



THE UNIVERSITY OF THE THIRD AGE



Aintree U3A

MARCH 2018

<https://sites.google.com/site/aintreeu3a>

NOTICES

JOIN US FOR OUR MONTHLY MEETING ON THE FIRST TUESDAY OF THE MONTH 14:00 – 16:00 at Aintree Youth and Community Centre, Oriel Drive, Aintree.

MONTHLY SPEAKERS

- 1) The March talk on the 6th of the month, will be by David Oliver on Guide Dogs for the Blind and
- 2) April talk on the 3rd of the month will be by David Hearn on the Unsung Heroes of WW1

VOLUNTEERS NEEDED

We still need names on our tea/coffee making rota for the monthly meeting. Remember the more names we have the less often your turn comes round!! Please join us.

WELFARE

If you know of any member who is bereaved or ill, please contact Liz Wilson on 474 6843 or any committee member.

ANNUAL SUBS

Due on 1st April 2018

The subs this year are staying the same, £15 full member, £10 dual member (someone already a full member of another U3A) and we now have a joint membership (same address) £27.50 which is less £2.50 - this is the amount saved on a full membership with only having one magazine sent out.

At our February meeting 90 members heard Michael Murphy deliver a very interesting and funny talk on British Humour.

U3A OFFICIALS

Chair: Tony Byrne 526 8815
Vice Chair: Ian Roxburgh 474 6665
Treasurer: Ann Carter 523 2697
Secretary: Mike Morris 520 3100
Welfare: Liz Wilson 474 6843

Our next COMMITTEE meeting will be on TUESDAY, 20 MARCH 2018 at 10.00 a.m.

Our next MONTHLY meeting will be on TUESDAY, 3 APRIL 2018 at 2.00 p.m.

ART ACTIVE

Leader: Eddie Caldwell 526 8288
Venue: Aintree Y&CC
Days & times: Tuesdays 14:00 - 16:00 fortnightly. Next sessions: 13 and 27 March.
If you think you'd like to try your hand at painting come and meet up with us. Discover your own hidden talents and make new friends.

BRIDGE FOR BEGINNERS

Leader: Jane Jones 526 2530
Venue: Aintree Y&CC
Days & times: Mondays 13:00 - 16:00 We run classes for both beginners and improvers so if you fancy giving this amazing game a go, please get in touch.

CARD MAKING

Leader: Pat Williams 792 4806
Venue: Aintree Y&CC
Days & times: Tuesday
6 March 10.00 am-12 pm and
Tuesday 20 March 10.30 am - 12.30 pm.

This is a great way to socialise with people and learn new skills that could even save you money.

CRAFTS

Leader: Lesley Darley 284 3385
Asst: Kim Davies 523 8325
Venue: Aintree Y&CC
Days & times: Third Monday in the month 13.00 - 15.00 hrs
Next session 19 March 2018
Expert or beginner, everyone is welcome. Learn a new skill or revive an old one.

CINEMA GROUP

Leader: Carol Whitely 531 7066
We hope to have details of future screenings at the end of the month.

COMMUNITY GARDENING

Leader: Marion Elson 286 5267

Asst: Margaret Wagner 531 7449

The daffodils are resplendent and the crocuses are just beginning to appear. The flower beds were adorned with pizza boxes and coffee cups etc.!!! A litter pick was undertaken on Saturday, 24/2/18...around the shops and central reservation from Dunning's Bridge to Asda. Next litter pick is 31/3/18 and it would be nice to see more volunteers helping to keep the community clean.

GENTLE KEEP FIT EXERCISE

Leader: Tony Byrne 526 8815

Venue: Aintree Y&CC

Days & times: Mondays 09.30- 10.30 (09.00 - 10.00 on first Monday of every month).

Next sessions: 5 March (09.00-10.00) 19/26 March (9.30-10.30). The session on 12th March has been cancelled.

Gentle is our byword. All exercises done at your own pace.

GOLF

Leader: Ian Roxburgh 474 6665

Venue: Mossock Hall Golf Club

Days & times: Fridays 12:00 - 13:00
Everyone is welcome.

HOLIDAYS

Leader: Jane Jones 526 2530

A Taste of the Netherlands

24th - 29th June 2018

Join us for a six day break to the Netherlands staying at the 4* Fletcher Hotel just outside Amersfoort. Excursions include Amsterdam, Volendam, Zaanse Schans, and Arnhem with a guided tour of the open air museum. Cost is £485.00. Booking now open. Speak to Jane on 526 2530 for further details.

A date for your diary 20th - 24th

September 2018. Join us for a "Highlights of Hampshire" five day/ four night break next September staying at the 4* Norton Hotel just outside Winchester, on a half board basis, at a cost of £425. For additional information please pick up one of our flyers or ring Jane on 526 2530.

HOW DO I?

Leader: Sylvia McCormack
526 6194

Next meeting: Tuesday, 20th March, 2-4 p.m. Come & join us for a cuppa and a chat. Bring your problems.

Anyone interested in the Christmas pantomime please come along to this meeting.

PHOTO COMPETITION

**This competition is now closed.
Prize to be awarded on AGM date.**

OUT & ABOUT

Leaders: Marion Elson 286 5267
Margaret Wagner 531 7449

1) a tour of the Liverpool Athenaeum Club Wednesday 14/3/18 is fully booked and any outstanding monies must be paid today (6 March) £12.50, including afternoon tea.

Anyone with special dietary requirements please let Marion or Margaret know a.s.a.p.. Please meet at 13.50 in Church Alley (side of Primark) on 14/3/18.

2) Easter lunch arranged for Wednesday 11/4/18 at L20 restaurant @ £16.00 per head for a 3 course lunch including tea and coffee. There will also be a raffle. Arrive at 12.30 to be seated and served at 13.00 hrs. Maximum of 70 people.

NO REFUNDS FOR CANCELLATIONS.

3) Curry Night Friday 11/5/18 at the Holy Rosary ...music/song/dance...if you don't like curry just bring a sandwich ...and there will be cake for afters. See Marion/Margaret for the list, if we can't get enough interest then it will be cancelled.

SINGING FOR FUN

Leader: Eddie Caldwell 526 8288

Venue: Aintree Y&CC

Next session: March date still to be arranged as the last Friday in the month is Good Friday. We need more voices. All welcome to come along and practice for our concerts.

SPANISH

Leader: Rylda Blake 526 7513

Please contact Rylda for information.

U3A DINERS

Leader: Jan Jones 07815614857 - our next meal out will be at Trattoria 51 which is in Old Hall Street on Monday 19th March at 2.15 p.m. Meet at Old Roan Station for 1.33 p.m. train. The price is £11 for two courses and that includes a tip. See Jan for details, also it is pre-order.

UKULELE GROUPS

Leaders: Liz Wilson 474 6843 and Connie Cain 526 0575 - Groups 1 and 2 continue to meet at the Methodist Church every Tuesday evening at 6.30-8.30 pm. This decision has been taken to enable the two groups to be merged. However, Group 2 are still meeting on Mondays 2-3 pm in member's home.

WALKING GROUP

Leader: Mike Morris 520 3100

Days & times: Fortnightly on Thursdays. Next walks: 8th March - Hightown to Formby (4.5 miles); 22nd March - Carr Mill Dam (3 miles); 5th April Clieves Hills (7 miles). All three walks-meet at Old Roan Station at 9.50 a.m.

Our Walking Group website page now displays a link which gives "live" the train times from Old Roan station which could be useful in planning any trips, particularly in the event of extreme weather and services being changed to every half-hour or any other delays on the planned walking day. Please see:

<https://sites.google.com/site/aintreeu3a/groups/walking>

A new annual programme of walks is on our noticeboard. Anyone interested in forming a walking group should please contact Mike. The walks planned will take the fitness of all involved into consideration.

WINE APPRECIATION

Group One Leader: Liz Wilson

474 6843 - will meet on Thursday, 29th March at 7 p.m. in member's home,

Group Two Leader: Carol Ingham

531 9690 - will meet on Wednesday 21st March at 7.30 pm in member's home.

WRITING FOR PLEASURE

Leader: Iona James 526 7832

Do you find pleasure in the written word? Enjoy a good story? Thought you could do better? Come along and find out. We'd love to meet you. The group meets the 2nd Tuesday of the month at Aintree Y&CC. Next meeting: Tuesday 13 March from 11 am - 12.30 pm

PLEASE NOTE:

All activities are taken at your own risk. You are responsible for ensuring your own safety.

NON-U3A ACTIVITIES**TAI CHI**

Leader: Mike Woodward 476 4782

Venue: Aintree Y&CC

Days & times: Meets on Wednesdays at 13:30 - 14:30

LIBRARY

Venue: Aintree Y&CC

Days & times: Tuesdays 10:30 - 12:30 and Thursdays 14:00 - 16:00

JIGSAW CLUB

Venue: Aintree Y&CC

Days & times:: Tuesdays 10:30 - 12:30

BITS AND PIECES

A Photo Competition has been organised which is open to all Aintree U3A members.

The theme is "Wild life in your garden or the park".

See flyer on Centre noticeboard for all details. Open until 5 March. Prize to be awarded on AGM day. **THIS COMPETITION IS NOW CLOSED.**

The Third Age Trust has introduced a regular on-line national newsletter and all U3A members are being encouraged to register to receive it directly at u3a.org.uk/email.

Tony Byrne urged all members to read the latest national and regional newsletters. He added that the Lancashire and Merseyside Network continued to progress and was hoping to sponsor a number of events including a crafts day, a Liverpool 18th century history day and a quiz event at the Adelphi Hotel, Liverpool on 12 April (to be organised by the Huyton U3A). In addition, the Network was seeking the views of member U3As on the possibility of holding a Ball for Network members later in the year.

Tony also referred to a number of our own planned events including a St Patrick's night social at the Holy Rosary Club on 17th March and a curry night with live entertainment at the Holy Rosary Club on 11th May. In addition the How Do I? meeting at the Centre would initiate discussions about the possibility of staging an Aintree U3A pantomime later this year.

If anyone wants to submit news items a form has been created by Neil our web editor, on our newsletter page. This will enable us to view the submissions.