



Sandbach and District U3A Newsletter



January 2017

Happy Christmas

Since this newsletter is issued before the end of December, it is appropriate for the Committee to wish all members a very happy Christmas and a healthy and prosperous 2017.

Members' Meetings

Sandbach U3A's December began with the Brass Band filling the Town Hall to capacity as it presented 2016's carefully chosen programme of Christmas music. As ever, the concert was much appreciated, with a wide selection of favourites, some with less well known arrangements. The audience, of course, matched (well almost matched) the enthusiasm of the band as they were invited to sing two carols. The members of the band themselves looked so smart in their blazers with their music stands emblazoned - we were proud of them all!

The 'catering staff' - some wonderful members volunteering each month to provide refreshments - were not deterred by the large numbers of attendees, and delivered Christmas goodies with their usual cheery smile and a kind word for old and new members.

Now... what do these towns have in common: Derby, Clitheroe, Ayr, Dunfermline, Motherwell, Bournemouth, Hull, Hove, Merthyr, Bangor...

To find out, do come to January's Members Morning (Monday 9th January, 10 for 10.30, in the Town Hall) where our speaker will explain all and much more besides.

Val Williams

Outings

No new outings have been arranged since the last newsletter was issued but you should be aware of the following dates when tickets will first go on sale:

- Wednesday 11th January (Funny Girl theatre trip £41)
- Wednesday 8th February (Train Trip to Bury Market £25)

To contact Sandbach U3A

Phone: 0844 58 60670 (Calls cost 5p/min. Leave a short message and we will ring you back)

Email: SandbachU3A@hotmail.co.uk

Newsletter items should be sent to newsfeed@sandbachu3a.org.uk or by text message to 07929 599026 by the end of the third week of each month.

Membership Contact Details

From time to time members' contact details change – home address, phone number or email address.

If any of your contact details change, please let the membership secretary know either by emailing sandbachu3a@hotmail.co.uk or by putting a note in the box in the library so we can update the records and keep in touch with you.

Also, please inform the leader of any groups you are a member of, if your phone number or email address changes.

New Year Resolution

The U3A self-help ethos encourages all members to contribute to the activities of the groups to which they belong. The group leaders have volunteered to run their group but their job would be easier if members help where they can e.g. to get equipment out and put it away.

No doubt this is the normal way groups operate, but it bears repeating to new members that everyone should give assistance to the leader when they are able.

Almoner

Sandbach U3A has a long-serving almoner – Kay Bayliss -, who sends cards to members suffering illness or bereavement. To ensure that she gets to know about members who need her service, please let us know by contacting Kay directly or by using the contact details at the bottom of page 1 of this newsletter.

Registers (Group Leaders Only)

To ensure that the treasurer – Louise Adams - can keep a grip on the finances, please send your completed registers to her via sandbachu3atreasurer@live.co.uk (for electronic registers) or via the box in Sandbach library (for paper registers). Louise would like to have them all gathered in by the end of January 2017.

Group News

Sandbach U3A Singers

- Our singers are looking for a new tutor to mentor them. If you can help please contact groups.co-ordinator@sandbachu3a.org.uk

Walking Football

- Are you interested in getting a little more exercise? We are still taking names (not red cards) for a walking football group. This involves short games and is more about passing the ball than tackles and stamina. Both men and women have already signed up for this group.
- If you think you might be interested or need further information, please register your interest via groups.co-ordinator@sandbachu3a.org.uk

New Yoga Group

- There is a new yoga group starting on Wednesday 11th January in St.Mary's Church Hall. 13:30 – 15:00 weekly. Please contact yoga.3@sandbachu3a.org.uk

Circle Dancing

- Circle Dancing is a very enjoyable activity; anyone can join in, no partner needed. It's also good for co-ordination and memory. Most people find they can enjoy the dancing straight away without previous experience. We dance to some wonderful music from Greece, Israel, Russia, Africa etc.
- The first session of 2017 will be Thursday January 12th. The group meets on the 2nd and 4th Thursdays from 1.30pm to 3.0pm in the Wesley Centre. The class is not full so why not come along and try it, everyone is very friendly.