Malt Cross

Please note the contact details for the newsletter and website

Newsletter: newarku3a@outlook.com

Website: u3anewark@outlook.com

If you are hoping to increase your group membership, publicise a special event or would just like to tell us what you are getting up to, please send your contributions to the above addresses. It would help greatly if articles for the newsletter were attached as a word document to an email and formatted to size 12 Arial font.

All contributions to the newsletter must be received by **24th** of the month. (a change from previous date)

Motor-home Group

Do you own or are you thinking about buying
A motor-home, caravan, narrowboat, folding caravan?
Would you like to have the opportunity of talking to members of our
group over a glass of wine with some nibbles?
Then think about coming along to our open night at
Cromwell village hall
(Refurbished to the highest standard 2017)
Great North road
Cromwell
NG23 6JE

Open evening Monday 12th February 2018

FOR FURTHER DETAILS OR TO RESERVE A PLACE EMAIL
birkheadandrew@hotmail.com or call 07890992169

Science Group

The topic this month will be about the body's ability to fight disease and heal itself. This is one of the great mysteries and marvels of nature. I also want to give some time to discussing the growing concern about antibiotic resistance and what scientists are doing to combat this threat. I hope to see you on Tuesday 27th 10 till 12noon. Robert

Archaeology Group

On February 15th we will be visiting the Viking Artefacts Exhibition at the Nottingham Arts Centre. The coach will leave Aldi at 9.30am and we should be home about 4.00/4.30pm. We plan to have coffee on arrival and lunch before we return.

The exhibition is free. The charge for the coach is £5 per head (not £7 as previously published). Peter Foden, 704241

What's on in our area?

At the media group meeting recently, it was decided to try and include items in the newsletter that, whilst not being organised by the U3A, might well be of interest to members, Here are a couple, if you know of any, please let me know.

The Terry O'Toole Theatre, North Hykeham

Half Term Family Treat
Saturday 10th February 3.00pm

'Yana and the Yeti'

Pickled Image shows always sell-out, so be sure to book early for this visually stunning show, featuring exquisite music and extraordinary puppets!

Age Guide: 5 years+

Box Office 01522 883311

Fernwood Amateur Dramatic Society

Presents

'Robin Hood and his band of merry persons.'

Friday Feb23rd (eve) and Saturday 24th (matinee and eve)
Contact Mollie Weale for tickets 01636 647116

Tea and Coffee Rota

| | |
|----------|---|
| February | Janet Robinson Reg Robinson Jane Oldham Mike Phelan |
| March | Barbara Cook Brian Cook Bernard Cronin Di Illingworth |
| April | June Halford Jill Dickinson Eileen Hudson Richard Harcus |

Please let Pat know on 684511 if you are unable to attend so she can organise a replacement. More volunteers are always welcome.

Art Appreciation

At their January meeting the Art Appreciation Group members each brought in copies of artworks under the general heading "Transport". We are always amazed when we do this sort of group presentation at the variety of artists, the range within the subject and the different media displayed. This was no exception. We covered commercial art, famous works and a living artist; and watercolours, oils and lino cuts.

On February 13th. we are having a single presentation on Laura Rego. If you don't know her work this would be a good introduction. We meet at 10am. at the Bowls Club Off London Road. Sheilah.

Science News

At this time of the year what we need is good news! and what I have to tell you is indeed "good news". Many people in their senior years worry about their inability to remember things as well as they used to. Well this has been shown scientifically to be normal, irritating yes, but proven to be normal age related short term memory loss.

We have a short term (or working memory), and a long term memory. There is now reliable scientific evidence to show that the short term memory efficiency can be improved significantly by becoming more involved socially, and learning new things!, and U3A can satisfy both conditions. Learning new "things" with enthusiasm in our senior years helps grow new brain cells (neurons) and "hard wires" our learning. This has the tremendous benefit of increasing the volume of healthy cells in the brain. So be curious, learn something about new subjects or practices.

The really good news is it is never too late to sample a little of what you fancy, believe me it will do you good.
Dr. Robert Anderson.

Singing for Fun

I have now booked for the group to sing at Open Doors, Flowserve, Balderton on Monday 12th March at 1.30pm and at Lancaster Grange on Wednesday 14th March at 2.30pm.

The next Singing for fun will be on Monday 26th February at 2.00pm, then Monday 26th March.

We shall not be meeting in April or May. Alison Wilson

Discussion Group

Muriel has had an a accident and unfortunately broken her hip so she is unable to host the discussion group. Therefore it is temporarily suspended. Watch the newsletter for details of its resumption. In the meantime we wish Muriel a speedy recovery.

Where to find us

All monthly meetings are held on the second Thursday in the month from 2pm-4pm at Holy Trinity Catholic Church, Boundary Road, Newark, NG24 4AU. Parking is extremely limited at the Church during school hours so we recommend that you park at Sconce Hills park (a little further down Boundary Road) and walk back.

Coffee Group at 'Carriages'

The 'Drop in' coffee group has settled in well at it's new venue at Carriages on the Castle Railway Station.

It has proved a wonderful place meet old friends and new and put the world to rights. The service is very good and we even treated to mince pies last week.

Do come and try this lovely venue on Friday of every week at 10-30, where there is plenty of room to expand.



Committee Members

| Position | Name |
|--------------------------------------|-----------------|
| Chair | Chris Handson |
| Vice Chair | Jacq Cartwright |
| Treasurer | Alan Williams |
| Secretary | Val Greaves |
| Membership Secretary | Ron Watkins |
| Groups Coordinator | Robert Anderson |
| Committee Member (Website) | Reg Robinson |
| Committee Member (Speaker Seeker) | Anne Handson |
| Committee Member (Minutes Secretary) | Neil Hinchley |
| Committee Member | Reg Goodall |
| Committee Member | Geoff Bowers |

Catering Organiser:-Pat Marcus

Newsletter team:- Janet Robinson, Jackie Leitch, Bob Leitch
Sheila Harris, Reg Goodall

Group Leaders

Please check that the information about contact details and meeting times is correct and let me know if it needs to be amended.

Thanks, Janet

| | | | |
|-------------------------------|----------------------------------|------------------------------|----------------------|
| Local History | Colleen Bergman | 01636 689294 | 2nd Tuesday 2.00 |
| Mah Jong | Sonya Sinclair | 01636 672921 | 1st Wed 2.00 |
| Media Group | Contact Jacq | 01636 650411 | occasionally |
| Motor Home, Caravan & Boat | Marjorie Goss | 07882484010 | Contact Marjorie |
| Music Appreciation | Terry Bowler Or Tony Marriott | 01636 650751 01636 659239 | 2nd Monday 2.00 |
| Nordic Walking | Alan Williams | 01400 281986 | 1st & 2nd Tues 10.00 |
| Out and about | Chris Handson | 01636 677514 | Contact Chris |
| Philosophy | Tom Chamberlain | 01636 678571 | Alternate Fridays |
| Play Reading | Gill Peterson | 01636 672154 | 1st Monday 1.30 |
| Recorder Playing | Alison Wilson | 01636 673298 | 1st & 3rd Mon 2.00 |
| Science Club | Robert Anderson | 01636 687909 | 4th Tuesday 10.00 |
| Scrabble | Ron Watkins | 01636 705157 | 1st Monday 2.00 |
| Singing for fun | Alison Wilson | 01636 673298 | 4th Monday 2.00 |
| Ukelele Happy Band | Bob Cawson | 07801 056296 | 2,3,4th Wed, pm |
| Walking Group | Reg Robinson | 01636 700188 | 2nd Monday 09.30 |

Please note that group meeting times and days can change sometimes, especially when they fall on a Bank Holiday. If you are unsure, please check with the group leader. Do not rely on the diary page, as I do not always get up-to-date information.

Getting your Newsletter

If you or a friend are unable to collect a copy from the foyer or lounge at the Thursday meeting, a newsletter can be obtained from Carriages café at Castle Station during the Friday coffee morning meeting from 10.30 till noon. Alternatively, you can ring your group leader and ask him or her to pick up a copy for you and bring it to the group meeting.

Group Leaders

| | | | |
|----------------------------|--------------------------------|------------------------------|----------------------|
| Archaeology | Peter Foden | 01636 704241 | 3rd Thursday 2.30 |
| Art for All | Jacq Cartwright | 01636 650411 | 1st & 3rd Tues 10.00 |
| Armchair Travel | June Halford | 01636 923648 | Last Monday 1.45 |
| Art Appreciation | Michael Ayling | 01636 650607 | 2nd Tuesday 10.00 |
| Coffee Morning | Reg Goodall | 01636 651838 | Every Friday 10.30 |
| Craft Group | Carole Tweedale | 01636 672989 | 3rd Monday 9.30 |
| Craft and Chatter | Sue Eddowes | 01636921373 | 3rd Tuesday 2.00 |
| Creative Writing | Maj Donovan or Jean Johnson | 01636 702381 01636 688954 | 3rd Wed 10.00 |
| Dance (Circle) | Audrey Blake | 01636 650676 | 3rd Thursday 1.30 |
| Dance (line) | Audrey Blake | 01636 650676 | 4th Thursday 10.00 |
| Discussion | Muriel Price | 01636 672883 | 1st & 3rd Fri. 2.00 |
| Digital Photography | Richard Harcus | 01636 684511 | 4th Tuesday 2.00 |
| Early Birds | c/o Jacq Cartwright | 01636 650411 | 4th Thursday 6.15 |
| French Conversation | Tony Williams | 01636 813763 | 2nd & 3rd Fri 10.30 |
| Geology | Niki Whitburn | 01636 706339 | 1st Tuesday 2.00 |
| German | Corri Moss | 01636 706573 | Contact Corri |
| Improvers Rubber Bridge | Clive Morrissey | 01623 860311 | 2nd & 4th Wed 10.00 |
| Literature | Glynda Green | 01623 860311 | Contact Glynda |

February/March 2018

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--------|---|---------|---|-----------|---|----------|--|--------|--|
| | | | | | | 1 | February 2018 Nordic Walking 10.00 | 2 | German 2 10.00 Coffee morning 10.30 |
| 5 | Scrabble 14.00 Recorders 14.00 Play reading 13.30 | 6 | Art for All 10.00 Geology 14.00 | 7 | Literature 10.15 Mah Jong 14.00 | 8 | Nordic Walking 10.00 Monthly Meeting 14.00 | 9 | Philosophy 10.00 French Conversation 10.30 Coffee morning 10.30 |
| 12 | Walking 09.30 Music Appreciation 14.00 | 13 | Art Appreciation 10.00 Local History 14.00 | 14 | German 1 10.00 Improvers Rubber Bridge 10.00 Ukulele Happy Band 14.00 | 15 | Archaeology trip (see newsletter) Circle Dancing 13.30 | 16 | German 2 10.00 French Conversation 10.30 Coffee morning 10.30 |
| 19 | Craft 09.30 Gospel Group 10.00 Recorders 14.00 | 20 | Art for All 10.00 Craft and Chatter 14.00 | 21 | Creative Writing 10.00 Literature 10.15 Ukulele Happy Band 14.00 | 22 | Line Dancing 10.00 Early Bird 18.15 | 23 | Philosophy 10.0 Coffee morning 10.30 |
| 26 | Singing for fun 14.00 Armchair Travel 14.00 | 27 | Science Club 10.00 Digital Photography 14.00 | 28 | Improvers Rubber Bridge 10.00 German 1 10.00 Ukulele Happy Band 14.00 | 1 | February 2018 Nordic Walking 10.00 | 2 | German 2 10.00 Coffee morning 10.30 |
| 5 | Scrabble 14.00 Recorders 14.00 Play reading 13.30 | 6 | Art for All 10.00 Geology 14.00 | 7 | Literature 10.15 Mah Jong 14.00 | 8 | Nordic Walking 10.00 Monthly Meeting 14.00 | 9 | Philosophy 10.00 French Conversation 10.30 Coffee morning 10.30 Discussion 14.00 |
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| 26 | Singing for fun 14.00 Armchair Travel 14.00 | 27 | Science Club 10.00 Digital Photography 14.00 | 28 | Improvers Rubber Bridge 10.00 Ukulele Happy Band 14.00 | 29 | | 30 | GOOD FRIDAY Coffee Morning |