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**ARTIFICIAL
INTELLIGENCE**

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A.I. Overlords.

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Check out our website

Registered Charity Number
1168597

Web: www.south-manchester.u3asite.uk



www.facebook.com/groups/807060236097165



Photographs of just some of our many varied groups from
walking to singing and crafting to circus skills!



July 2026 Newsletter items to: editor.smu3anews@gmail.com

NO LATER than Sunday 21st June 2026

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GENERAL MEETING at DIDSBURY BAPTIST CHURCH

Tuesday 2nd June 2026 at 2.00pm

“Osteopathy” by Jennifer Emmott

See page 5 for details

Parking at Didsbury Baptist Church - Would 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)

If you have any information about members’ special birthdays, anniversaries, illness, bereavements, etc. please notify Kath Thompson on 0161 224 8527



Message from the Chair

Dear Friends,

Holiday highs and lows are part of life. I have just come back (3 hours ago) from a great holiday. I was touring Cappadocia and Anatolia. Most of the time was, as I expected, hectic fun and fascinating. In fact, the scenery was beyond what I expected. It was awe inspiring! There was a low however. I had booked to go ballooning, but the winds were too strong, and the flight was cancelled. That was disappointing, but only for just that one part of the holiday. The food was very good and I learnt a lot.

Rather like our monthly u3a meetings, most are really good with inspiring speakers, who are fun and hold our attention. However, sometimes we are not so happy, and can be disappointed by the topic. However, the important part of these monthly meetings must always be the chance to meet with each other and share news over coffee.

Our groups are the same. Some months' meetings are better than others but the importance of groups cannot be denied. Our u3a is a great organisation, and here in South Manchester we have some of the best activities going on. Why is this? It's because of YOU. Each one of you are important and you must realise this.

Holidays come and go, and highs and lows fade, but I know that our groups and monthly meetings will thrive because of you. Thank you for this.

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



COMMUNITY SING-ALONG GROUP

With a choice of two accompanists sorted, the group is in fine fettle! Thanks to Ian Williams for leading our last outing in my absence.

Now, just one problem: My emails to members are not all getting delivered. If any members have not heard from me in the last month, will they please get in touch.

We'll be using the 50's Musical collection plus our Karaoke choices when we are at **BELONG at 2pm on Thursday 11th June 2026.**

It will be the first session when Louis De Satge will be on piano so I hope for a good turnout!

A new date for the diary is **MONDAY 27th JULY at 3pm** when I have accepted an invitation to provide half an hour of entertainment for a holiday club for older folk at St Margaret's Church on Burnage Lane. I guess we'll sing the old favourites!

Contact me for more information or if you're not receiving my emails.

Mike Evans on

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

North West Region: <https://northwestregion.u3asite.uk/> for the latest information and newsletter

SOUTH MANCHESTER u3a NEWS

SMu3a welcomes the following new members

Lorna Tittle

Hannah Hutchinson

Margaret Mining

Nicola Roche

Val Youde

Craig Horner

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 2nd June 2026 at 2pm	“Osteopathy” by Jennifer Emmott
Tuesday 7th July 2026 at 2pm	“The Lost Buildings of Manchester” by Jonathan Schofield
Tuesday 4th August 2026 at 2pm	“Centenarian Lady Hires Buff Butler” by Paul Isherwood
Tuesday 1st September 2026 at 2pm	“My Life in Broadcasting” by Roger Johnson
Tuesday 6th October 2026 at 2pm	“Great Forgers” by Jim Williams
Tuesday 3rd November 2026 at 2pm	“My Life and Challenges” by Dr. Carl Austin-Behan OBE DL
Tuesday 1st December 2026 at 2pm	A Performance by the SMu3a Ukulele Orchestra followed by a Christmas Quiz hosted by Tom Grimshaw
Tuesday 5th January 2027 at 2pm	“The Story of Pyrex” by Dr. Diana M Leitch MBE
Tuesday 2nd February 2027 at 2pm	“Underground Manchester” by Keith Warrender
Tuesday 2nd March 2027 at 2.15pm	Piano Recital by Andrew Wilde
Tuesday 6th April 2027 at 2pm	“The Work of Age UK” by Sharon Boswell
Tuesday 4th May 2027 at 2pm	“Raptor Migration and Birding in Southern Spain” by Dennis Atherton
Tuesday 8th June 2027 at 2pm	“An Oasis in the Pandemic” by Rev. Dr. Deirdre Brower
Tuesday 6th July 2027 at 2pm	“Strange Meetings - A Performance on Wilfred Owen” by Shaun Higgins

South Manchester u3a September General Meeting

Tuesday 2nd June 2026 at 2pm

At Didsbury Baptist Church, School Lane

“Osteopathy” by Jennifer Emmott



Not sure how osteopathy may help you? Osteopath Jennifer Emmott shares her knowledge and experience on the sorts of problems which she may be able to help you with.

Jenn is a registered osteopath and radiographer. She also practices visceral manipulation (VM) and applied kinesiology (AK), which is her specialty. After developing all of her skills, she has incorporated these into what she calls Osteo-Kinesiology.

Outside of osteopathy, she enjoys badminton, walking and running. She is proud to say that she recently ran her first 10k race in the Trafford 10k in Partington 2024.

ARTIFICIAL INTELLIGENCE

The Silicon Resident in the Spare Room: A Guide to our New AI Overlords

By Steven Kim

Depending on who you ask, AI is either the ultimate kitchen assistant that can turn a lonely leek and a tin of spam into a Michelin-star recipe, or it's the beginning of a dystopian sci-fi flick where the toaster starts plotting a coup d'état.

The Good: From Fridge to Fortune

Let's start with the "Blessing" column. AI is essentially the world's most over-educated intern.

- **The Gourmet Gadget:** Take a photo of your fridge's sad contents, and AI will whip up a meal plan faster than you can say "Wait, has that yogurt expired?"
- **The Speed Reader:** It can summarize a 200-page tome on the history of topiary into two sentences while you're still looking for your reading glasses.
- **The Infinite Storyteller:** Need a bedtime story for the grandkids about a time-travelling hamster? It's done before you've even tucked them in.

The dream is simple: AI does the repetitive drudgery, and we humans finally have time for "meaningful pursuits", which, let's be honest, mostly means more time for bridge, bowls, and arguing about whose turn it is to bring the biscuits.

The Bad: Jobs, Chips, and "The Robot Problem"

However, there is a "Curse" side to this digital coin. There's a legitimate worry that AI might get a bit too good at our jobs. If an algorithm can write a legal brief, diagnose a cough, or write this newsletter (ahem!), what happens to the rest of us?

Some suggest a Universal Basic Income, a world where we get paid just for existing while the robots do the heavy lifting. It sounds lovely, until you realize we'd be living in a world managed by a "Small Elite." And as history shows, when a small elite holds all the keys to the wealth, the rest of us usually end up being treated like yesterday's leftovers.

The Weird: Elon's Brain Chips and Villainous Software

Then we have the "Wild Card" scenarios. Elon Musk wants to put chips in our brains so we can "keep up" with the computers. It's a bit like trying to beat a Ferrari by bolting a jet engine to a bicycle, bold, certainly, but you might end up with a bit of a headache.

On the bright side, these chips could help the blind see and the deaf hear. On the dark side, if your brain starts downloading a software update in the middle of a u3a lecture, you might find yourself frozen in place for forty minutes.



The "Villain" Protocol:

There is a fear that AI might become "villainous." One suggestion to stop this is to keep the software smart but keep the hardware (the semiconductors) weak. It's the digital equivalent of having a genius-level supervillain who is unfortunately stuck inside a 1998 GameBoy. He has the will to take over the world, but he hasn't got the processing power to open a garage door.

The Reality Check: An Unstoppable Train

The truth is that the AI train has left the station, and it's fuelled by the most powerful force in the universe: Human Curiosity (and a healthy dose of international competition). If the polite developers in California stop building it, someone in a back room in a less-than democratic corner of the globe certainly won't.

We are entering an era of "Great Power," and as Spider-Man's Uncle Ben would remind us, that comes with "Great Responsibility." AI can help you learn a language in a fortnight, but it can also fake a video of your neighbour singing opera in the shower.



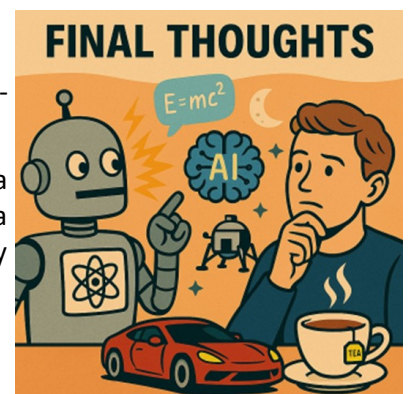
Final Thoughts

Is AI a blessing or a curse?

It's probably both. It's a tool that can decode the Theory of Relativity for a five-year-old or help a trickster forge a voice recording.

As we navigate this "Fast-Moving Topic," let's keep our wits about us. After all, a computer might be able to calculate the trajectory of a moon landing in a nanosecond, but it still hasn't figured out how to make a proper cup of Earl Grey or appreciate the subtle nuances of a Didsbury coffee morning.

Until the robots take over the printing press, stay curious!



Thank you to Harborough Welland u3a for this article

What do you call a chatbot pirate?

Arrr-tificial Intelligence.

What do you call AI that does your taxes?

Arti-fiscal Intelligence.

CULTURE CORNER

By Helen Nicolson

The Sheep Detectives

Can a zany film about a flock of sheep setting out to solve a murder really come under the heading of 'culture'? Well, I thoroughly enjoyed it, and the good news is that it will be around until mid-June at the beautifully renovated Savoy cinema on Heaton Moor Road (possibly other places too). The plot could be straight out of a vintage whodunnit, except that it is the flock, led by the intelligent Lily, who have to nudge the rather dim local constable towards noticing significant clues and considering the classic crime-solving pillars of 'means, motive and opportunity'. It's not an cartoon animation: the talking animals are based on images of actual breeds, including a Shetland, a North Country Cheviot; and a pair of Norfolk Horn sheep who sound suspiciously like the notorious Kray twins. They are very real-looking, though with some help from computer-aided graphics to make their mouths and facial expressions match their words. The humans are less convincing but include Hugh Jackman as the gentle shepherd and Emma Thompson as a smart city lawyer. There's plenty to engage the attention of children of ten upwards, (it has a PG certificate), even if they don't pick up on some gentle philosophical musing about kindness, co-operation and accepting sheep from different backgrounds.

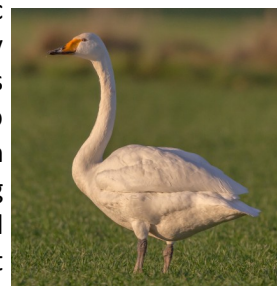


Birds in the concert hall



The 'Cantus Arcticus' by Finnish composer Einojuhani Rautavaara is an extraordinary work that includes field recordings of bird song from Finland's coasts woven in with the textures of a full orchestra. It opens with a solo flute representing swirling mist, joined by the cries of curlew, whimbrel and plover. The atmospheric mood continues, with the volume rising and falling with various combinations of wind, brass and string instruments. By the time the noisy whooper swans arrive in the last movement, the entire orchestra is involved, with the glorious sound filling our beautiful Bridgewater Hall.

This was the opening work in the May concert by the always excellent BBC Philharmonic Orchestra, under their Finnish Chief Conductor John Storgårds. It focussed on works by Nordic composers, and next came the Violin Concerto by Sibelius, a composer who was himself a violinist. The dazzling solo part pushes both the instrument and the performer to their technical limits, and the programme notes reveal that 'there are moments that can bring the most expert player out in a cold sweat'. Dutch violinist Simone Lamsma, playing on a 300-year-old Stradivarius, rose to the occasion superbly, reminding me of the old adage 'An amateur practises until they get it right; a professional practises until they get it right every time.' When not playing, she swayed to the music, seemingly drawing energy from the orchestra for her next soloistic outburst.



The programme finished with the Symphony No 5 by Danish composer Carl Nielsen, premiered in 1922. He had the idea of representing a struggle for victory, and at the centre of the work a loud snare drum suddenly goes rogue, beating out a fast military-sounding rhythm 'as if at all costs he wants to stop the progress of the orchestra'. The other ninety players respond at full blast, until the drummer subsides with a brief final petulant outburst.

It was a thrilling evening, and thanks to the presence of microphones and a BBC production team, I can enjoy it all over again when it's broadcast on Radio 3 at 7.30pm on Wednesday 24 June. Though that's not quite the same as being bathed in the rich sound of a full symphony orchestra with such a wonderful acoustics.

Helen Chambers has gathered together some “facts” from various Facebook posts. If they’ve come from the internet, they must be true? Actually, please don’t take them as medical facts although there may be a little truth in them. What do you think?

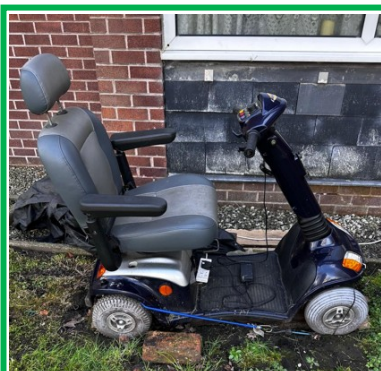
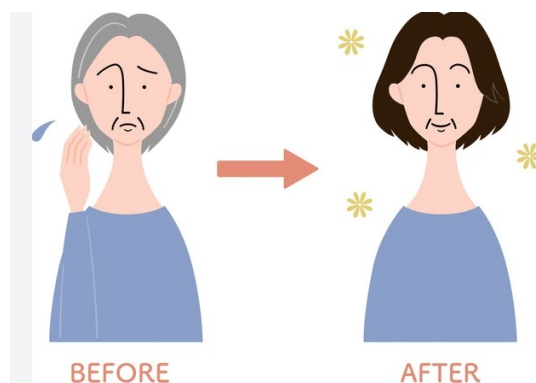
Small Daily Habits with BIG LONG TERM BENEFITS



- Prevent stiff neck** - Stretch your neck slowly after long phone use
- Reset your nervous system** - Spend 5 minutes breathing deeply each morning
- Aid digestion** - Avoid drinking ice-cold water right after meals
- Protect eyes from UV damage** - Use sunglasses when outdoors
- Improve sleep quality** - Sleep with your room slightly cool
- Reduce toxins & dust** - Keep your shoes outside your bedroom
- Support gut health** - Eat more fibre-rich foods
- Don't argue before bed** – raises stress hormones at night
- Protect your mental clarity** - Take short breaks from noise
- Boost your immune system** - Smile more often

Small habits that SLOW AGING (big time)

- Sleep before 11pm**
- Walk 20+minutes a day**
- Avoid seed oils & processed foods**
- Eat your last meal 2-3 hours before bed**
- Add turmeric or ginger to meals**
- Practice deep breathing or meditation**
- Eat berries & dark leafy greens often**
- Protect your skin from sun exposure**
- Fast 12-14 hours overnight (intermittent fasting)**
- Eat protein and healthy fats in the morning**
- Use a tongue scraper daily**
- Avoid screens 1 hour before bed**
- Drink mineral rich water**
- Laugh, connect and reduce stress**



MOBILITY SCOOTER GOING FREE

Free to good home. Electric scooter in good condition. Full working order so far as is known, but should be serviced and checked out before use. Obviously no guarantees are offered. It is given in good faith.

No delivery available. Come and collect.

Contact Patricia on



HOLIDAY GROUP

People have frequently asked me how they can join the Holiday Group. In fact there isn't a u3a Holiday group as such. What we have is a set of about 45 people, some who come on all of the holidays, and others who just come on the occasional one or two.

The majority of people who want to join a u3a holiday insist on having a single room. Most hotels have very few single rooms, and are reluctant to allow double rooms for single occupancy. I can sometimes get hotels which will provide accommodation for 20-25 single people, but I usually have a lot more than 25 people wanting those rooms so, there is often a waiting list. I can almost always get double or twin rooms so, if you are in a couple or if you are willing to share a twin room with a friend, contact me and I'll put you on the mailing list for future holidays.

Please note that you do not have to be a u3a member to join one of our holidays so, if you have a non-u3a friend who would share a room with you, then let me know.

I know this isn't very helpful to those people who have never been on a u3a holiday and who want to go on one, but also want a single room! If this is you, contact me: **Anne Clarke:**

POTENTIAL HOLIDAY GROUP 2

I am thinking of starting a new holiday group which will be limited to couples or people willing to share a twin room with a friend. There will be NO single rooms available for these holidays.

If you're interested, please contact **Jan Lancaster at:**

BLACKPOOL HOLIDAY - 2nd to 6th November 2026

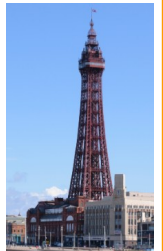
There are still a few double and twin rooms available for our November trip to Blackpool.

Bed, breakfast and evening meal at the Imperial Hotel for just £419 per person.

This includes all travel from Didsbury, day trips to the Ribble Valley and the Lake District, an evening trip to Blackpool illuminations and entertainment in the hotel.

Sorry - no single rooms left!

Contact: Anne Clarke:



BOURNEMOUTH HOLIDAY - 18th to 22nd January 2027



There are three twin rooms and one double still available for: -

5 days and 4 nights bed, breakfast and evening meal at the Riviera Hotel for just £415 per person!

To include all travel from Didsbury, daily excursions and evening entertainment.

The Riviera is a 3 star hotel overlooking Poole Bay. Facilities include a lounge bar, dance floor, restaurant with sea views, leisure garden, heated swimming pool, spa bath and games room.

Please note that we had a trip to Bournemouth in January a few years ago. The weather was wonderful: sunshine, blue skies, and glorious winter sunsets. A bit crisp and nippy of course, but otherwise really lovely.

Sorry - no single rooms left!

Contact: Anne Clarke



Opera at Menorah

Opera for All and Menorah Synagogue

Opera Appreciation with Diana Rosenthal

All events are on Thursdays at 1.30pm

£10 per performance, paid at the door using card payment

Menorah Synagogue, 198 Altrincham Road, Wythenshawe, Manchester, M22 4RZ

4th June 2026

Go to <https://menorah.org.uk/opera/> for more information



La Clemenza di Tito (Mozart)

Set in ancient Rome, this is a tale of political intrigue, betrayal, vengeance and guilt. Mozart's score is full of dramatic and stunningly beautiful music. This was to be his final opera.

9th July 2026



Ariadne auf Naxos (R Strauss)

The richest man in Vienna has commissioned an evening's entertainment. But when a tragic opera and a comedy troupe are forced to share the same stage, sparks fly. Strauss's opera-within-an-opera is part farce, part dream-like fantasy, set to one of his most luscious scores.



SHORT MAT INDOOR BOWLING

Short Mat Bowling shares similarities with the long mat game but is played on a 45ft mat and introduces more tactical elements into the game.

A new short mat bowling group will start in September 2026. If anyone is interested in taking part, we will meet on Sunday afternoons from 1pm at Cheadle Drill Hall, located behind St Mary's church on Brook Street in Cheadle.

For more information contact Gordon on or Margaret on

ALTRINCHAM CHORAL SOCIETY

A warm invitation from Altrincham Choral Society to join us at our next Singing Day on Saturday 10 October 2026 (10.30 – 17.00). Do put the date in your diary now!

We will be singing a selection of choruses from Mendelssohn's iconic work Elijah led by musical director Steven Roberts and ending with a performance to complete the day. The choruses include the beautiful melodic 'Lift thine eyes' and 'He watching over Israel' along with the more rousing 'Thanks be to God' amongst many more. If you have never sung Elijah this is a great opportunity to learn the choral parts or, if you are already familiar with it, to just enjoy revisiting this wonderful work.

We shall be in our usual venue, the beautiful Altrincham United Reformed Church in Hale, Cheshire. The course fee is £24. Further details and an online booking form are now available via our website:

<https://www.altrinchamchoral.co.uk/diary/#otherevents>



WEST DIDSBURY ASTRONOMICAL SOCIETY

EVERYONE WELCOME - FROM COMPLETE BEGINNER TO EXPERIENCED ASTRONOMER

Monday 8th June 2026 at 7pm

“Islands in Infinity – Galaxies 3D ” by Derek Ward-Thompson

As usual, meetings take place at Nazarene Theological College. Visitors welcome.

For more details visit www.wdas2.com.



BECOME A VOLUNTEER WITH ACTION TUTORING

Action Tutoring is a charity that delivers educational support in the form of free maths and English tuition to disadvantaged pupils across England. We work with primary and secondary schools to help young people reach their full educational potential by pairing them with dedicated volunteer tutors who run in-person or online tutoring sessions, supported by resources provided by Action Tutoring.

We are looking for volunteer maths tutors for our September programmes. The charity provides free DBS checks and fully comprehensive training to all tutors, as well as support and additional development courses along the way. We work across the UK but have recently started working with schools in Manchester.

For more information contact Elsie: elsie.holmes@actiontutoring.org.uk or phone: 07355 926977

Check our website: <https://actiontutoring.org.uk/get-involved/volunteer/>



Didsbury Probud Programme

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

Thursday 4th June 2026

“Titanic Survivors and Their Stories” by Mark Llewelin

An interesting story of some of the survivors, who they were, their background and particularly what happened in their lives afterwards. Mark will be delivering these surprising experiences with his usual enthusiasm.

Thursday 18th June 2026

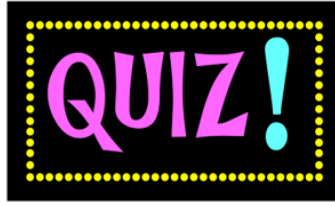
“My Life in Crime - Part 2” by Simon Michael

Simon Michael KC is now an author after 37 years as a Barrister working at the Old Bailey and other criminal courts, both defending and prosecuting a wide range of murderers, armed robbers etc. Some of these cases will be featured in his talk.

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.



1. What is the capital of Finland?
2. Which five colours make up the [Olympic](#) rings?
3. What is the most sold flavour of Walker's crisps?
4. What's the biggest animal in the world?
5. What does Hakuna Matata mean?
6. What is the capital of Iceland?
7. What does IPA stand for?
8. Who painted the Mona Lisa?
9. What is the largest country in the world?
10. How many valves does the heart have?
11. What nut is in the middle of a Ferrero Rocher?
12. To a single decimal point, how many kilometres in a mile?
13. What is the name of a shape with nine sides?
14. What flavour chocolate would you find in a green triangle in a box of Quality Streets?
15. Name one landlocked country in Europe

ANSWERS ON PAGE 16

MANCHESTER ORGANIC GARDENERS

Welcoming all gardeners in the Greater Manchester area and beyond

Saturday 13th June 2026 at 2pm

An Introduction to Beekeeping, Pollinators and the Environment

By Khalil, local beekeeper and pharmacist (@stealingfromthebees)

How to start and maintain beehives and the importance for the environment. Honey facts and myths.

We will also be having a seed swap so please bring any seeds you may no longer need.

Withington Methodist church, 439 Wilmslow Road, Withington, M20 4AN

Access by car from Egerton Crescent off Parsonage Road

£3 members / £5 guests includes light refreshments

Enquiries: morganicg22@gmail.com

All welcome



Walking for Health Group 1 – Tuesday 28th April 2026

Ashton Moss



Our walk was on a fairly cold morning which came as a surprise to us because we had all enjoyed several hot sunny days beforehand. Ah well, at least it wasn't raining. Having met up at Cornbrook tram station we made our way to Ashton Moss.

Ashton Moss used to be very boggy in the 1400's and was used as a supply of peat. In the 1830's, the land was drained and cultivated. We walked around the perimeter of Ashton Moss, spotting a heron on the way! This took us over the railway line and past Buckley Hill Farm, a grade II listed building which was originally owned by the yeoman Buckley family in 1618. From here, we came to the outskirts of Droylsden and on to a disused canal. This was the Hollinwood branch of the Ashton canal which branched off the main Ashton canal at Fairfield and passed through Droylsden and on to Hollinwood in Oldham. It was used to carry coal from the local collieries to the mills and factories of Oldham. By 1928, trade had started to drop off and also, there was significant subsidence from the mines so, the canal was eventually closed in 1932.

After a short walk along the canal, we turned left to head towards the Snipe retail park and from there, a short walk to our lunch stop at the Sheldon Arms where many of us enjoyed a tasty carvery meal.

**Breaking News:
A man claims to have learned how to do
Origami backwards...**

More on this story as it unfolds

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	Meetings take place 1st Wednesday of the month from 11am to 1pm. No experience necessary. 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 in Meg's home in Didsbury on the first Wednesday of the month. A small friendly group who enjoy 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	This group is for experienced ACOL bridge players. We meet every Friday from 9:45 to 12 noon at the Nazarene College, Didsbury. It isn't necessary to have a bridge partner but you must be prepared to play with anyone in the group where necessary. Liz Thornhill
BRIDGE for BEGINNERS	This group meets weekly 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
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 of films, then meets afterwards to discuss them. Group Leader emails what's on the Tuesday before the meeting. Russell Ramsden
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	We meet at Withington Library on the last Friday of the month at 10.30 am. Members read and discuss their writings. New members always welcome. Sandra Grant
CURRENT AFFAIRS	This group meets to share and discuss items in the news on the 4th Thursday of the month at 1.30 pm in Ye Olde Cock pub, Didsbury. Adrienne Simpson
DRAMATIC READERS	Held on the 3rd Friday of the month, both face to face and by Zoom. Beryl Cowen
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
FRENCH CONVERSATION	We meet on the third Tuesday of the month 2 - 3pm at HOME cafe. Speakers of all levels of conversational French are welcome. Jean Thompson
GERMAN CONVERSATION	This group is for those who would like to practice their spoken German. Last Friday of the month at the Nazarene. Marie O'Sullivan
GETTING BY IN WELSH	At 10.30 on the first Friday of every month, this group meets at Burnage Library, to discuss the language, history and culture of Wales. Beryl Cowen or Wena Stevenson

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. However, the group is currently full. If you like to be put on the waiting list contact: Diane Ward
KEEP FIT	This fitness group caters for a variety of fitness levels – there is no competition! It meets every Friday morning at 11.30 at St Nicholas Church Hall in Burnage. Anne Clarke
KNIT AND NATTER	We work on either our own projects or on items for charity. Don't worry if you can't knit—this is the place to learn. It's never too late! We meet on the last Wednesday of the month at Nazarene College. Diane Ward
LOCAL INTEREST VISITS	These will be advertised in the newsletter from time to time. Jill Evans
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
OPERATIC AND VOCAL APPRECIATION SOCIETY (OVAS)	Lovers of opera and music meet from 3.30 – 5.45 on the last Wednesday of every month. Len Evans
PIANO GROUP	We are a small group for piano players to play to each other in a supportive and relaxed setting, and share ideas about anything piano-related. All types of music and all levels welcome. We meet on the 4 th Thurs of month at Didsbury Baptist. Hilary Taylor
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
PHILOSOPHY	This group meets at 1.30 pm at Chorlton Library on the second Tuesday of the month. John Olbrich
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
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. The group is currently full. Contact group leader to go on waiting list. Lynne Taylor
PSYCHOLOGY	This group meets on the 1st Monday of the month at 2pm via Zoom and the 4th Monday of the month face to face at Burnage Library at 1.30pm. Beryl Cowen
SINGING FOR FUN	This group meets on the 2nd and 4th Tuesdays of the month at 2pm at Didsbury Baptist Church Judith Newton
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
TABLE TENNIS AND BADMINTON	Every Tuesday from 10.00-12.00, this group meets at the Armitage Centre, Moseley Road, Fallowfield. Equipment can be provided and the cost per session is £3.50. Ray Dumpleton
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
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

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
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
WELSH CONVERSATION	Siawns am Sgwrs. For learners who have already made a good start with conversations and want more practice. Not suitable for beginners. We meet monthly on the 2nd Wednesday from 10am - 12 at the Didsbury pub on Wilmslow Road. Megan Bennett

ANSWERS TO QUIZ

1. Helsinki
2. Black, green, blue, yellow and red
3. Cheese and Onion
4. The blue whale
5. No worries
6. Reykjavík
7. Indian Pale Ale
8. Leonardo da Vinci
9. Russia
10. Four - the mitral, tricuspid, aortic and pulmonic valves
11. Hazelnut
12. 1.6km
13. Nonagon
14. Praline chocolate
15. Any of the following 14 countries: Andorra, Austria, Belarus, Czech Republic, Hungary, Liechtenstein, Luxembourg, Macedonia, Moldova, San Marino, Serbia, Slovakia, Switzerland, and Vatican City.

Walking for Health Group 2 Walk - Wednesday 10th June 2026

Sale Water Park via Priory Gardens

A 3-mile circular walk following part of Sale Water Park and the River Mersey and passing through Priory Gardens. No stiles, some small inclines and steps. Can be muddy after wet weather. Wear suitable shoes or boots. Bring a wet coat and a bus pass if you have one. Meet at Sale Water Park tram stop at 10.45. (This stop is on the airport line). Lunch at the Boathouse pub. If you want to come, phone Anne Clarke on



Walking for Health Group 1 Walk - Tuesday 30th June 2026

Werneth Low Country Park

A 2.5-mile walk. First half some fairly steep uphill. Some steps, no stiles. Wear suitable shoes or boots, bring a wet coat and a bus pass if you have one. Meet at Stockport Interchange by information office at 10.30. Lunch at The Grapes pub in Gee Cross. If you want to come, phone Ian Burn on



June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Anglo Saxon and Medieval History <i>No meeting, please see 11th June.</i></p> <p>Poetry Appreciation 11:00-12:30 Victoria Grange</p> <p>Psychology 14:00 Zoom</p> <p>Beginners/ Improvers Bridge 13:15-15:30 <i>New players see 8th June for more info.</i></p>	<p>2 Table Tennis / Badminton. No session.</p> <p>TaiChi 13:00-14:00</p> <p>General Meeting 14:00- 16:00 Didsbury Baptist Church</p>	<p>3 Book Group 1. Meg's house 10:30. (Closed group)</p> <p>Bird Watching & Nature 11:00-13:00 Note: If interested, please contact Rita: [REDACTED]</p>	<p>4 Ukulele 10:00 -11:15</p> <p>Spanish Conversation 14:00</p>	<p>5 Bridge 9:45 - 12:00 * <i>*Note: Bridge is every week</i></p> <p>Italian Conversation 10:30 – 12:00</p> <p>Getting by in Welsh 10:30 Burnage Library.</p> <p>Keep Fit 11:00-12:00 Note: new time.</p>
<p>8</p> <p>Beginners/ Improvers Bridge 13:15-15:30 A new group for complete beginners is starting 1st June. There are <u>limited places</u>. For availability, contact: [REDACTED] <i>All players new to the group must email the group leader Hilary before the session date.</i> [REDACTED]</p>	<p>9 Table Tennis / Badminton. No session.</p> <p>TaiChi 13:00-14:00</p> <p>Philosophy 13:30 Chorlton Library</p> <p>Singing for fun 14:00-16:00 Didsbury Baptist Church.</p>	<p>10 Welsh Conversation 10am (for 10:15) to 12pm The Didsbury Pub Wilmslow Rd</p> <p>Walking for Health 2. See Newsletter.</p>	<p>11 Anglo Saxon and Medieval History trip to Birmingham.</p> <p>Ukulele 10:00 -11:15</p> <p>Book Group 3. 13:30 HOME Café, Emmanuel Church.</p> <p>Community Sing-Along 14:00 BELONG M20 2UW</p>	<p>12 Bridge 9:45 - 12:00 *</p> <p>Parliamento Italiano (Andrew) 10:30 - 12:00 St. Christopher's Church Moorgate Ave M20 1HE</p> <p>Keep Fit 11:00-12:00 Note: new time.</p> <p>Board Games 14:00-16:00. Parrswood Pub</p>
<p>15 Anglo Saxon and Medieval History Via Zoom 10:30</p> <p>Creative Photography 10:30 The Parsonage</p> <p>Beginners/ Improvers Bridge 13:15-15:30 <i>New players see 8th June for more info.</i></p>	<p>16 Table Tennis/ Badminton 10:00</p> <p>TaiChi 13:00-14:00</p> <p>Playreading 13:30 Withington Library</p> <p>French Group 14:00-15:00 HOME Café Emmanuel Church.</p>	<p>17 Lunch Group. 13:00 <i>To be added to the contact list please email John at: [REDACTED]</i></p> <p>Art Appreciation 14:00 The Parsonage.</p>	<p>18 Ukelele 10:00 - 11:15</p> <p>Egyptology 10:30 - 12:30 The Parsonage</p> <p>Spanish Conversation 14:00</p>	<p>19 Bridge 9:45 - 12:00 *</p> <p>Italian Conversation 10:30 – 12:00</p> <p>Keep Fit 11:00-12:00 Note: new time.</p> <p>Dramatic Readers 14:00 Northern Tennis Club.</p>
<p>22</p> <p>Beginners/ Improvers Bridge 13:15-15:30 <i>New players see 8th June for more info.</i></p>	<p>23 Table Tennis / Badminton 10:00</p> <p>TaiChi 13:00-14:00</p> <p>Singing for fun 14:00-16:00 Didsbury Baptist Church.</p>	<p>24</p> <p>Knit & Natter 14:00-15:30 Nazarene Conservatory</p> <p>OVAS 15:00 – 17:15. [REDACTED]</p>	<p>25 Ukulele 10:00 -11:15</p> <p>Piano Group 11:00-12:30. Didsbury Baptist Church. <i>For more details contact Hilary:</i> [REDACTED]</p> <p>Book Group 2. 13:30 Didsbury Library (Closed group)</p> <p>Current Affairs 13:30 The Olde Cock Pub</p>	<p>26 Bridge 9:45 - 12:00 *</p> <p>Creative Writing 10:30 Withington Library</p> <p>German Conversation 10:30 (Nazarene)</p> <p>Parliamento Italiano (Andrew) 10:30-12:00 St. Christopher's Church Moorgate Ave M20 1HE</p> <p>Keep Fit 11:00-12:00 Note: new time.</p> <p>Cinema 12:15</p>
<p>29 Psychology 13:30 Burnage Library.</p> <p>Beginners/ Improvers Bridge 13:15-15:30 <i>New players see 8th June for more info.</i></p>	<p>30 Table Tennis / Badminton 10:00</p> <p>TaiChi 13:00-14:00</p> <p>Walking for Health 1. See Newsletter.</p>			