



## Stamford Third Age Group

# NEWSLETTER

Issue 79

ONLINE VERSION

September 2007

### CHAIRMAN'S COMMENTS

I hope you have all returned fresh and revived from holidays, house sitting, animal sitting, baby sitting or whatever activity the school holidays saw you indulging in. I think the Gardens of Delight at Burghley saw a good many of the U3A with their grandchildren. Word quickly got around that not only do the kids need a warm day, they need bathing costumes, towels and Croc shoes! We picked the right day and my granddaughter spent 5 hours there!

I remember a teaching colleague saying to me when she retired that she was looking forward to having the 1<sup>st</sup> of January as the beginning of her year and not September. But I'm afraid here in the U3A we do keep to the academic year and September is a time when the groups that have been in abeyance for the summer get started again and this year we have two news groups starting in September – Singing for Pleasure and Ballroom Dancing.

We are having a bit of a problem fitting people into the church for the monthly meetings. Some of the chairs have been taken out of the church and so there is less room downstairs. I was rather concerned at the last meeting that some of our less mobile members were forced to go into the balcony for the meeting. To overcome this problem we are

setting aside a few seats at the back of the church for those who find climbing stairs difficult. We would appreciate it if the more agile amongst us could make their way to the balcony.

And once more can I make an appeal for someone to take over the Theatre Group. Our recent trip to Cats with a full coach shows how much demand there is for this. The admin is quite simple. You book the seats well in advance at the theatre but do not have to pay until six weeks before the performance. Of course you also have to make sure that there is a coach available on the day you want to travel. We have had over 60 new members join us in the last few months, surely there is someone who is willing to continue this very successful group. For quite a few of our members this is the only way they can go on a theatre trip at a reasonable cost that does not involve an entire day's outing as we only go to theatres in our local region – eg Birmingham, Nottingham, Northampton, Milton Keynes, Cambridge etc. If you are interested please get in touch with me.

Regards,

Hendy Farquhar-Smith

t: 01780 756316

e: h@StamfordU3A.co.uk

### COMMITTEE MEMBERS

|                      |                      |
|----------------------|----------------------|
| Hendy Farquhar-Smith | Chairman             |
| Paddy Thompson       | Deputy Chairman      |
| Percy Moss           | Treasurer            |
| Sue Webster          | Minutes Secretary    |
| Chris Rippington     | Group coordinator    |
| Jim Guthrie          | Membership Secretary |
| Howard Jones         | Speaker Finder       |
| Sheila Halliday-Pegg |                      |
| Jill Haynes          |                      |

### MONTHLY PROGRAMME

|                                 |  |
|---------------------------------|--|
| <b>September 3<sup>rd</sup></b> | <b>A Wriggle and a Giggle</b><br>Tales of a worm farmer<br>Martin Clarke             |
| <b>October 1<sup>st</sup></b>   | <b>A Collection of Trivia from the Archives of Stamford Hospital</b><br>David Baxter |

Monthly meetings are held on the first Monday of the month at Barn Hill, except for Bank Holidays. Coffee at 10 am - the meeting will start at 10.30 am.

**Registered Charity Number: 1077090**

**October issue deadline 25 September**

To become a member and for subscriptions please contact Jim Guthrie:

t: 01780 752755 e: Jim@StamfordU3A.co.uk

Please send comments and contributions to the Editor: Hendy Farquhar-Smith

t: 01780 756316

e: h@StamfordU3A.co.uk

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### DISCUSSION GROUP

Please note that the Discussion Group meets on the third Wednesday of every month at 2.30 pm at the Tobie Norris in St Paul's Street.

The next meeting will be on September 19<sup>th</sup> to discuss

**'Was the medical profession morally right to enable a woman of 59 to have a baby?'**

For more information contact

Tony Barry

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### TRAVEL GROUP

#### Durham Trip

Overnight trip to Bowes Museum and Durham on 9<sup>th</sup> - 10<sup>th</sup> September. Dinner, bed and breakfast in the Durham Marriott, a 4 star hotel in the centre of Durham, £98 all inclusive. Double/Twin rooms possibly still available.

Pick up times: Danish Invader 8.20 am,

Bus Station 8.30 am.

There will be a meeting of the Travel Group on Tuesday 4<sup>th</sup> September at 10 am at Barn Hill in the lower hall. The agenda will include more details of the Croatian Holiday and voting for the location of the spring holiday. There will be a visual presentation of the events of the recent Austrian holiday. Everyone is welcome.

More details contact

Paddy Thompson

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### ART GROUP I

The next meeting of the Art Group 1, will be on September 4<sup>th</sup>. More details from

Marie Hare

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### CHRISTMAS ENTERTAINMENT

Once again we are looking for members of the U3A to entertain us at our December meeting.

If you would like to do your party piece get in touch with Rita Wood on .

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### SCIENCE GROUP

The Next meeting is the trip to Bletchley Park on September 13<sup>th</sup> September.

You will need to be at Bletchley Park by 10.30 am.

For all travelling and lift details see Percy Moss at his table at the Monday meeting on September 3<sup>rd</sup>.

Alternatively, contact him by phone ASAP on

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### CHRISTMAS LUNCH AT THE CROWN

This annual event will be held on Monday 17<sup>th</sup> December at the Crown Hotel. Please sign up for this at the September meeting and make your choice of menu. The cost will be £16.95 and full payment will be due in October. If you cannot make the meeting phone Paddy on .

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### ART HISTORY GROUP

The next meetings of the Art History Group will be on Wednesday,

#### September

12<sup>th</sup> Millais and Burne Jones

26<sup>th</sup> Lord Leighton

The meetings are held at the United Reformed Church Hall upstairs in the Livingstone Room.

Talks will start at 10.30 am, coffee from about 10.15, everyone welcome. For more information contact

Hendy Farquhar-Smith 756316.

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### SCOTTISH STRATHSPEY DANCING

The next meetings will be on

19<sup>th</sup> September, 3<sup>rd</sup>, 17<sup>th</sup> and 31<sup>st</sup> October

We start at 11 am in the large upper room at Barn Hill preceded by coffee in the Well. New members are very welcome - especially men.

All enquiries to

Graham Creedy

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### KEEP FIT CLASS

Every Wednesday 12.15 – 1.15 pm.

We start again on the 5<sup>th</sup> of September and those U3A members who would like to join us would be most welcome to actively take part or just come along to see what we do. This class started in February 2006 and has gone from strength to strength. We have a very friendly group and we all look forward to our weekly get togethers.

Our primary objective is to improve posture and circulation, strengthen arms and tummy muscles and generally improve our health by exercising to music. Our exercises incorporate gentle ballet movements which tone the whole body.

Marked improvements have been achieved by U3A members who attend this unique class and it has also benefited those with joint and mobility problems.

For more information ring Clare on

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### U3A BALLROOM DANCING

We plan to hold the first Ballroom dancing session on Wednesday 26<sup>th</sup> September at 2.30 pm. at the Roman Catholic Church Hall in Broad Street, and thereafter the fourth Wednesday in every month. Each session will last for 2 hours, the first hour tuition for beginners or those wanting to brush up, second hour dancing.

Cost is expected to be £3 per person, per session. If finances allow, we may be able to reduce this cost. Please contact

**Meg Atkins Moss**

Or **Maggie Colgrove**

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### SELF-HELP FOR HEALTH GROUP

The next meeting will be on Monday 24<sup>th</sup> September at Ryhall village hall. Please note that this is an unusual date. The meeting will be a participation session mostly, when we will be doing gentle exercises the Chinese way.

We will also be discussing "Alcohol - is it good for us?" Everyone welcome. For more information contact

Sheila Halliday-Pegg

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### FINANCIAL DISCUSSION GROUP

Our first meeting of the 2007/2008 session will be on Wednesday, 12th September at 2.15 pm in Priory Court, when we will be discussing Sustainable Development, led by Philip Dale. Our programme for this session includes discussions on Local Services, Energy Supply, Local Transport and other topics.

We meet on the second Wednesday of the month and welcome new members. Please note that we are a different group from the Discussion Group which meets at the Toby Norris.

For more details contact

Phillip Day

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### SINGING FOR PLEASURE

This group is having its first meeting on Thursday 13<sup>th</sup> September and thereafter every 2<sup>nd</sup> Thursday of the month from 10.30 am to 12.30 pm.

Please note the change of venue - we are now meeting in the Barnhill Methodist church.

Everyone welcome. For more details contact

Sheila Halliday-Pegg

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### CREATIVE WRITING

Taff Lovesey, a local children's fantasy writer, is coming to speak to the Creative Writing Group on Thursday 20<sup>th</sup> September at the Kingsmill Centre at 10.15 am.

Everyone interested in books and writing is welcome to come. There will be small charge for this meeting. More details from

Cynthia Nightingale on

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### THE MAGIC OF GILBERT AND SULLIVAN

Charity Concert at St Paul's Church, Lincoln Road, Peterborough on Saturday, 22nd September at 7.30 pm by a very experienced group - The Wandering Minstrels, who are currently appearing at the Buxton Festival. Admission £9 per person.

All proceeds to the Tower Cross Fund. Further details from

Dorothy Sterry-Blunt (until 17th September)

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### WORKSHOP FOR GROUP LEADERS

The East Midlands Region of the U3A is organising a Workshop for Group leaders on Thursday 18<sup>th</sup> October at the Winthorpe Community Centre (near Newark and easy to get to). The day will begin with coffee at 10 am and finish at 3.30 pm.

The Workshop will be for leaders of the following interest groups: Walking, Creative Writing, Music and History – including Local History, Social History and National History. The cost will be £7.50 including lunch which will be paid for by Stamford U3A for all those who would like to go.

Please get in touch with Chris Rippington on as soon as possible if you would like to go.

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### CHURCH VISITING GROUP

**September 28<sup>th</sup> Morcott Church 11 am**

Jean Farmer

All members welcome. After the visits lunch is organised nearby. If you need transport, or information, contact

Elaine Ward

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### GARDEN GROUP

Wednesday, September 19<sup>th</sup> bus to Chelsea to visit Physic Garden/Royal Hospital/shopping. Bus only £15.

Leave Stamford 8 am, leave London 6 pm. Details

Sandy Ellis

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### WALKING GROUP

**Programme Fridays 10 am**

**September 7<sup>th</sup> Black Horse Greetham**

Marion and Roger Teesdale

**September 21<sup>st</sup> Apethorpe Church**

Derek Warrick

**October 5<sup>th</sup> Fox and Hounds Exton**

Margaret Harkey

**October 19<sup>th</sup> Red Lion West Deeping**

Aileen Marriott

The walking group had a very enjoyable day in good weather at Foxton Locks.

Chris Rippington

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### COUNTRY DANCING

The next meeting of this group will be held at the Roman Catholic Church Hall at 10.30 am on Tuesday 18<sup>th</sup> September. Everyone welcome - more information contact

Mary Rowe

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### STROLLERS

The next walk will be in Castle Bytham on September 14<sup>th</sup>. Meet at the Castle pub at 11 am.

More information from

Anna Bridger

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