

INSIDE THIS ISSUE

**AUGUST MEETING
SPEAKER**
*The Assassination of
JFK by Peter Mellor*
Page 5

**THE INSPIRED
RETIRED**
*An inspirational video
by Bethany Chalk*
Page 6

**THE BENEFITS OF
VOLUNTEERING**
*What can you gain by
volunteering with the
National Trust?*
Page 7

SUMMER QUIZ
*Test your Summer
general knowledge*
Page 9



Check out our website

Registered Charity
Number 1168597

Web: www.south-manchester.u3asite.uk



www.facebook.com/groups/807060236097165



**Members of the Walking for Health group on their June walk
outside Goyt Hall Farm on a beautiful sunny morning**

September 2024 Newsletter items to: editor.smu3anews@gmail.com

NO LATER than Wednesday 21st August 2024

Printed by Peter Woolley, Offset & Digital Printers, 31 Barlow Moor Road, Didsbury, M20 6TW. Tel: 0161 445 9607

Email: matt@didsburyprinters.co.uk.

Web: www.didsburyprinters.co.uk

OFFICERS and COMMITTEE

Chair and External Ambassador	Beryl Cowen	[REDACTED]	[REDACTED]
Secretary	Andrew Bradbury	smu3a.secretary@gmail.com	[REDACTED]
Treasurer	Ian Burn	smu3a.treasurer@gmail.com	[REDACTED]
Membership Secretary	Joanie Yoffe	smu3amembership@gmail.com	[REDACTED]
Assistant Membership Secretary	Patricia Ford	[REDACTED]	[REDACTED]
Groups Co-ordinator / Vice Chair	Diane Ward	smu3agroupscoord@gmail.com	[REDACTED]
Publicity	Wena Stevenson	[REDACTED]	[REDACTED]
Committee Member	Helen Chambers	[REDACTED]	[REDACTED]

SUPPORT (non-committee)

Speaker Secretary	Jeff Wilner	[REDACTED]	[REDACTED]
“Meeters & Greeters” Co-ordinator	Barbara Aston	[REDACTED]	[REDACTED]
Newsletter Team	Ian Burn	[REDACTED]	[REDACTED]
	Megan Bennett	[REDACTED]	[REDACTED]
	Trish Ramsden	[REDACTED]	[REDACTED]
Webmaster	Ian Burn	[REDACTED]	[REDACTED]
Facebook Editor	Rosemary Mallace	[REDACTED]	[REDACTED]
Monthly Diary Sheet Production	Liz Thornhill	[REDACTED]	[REDACTED]
Catering	Shirley Shaw	[REDACTED]	[REDACTED]
Quiz Master	Tom Grimshaw	[REDACTED]	[REDACTED]
Safeguarding Officer	Mary Heaney	smu3a.safeguarding@gmail.com	[REDACTED]

GENERAL MEETING at DIDSBURY BAPTIST CHURCH

Tuesday 6th August 2024 at 2.00pm

“The Assassination of President Kennedy” by Peter Mellor

See page 5 for details

Parking at Didsbury Baptist Church – Members please note that there is no parking at the church with the exception of temporary drop-off for the catering team. (Blue badge holders could use double yellow lines)



Message from the Chair

Hello.

This month has not been a good one for me, and has ended with 3 funerals. One was for a lad 19 years of age. He was my son's nephew by marriage, and he was doing rally cross on a bike, when he crashed and died instantly. His funeral was amazing with people lining the streets and a huge motorbike escort from his mates and a church heaving with mourners. A life cut short.

This got me thinking, yet again, about how we must make every opportunity to live a full life and be fulfilled. I am so glad we have so many members in this u3a, but I want to see more people living active fruitful lives. So, this summer, let's all talk to others about this group and get new members to join in September. August is school holiday time, and so for all of you, like me, looking after active little ones while parents work, take extra care to rest when you can and enjoy the love and laughter of the children.

If you are on holiday have a great time of rest and enjoyment, and those of you who are on your own, let me remind you that you are not alone. Friends are a phone call away. We are all in the u3a and I, as chair, will always have a chat with you.

I am looking forward to the seaside and having a dip in the sea, but I am also looking forward to new opportunities to learn and improve my memory. Many groups are taking a break, so enjoy the time and do the quiz in this newsletter. Thank you, Tom for those brain teasers.

I hope you all keep well and active over the summer break and make the most of every opportunity to keep active in mind and body and spirit

Beryl



Message from the Editor

If you have an article or interesting story that you can submit for the newsletter which our readers might find enjoyable, I would be very grateful. The story could be about something which you have done with the u3a or it could be totally non-u3a related. Perhaps something you did on holiday, some interesting place which you have visited or something to do with your hobby.

Please email me: editor.smu3anews@gmail.com

NATIONAL AND NORTH WEST NEWS

National: www.u3a.org.uk for latest news of u3a around the country and courses/events on offer.

National Newsletter: The July newsletter can be found here: [July National Newsletter](#)

North West Region: www.u3asites.org.uk/north-west for the latest information and newsletter

SOUTH MANCHESTER u3a NEWS

SMu3a welcomes the following new members

Barbara Periyar

Anne Guy

Glenda Cox

Colin Talbot

Emily Flanagan

Kerrie Wilson

Pat Meerham

If you have any information about members' special birthdays, anniversaries, illness, bereavements, etc please notify Kath Thompson on [REDACTED]

Tradesperson Book

Is available at general meetings. It will only be of value if members use it, so please do.

South Manchester u3a General Meeting Speakers

Tuesday 6th August 2024 at 2pm

"The Assassination of President Kennedy" by Peter Mellor

Tuesday 3rd September 2024 at 2pm

"The Extraordinary Lives of Ordinary People" by Merryn Myatt

Tuesday 1st October 2024 at 2pm

"Beekeeping in South Manchester" by Alan Towse

Tuesday 5th November 2024 at 2pm

"The Heritage of Gilbert & Sullivan" by Bernard Lockett

Tuesday 3rd December 2024 at 2pm

"A Crooning Christmas" by Kevin and Joy Siddall



COMMUNITY SING-ALONG GROUP

On Thursday 22nd August at 2pm we are performing at Buccleuch Lodge (M20 2XA).

On Thursday 19th September we will be at BELONG (M20 2UW)

If you enjoy singing well-known songs, do give us a try. Lyrics supplied. No rehearsals!
Find out more from Mike Evans on [REDACTED]

South Manchester u3a September General Meeting

Tuesday 6th August 2024 at 2pm

At Didsbury Baptist Church, School Lane

“The Assassination of President Kennedy” by Peter Mellor



This talk will give an in-depth investigation into the death of President John F Kennedy

Peter is an expert on the assassination of JFK, having published and lectured widely on the subject. He is also a member of Oldham u3a.



WEST DIDSBURY ASTRONOMICAL SOCIETY

EVERYONE WELCOME - FROM COMPLETE BEGINNER TO EXPERIENCED ASTRONOMER

There is no meeting in August

Monday 9th September 2024 at 7pm

“Jupiter the Bully and Saturn the Saviour” by David Temperley

Monday 7th October 2024 at 7pm

“Artificial Intelligence in Astronomy” by Professor Anna Scaife

As usual it will take place at Nazarene Theological College. Visitors welcome.

For more details visit www.wdas2.com.



Didsbury Probuss Programme 2024

Didsbury and District Probuss Group meet on the 1st and 3rd Thursday of the month. Unlike many Probuss clubs, we are a mixed group of men and women. Annual membership is £40.

Thursday August 1st

“The History of Lyme Hall and Park” by Gareth Evans

Thursday August 15th

“Spies, Cyphers and Scandals” by Eric Roth

The intrigue and mystery behind Diplomacy and Wars.

Thursday September 5th

Probuss Late Summer Buffet Lunch

Didsbury Golf Club

All meetings are held in the Didsbury Baptist Church, School Lane, opposite the Scout Hut and Didsbury Metrolink station.

Tea/coffee and biscuits are served from 10.30am before the talk at 11am.

Visitors are very welcome. Any donations from visitors to help with running costs would be very helpful

The Inspired Retired – A Documentary by Bethany Chalk



In March, a young Media Studies undergraduate from the University of Salford called Bethany Chalk, came to a few of our group meetings and did some filming and interviewing as part of her final year project.

Bethany is the granddaughter of Alan Pugmire, one of our longstanding SMu3a members. She wanted to create a documentary film about what it meant to get old and

how the u3a provides a lifeline to people in their third age and prevents loneliness. It also shows that through making new friends and learning new skills, it can drastically change people’s lives for the better.

Bethany attended the ukulele group, circus skills group and walking group meetings, interviewed some of the members, and did some general filming. She also interviewed our Chair, Beryl, who gave a backdrop to the documentary and set the scene very well.

The resulting documentary looks very professional and is a credit to young Bethany, who went on to earn a first-class degree.

You can view the documentary on YouTube by clicking on the image above or by using the following link:

https://www.youtube.com/watch?v=L6_NFugHo5o



**National
Trust**

The Benefits of Volunteering with the National Trust

By Ian Burn

Just before I retired, I thought about what I would be missing by giving up work. One thing that I would not miss, was the stress and the politics. Then I thought about the things which I would miss. My work colleagues, the “workplace banter” and the little challenges which I was presented with which gave me satisfaction when I solved them.

I decided that the best way to replace those things was to volunteer with the National Trust. I had been a member of the Trust for many years and had gained so much pleasure out of visiting their properties. I wanted to give something back to the Trust, but I was also being selfish because I knew that I could make new friends and have new challenges through volunteering. I chose to volunteer at Lyme Park. It wasn't the closest National Trust property to me but it was certainly the most interesting one and I knew that it could give me so much.

I volunteer 2 days a week there. On one day, I work as a room guide in the house, and on the other, I work as a “behind the scenes” tour guide. Both roles offer different challenges and give me different benefits. I work with a team of other volunteers who have become my good friends. During our breaks, we have the “workplace banter”, as well as free tea and biscuits. Being a room guide and a tour guide is not something which I have done during my working life but I realised that I already possessed the skills needed to perform these roles as a result of my experiences during my employment years.



Volunteering at Lyme Park gives me structure to my week and a reason to get up in the morning. It has given me new friends and new challenges. It has taken me outside of my comfort zone (but not too far!) and has made me realise that I have skills which I didn't know I possessed. As a volunteer, I am entitled to a 20% discount at NT restaurants and shops and on NT holiday cottage rental. Therefore, even though I'm not paid a salary, I still get benefits, and travel expenses to and from my workplace are reimbursed. Using my volunteer card, I can give free access to a non-NT member, so I can bring a friend along to any NT visit which I make.

I am so glad that I took the steps to volunteer with the National Trust. Perhaps it might benefit you as well? You don't need to work in the house. If you enjoy gardening, why not become a volunteer gardener or if you are an outdoors person, you could volunteer with the Ranger team. The opportunities are endless.

If you would like to know more about the benefits of volunteering with the National Trust, please get in touch with me: editor.smu3anews@gmail.com

If you know which property that you would like to volunteer with, get in touch with that property via the National Trust website: www.nationaltrust.org.uk



NEW VENUES FOR CIRCUS SKILLS GROUP!



On the **1st Thursday of each month**, we will be at

St. Christopher's Church, Moorgate Ave, M20 1HE

This is just off Princess Parkway, opposite the Withington tram stop.
Buses and parking also available.

Hopefully this makes it more accessible for non-drivers.

We meet from 2.00pm - 3.00pm

£2 per session for room hire.

New members welcome for fun, trying to juggle and playing with diablos, flower sticks and spinning plates.

A fun and companionable non-competitive work out for brain and body.

On the **3rd Thursday of each month**, we are planning to go to

Circus House, Hamilton Road, Longsight, M13 0PD

We have already had some excellent sessions from Circus House and now hope to visit their premises to try out some other activities.

We will probably car share to get there – parking available.

We will meet from 2.00pm - 3.00pm

This will involve a charge of £5 - £7 per session, but worth it for their skill, enthusiasm and new experiences!

If you want any more information, please phone or text me

Joanie [REDACTED]





Gardens open for charity

Why not spend a sunny weekend looking around other people's gardens. Prices range from £5 to £6 and all proceeds go to charity.



Saturday/Sunday 3rd/4th August 2024

Fallowfield and Ladybarn Gardens

A trail running from 27 Clifton Avenue, M14 6UD to 7 Rose Cottages, Ladybarn Lane, M14 6YR taking in 7 gardens with each garden having something different to offer.

11.00am to 5.00pm

£6 for combined admission

Light refreshments available

www.ngs.org.uk

Summer Quiz



1. Which resort is known for its surf beaches and seafront Tate gallery?
2. Which small village, five miles south of Whitby and 15 miles north of Scarborough, is famous for the large number of fossils found on its beach?
3. Celebrity chef Rick Stein is well known for owning four restaurants in which Cornish port?
4. Which resort is widely regarded as the surf capital of the UK?
5. True or false. Nowhere in the UK is more than 125 miles from the sea?
6. How many piers are there in Blackpool?
7. Which town is known as 'The Queen of the Welsh Resorts'?
8. For which famous holiday camp company did TV personalities Brian Conley, Shane Richie and Bradley Walsh once work?
9. Which Welsh town was the location of the 1973 film *Holiday on the Buses* and is also where Jim and Barb celebrated their fiftieth wedding anniversary in *The Royle Family* 2009 Christmas special?
10. During the 1950s some of Donald McGill's work was banned, but what was he responsible for?

ANSWERS ON PAGE 14



Walking for Health Group 1 – Tuesday 25th June 2024

Vernon Park, Goyt Valley and Otterspool Bridge



We met at Stockport Interchange bus station on a beautifully clear, sunny and hot Tuesday. A short bus journey took us to Vernon Park where we started our walk. Following a safety warning to wear a hat and drink plenty of fluids, we set off on our walk. We walked part of the Fred Perry Way past Pear Mill and on to Alan Newton Way just beside Bredbury Hall. Fred Perry was a famous Stockport tennis player and Alan Newton was a Stockport Olympic cyclist. A glorious walk took us past Goyt Hall Farm, built in the 16th century, where we stopped for a photo opportunity. On then past the Stockport Hydro, an Archimedean screw by a weir on the river Goyt, which is used to generate electricity for around 60 homes. A short walk from here took us to our lunch stop at Dobbie's Garden Centre where we resisted the urge to buy things for our gardens and just stuck to delicious food.



WE'RE A POLYGLOT LOT!

Our u3a definitely has an international flavour these days! Friendly conversation groups in French, German, Italian and Spanish meet once or twice a month in easy-to-reach venues.

Alternatively, you could choose to delve into the language and culture of Welsh – or even Anglo Saxon!

There's a beginner's class in Italian. If your tastes are further East, there's an Egyptology study group as well.

There's no competition in the language groups and it doesn't matter if you're fluent or not, as they offer a chance to practice speaking and listening in your chosen language.

The cost of attending is £1 or £2 per session, depending on the venue.

If you'd like to take part in any of these conversations, you can contact either the group leader listed in the newsletter or email Diane: smu3agroupscoord@gmail.com

Members of the Craft Group

We are so sorry that we are unable to continue with the group as age has caught up with some of us, and as a result, our ability to craft has become difficult and demonstrating crafting skills has become problematic.

We have had such great times together. As well as making good friends, we have made some beautiful things, including knitted and crochet squares for Operation Orphans as well as other overseas charities. So, because of the friendships that we have made, we would like to continue meeting up, but not under the u3a umbrella.

With this in mind, we hope that you will be able to join us at the HOME cafe. We will be there on the first Thursday of the month at an earlier time of 1pm starting on Thursday August 1st for a coffee and a chat. If you fancy it, bring along your knitting and crochet since we will be doing the same (only a suggestion). It would be great to catch up with all of our friends.

Many thanks for your good company and your talents. All the best, good wishes and we hope to see you soon.

Margaret and Karen



Walking for Health Group 2 Walk - Wednesday 14th August 2024

Haughton Dale Nature Reserve

A 3¹/₄-mile walk through Haughton Dale Nature Reserve. No stiles. Some steep steps up and down. Can be muddy when wet. Wear suitable shoes or boots, bring a wet coat and a bus pass if you have one. Meet in Stockport Interchange by the ticket office at 10.30. Lunch at the Joshua Bradley pub. If you want to come, phone Anne Clarke on [7582 526440](tel:07582526440) or [0161 312 3002](tel:01613123002).

Walking for Health Group 1 Walk Tuesday 27th August 2024

Stockport to Reddish

A 3-mile walk. From Stockport through Heaton Norris Park and Reddish Vale Country Park and into Reddish. No stiles, quite hilly, some steps, can be muddy when wet. Wear suitable shoes or boots, bring a wet coat and a bus pass if you have one. Meet outside Merseyway shopping centre entrance in Stockport at 10.45am. Lunch at The Carousel pub in Reddish. If you want to come, phone Ian Burn on [or 0161 442 8525](tel:01614428525).

The Chess group will not be meeting in August

**The next meeting will be Thursday 26th September at
Didsbury Parsonage**



SMu3a Groups A-Z List

Check Group News and this month's diary. Contact Group Leader before attending.

ANGLO SAXON AND MEDIEVAL HISTORY	Meetings are on the 1st and 3rd Mondays of the month at 10.30 via Zoom. This group covers all aspects of Anglo Saxon and Viking life in depth through language and social history readings and discussions. Beryl Cowen
ART APPRECIATION	Monthly meetings held at Didsbury Parsonage on the afternoon of the third Wednesday of the month cover a wide variety of artistic topics. Talks are either by the leader Diane Ward or guest speakers, followed by tea and discussion. Diane Ward
BIRDWATCHING AND NATURE	Meeting on the first Wednesday of every month from 11-12 noon. Exploring birds in their natural habitats interacting with plants and trees. Rita Berriman
BOARD GAMES	Lots of different games are played by this group which meets at the Parris Wood pub from 2-4 pm on the second Friday of the month. Christine Salamone
BOOK GROUP 1	Meeting at 10.30 am at Meg's home in Didsbury, on the first Wednesday of the month. A small friendly group who enjoys reading and discussing a wide variety of books. Meg Davis
BOOK GROUP 2	Held at Didsbury Library 1.30 pm on the fourth Thursday of the month, meetings are led by members in turn to discuss titles suggested and agreed by the group members Tom Grimshaw
BOOK GROUP 3	This group meets on the second Thursday of the month at 1.30 pm. There's no fixed venue but we meet in our homes on a rota. Johanna Keane
BRIDGE	Held at the Nazarene College, Didsbury. This group meets fortnightly on Fridays from 10 to 12 noon. This group is for experienced players only. Liz Thornhill
BRIDGE for BEGINNERS	This group meets fortnightly on Mondays from 1.30-3.30, at Emmanuel Parish Centre on Barlow Moor Rd. This group is for beginners and improvers although more experienced players are also welcome to join. You don't need a partner. Hilary Poole
CHESS	The Chess group meets at 10.30 am on the last Thursday of the month at Didsbury Parsonage. Rosemary Mallace
CINEMA	Meeting on the last Friday of the month at 12.15 in the downstairs bar of HOME, 2 Tony Wilson Place. This group watches a variety film then meets afterwards to discuss them. Group Leader emails what's on the Tuesday before the meeting. Russell Ramsden
CIRCUS SKILLS	This group meets at St Nicholas Church on Kingsway (near junction with Fog Lane) on the first and third Thursday from 2.00— 3.30 pm. We are having a lot of fun learning how to juggle, spin plates and hoola-hoop. Some weeks we practice by ourselves and some weeks we have a juggling teacher from Circus House. Equipment provided and no skill needed apart from being able to pick a ball up from the floor. All welcome. Joanie Yoffe
COMMUNITY SING-ALONG	This group sings well known songs in unison (no rehearsal time needed) in residential homes. Dates and times vary. Mike Evans
CREATIVE PHOTOGRAPHY	The group meets at Didsbury Parsonage at 10.30 on the second Monday of every month. The emphasis is on creativity rather than technical skill. Ann Howarth
CREATIVE WRITING	New members are always welcome at this group which is held at Withington Library on the last Friday of the month at 10.30 am. Members read and discuss their writings. Diana Bradley

CURRENT AFFAIRS	This group meets to share and discuss items in the news on the 4th Thursday of the month at 1.30pm in Ye Olde Cock pub, Didsbury. Adrienne Simpson [REDACTED]
DRAMATIC READERS	Held on the 3rd Friday of the month, both face to face and by Zoom at [REDACTED]. . Beryl Cowen [REDACTED]
EGYPTOLOGY	This group meets at 10.30-12.30 on the third Thursday of the month at Didsbury Parsonage, to discuss all aspects of early Egyptian art and culture. Kathryn Fyfe [REDACTED]
FRENCH CONVERSATION	Meeting on the third Tuesday of the month 2 - 3pm at Pizza Express in West Didsbury. Speakers of all levels of conversational French are welcome. Jean Thompson [REDACTED]
GERMAN CONVERSATION	This group is for those who would like to practice their spoken German. . . . Marie O'Sullivan [REDACTED]
GETTING BY IN WELSH	At 10.30 on the first Friday of every month, this group meets at East Didsbury Methodist Church on Parrs Wood Road, to discuss the language, history and culture of Wales. Beryl Cowen [REDACTED] or Wena Stevenson [REDACTED]
HOLIDAY GROUP	Keep an eye on the monthly newsletter for information about forthcoming holidays.
ITALIAN CONVERSATION	We are a small group looking to improve our Italian through listening and conversation. Please note that there is a separate group for learners – see Parliamo Italiano below. We meet on the 1st and 3rd Friday mornings of the month from 10.30 – 12.00. . Annie Dodd [REDACTED]
KEEP FIT	This group caters for a variety of fitness levels – there is no competition! It meets on Friday mornings at 11.30 at St Nicholas Church Hall in Burnage. Anne Clarke [REDACTED]
LOCAL INTEREST VISITS	These will be advertised in the newsletter from time to time. Jill Evans [REDACTED]
LUNCH CLUB	The club meets monthly at a variety of local restaurants and pubs, chosen with a view to ease of parking or public transport as well as price. John Olbrich [REDACTED]
OPERATIC AND VOCAL APPRECIATION SOCIETY (OVAS)	Lovers of opera and music meets from 3.30 – 5.45 on the last Wednesday of every month. Len Evans 07875 981135 [REDACTED]
PARLIAMO ITALIANO Let's speak Italian!	A friendly and fun group for people who have little or no Italian but would like to learn. We aim to be able to understand and use familiar everyday expressions and basic phrases which would be of value on an Italian holiday. We aim to be able to interact in a simple way and to improve with time so that in due course, members could move on to the Italian Conversation group or attend both. We meet at St Christopher's Church, Moorgate Avenue, from 10.30 – 12.00 on the 2nd and 4th Fridays of the month. Andrew Bradbury [REDACTED]
PHILOSOPHY	This group meets at 1.30 pm at Withington Library on the third Tuesday of the month. Sandra Grant [REDACTED]
PLAYREADING	Meetings are at Withington Library at 1.30 on the third Tuesday afternoon of the month. Numbers are limited for this group, but please contact the group leader to register your interest. . . . Helen Nicolson [REDACTED] (text or leave a voice message as I do not answer unknown numbers)
POETRY APPRECIATION	Poems on a chosen theme are discussed on the 1st Monday of the month from 11.00-12.30 at Victoria Grange, Barlow Moor Road, and alternate months at meetings via Zoom. The group is currently full. Contact group leader to go on waiting list. Lynne Taylor [REDACTED]

POETRY WRITING	This group meets on the 2 nd Friday of the month from 2pm – 4pm at Withington Library Paul Grace [REDACTED]
PSYCHOLOGY	This group meets on the 1st Monday of the month at 2 pm via Zoom and the 4th Monday of the month face to face at East Didsbury Methodist Church, Parrs Wood Road at 1pm. Beryl Cowen [REDACTED]
SINGING FOR FUN	This group meets on the 2nd and 4th Tuesdays of the month at 2 pm. Judith Newton [REDACTED]
SPANISH CONVERSATION	This group meets on the 1 st and 3 rd Thursdays of the month at 2 pm at the Slug and Lettuce in Didsbury. Debbie Delange [REDACTED]
TABLE TENNIS AND BADMINTON	Every Tuesday from 10-12, this group meets at the Armitage Centre, Moseley Road, Fallowfield. Equipment can be provided and the cost per session is £3.50. June Slatter [REDACTED]
TAI CHI	Gentle exercise which benefits balance and calmness at the Lower Hall, Emmanuel Offices, behind the church from 1-2 pm every Tuesday. Peggy Foster [REDACTED]
UKULELE	Would you like to strum and sing along with the ukelele group? Beginners are welcome. We meet from 10 – 11.15 at the Upper Hall of Emmanuel Parish Centre, behind the church, every Thursday. Gerard Allcock [REDACTED]
WALKING FOR HEALTH 1	Walks of around 3 miles are enjoyed by this group on the last Tuesday of every month. Details are given in the newsletter. Ian Burn [REDACTED]
WALKING FOR HEALTH 2	This group meets on the second Wednesday of every month to follow the same route as Walking for Health Group 1. Anne Clarke [REDACTED]

Answers to Summer Quiz

1. St Ives
2. Robin Hood Bay
3. Padstow
4. Newquay
5. False - it's 75 miles
6. Three piers
7. Llandudno
8. Pontins
9. Prestatyn
10. Saucy postcards

Before I die I am going to eat a whole bag of unpopped popcorn. That should make the cremation a little more interesting.

Now that I've got older, everything's finally starting to click for me. My knees, my back, my neck.....



August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Ukulele 10:00 - 11:15 Circus Skills (note new session time) 14:00-15:00. St. Nicholas Church Spanish Conversation 14:00 Slug & Lettuce</p>	<p>2 Bridge 10:00 – 12:00 (Every Friday) Italian Conversation 10:30 Getting by in Welsh No meeting this month. Keep Fit 11:30</p>
<p>5 Anglo Saxon and Medieval History. No meetings this month. Poetry Appreciation 11:00 Victoria Grange Psychology. No meeting this month.</p>	<p>6 Table Tennis / Badminton 10:00 TaiChi 13:00-14:00 General Meeting 14:00- 16:00 Didsbury Baptist Church</p>	<p>7 Book Group 1. Meg's house 10:30. Bird Watching & Nature. 11:00–12:00 If interested, contact Rita: [REDACTED]</p>	<p>8 Ukulele 10:00 - 11:15 Book Group 3. 13:30 (Closed Group).</p>	<p>9 Parliamo Italiano No meeting this date. Keep Fit 11:30 Board Games 14:00-16:00 Parrswood Pub New: Poetry Writing 14:00-16:00</p>
<p>12 Creative Photography No meeting this month Improvers & Beginners' Bridge 13:30 - 15:30 (New players see below)</p>	<p>13 Table Tennis / Badminton 10:00 TaiChi 13:00-14:00 Singing for fun 14:00 – 16:00 Didsbury Baptist Church.</p>	<p>14 Walking for Health 2. See Newsletter</p>	<p>15 Ukulele 10:00 - 11:15 Circus Skills (note new session time) 14:00-15:00. St. Nicholas Church Egyptology No meeting this month Spanish Conversation 14:00 Slug & Lettuce</p>	<p>16 Bridge 10:00 - 12:00 (Every Friday) Italian Conversation 10:30 Keep Fit 11:30</p>
<p>19 Anglo Saxon and Medieval History. No meetings this month. Improvers & Beginners' Bridge 13:30 - 15:30 <i>Please Note: New players must email Hilary before the session date.</i></p>	<p>20 Table Tennis/ Badminton 10:00 *Lunch Club 13:00 → Albert's Didsbury TaiChi 13:00-14:00 Playreading 13:30 Philosophy 13:30 French Group 14:00 Pizza Express.</p>	<p>21 *Lunch Club If anyone is interested in coming, contact: [REDACTED] Art Appreciation 14:00 Didsbury Parsonage.</p>	<p>22 Ukulele 10:00 - 11:15 Current Affairs 13:30 Old Cock Pub Didsbury No Book Group 2 this month. Community Sing-Along 14:00 Buccleuch Lodge, M20 2XA</p>	<p>23 Bridge 10:00 - 12:00 (Every Friday) Parliamo Italiano (Andrew) 10:30-12:00 St. Christopher's Church Moorgate Ave. M20 1HE Keep Fit 11:30</p>
<p>26 Summer Bank Holiday</p>	<p>27 Walking for Health 1. See Newsletter Table Tennis / Badminton 10:00 TaiChi 13:00-14:00 Singing for Fun 14:00 – 16:00 Didsbury Baptist Church.</p>	<p>28 OVAS 15:30–17:45</p>	<p>29 Ukulele 10:00 - 11:15 No Chess this month. No Circus Skills this date</p>	<p>30 Bridge 10:00 - 12:00 (Every Friday) German Conversation 10:30 Nazarene. Creative Writing 10:30 Keep Fit 11:30 Cinema 12:15</p>