



Sandbach and District U3A
Newsletter



February 2017

Holiday to Exmoor & North Devon from 8th October 2017

We will spend 4 nights at the 4* AA Rated Imperial Hotel Barnstable. The itinerary includes visiting quaint harbours and traditional seaside towns including Clovelly, Bideford, Ilfracombe, Minehead and the Exmoor National Park.

Further details are on the U3A website and the U3A information board at Sandbach Library

You can book your place on the holiday in the Marriott Room at Sandbach Library from 09:15 to 11:30 on Thursday 30th March 2017

Outings

In addition to the holiday above, the following tickets are available:

- Shopping trip to Boundary Mill on Monday 27 Feb 2017 £9
- Train Trip to Bury Market £25. Tickets will be available from the U3A desk in Sandbach library on Wednesday 8th February between 9:30am and 11:30am
- Billy Elliot theatre trip to Birmingham on Thursday 16 Mar 2017 £47
- Seats on the coach to Birmingham (without a theatre ticket) £10
- Funny Girl theatre trip to Llandudno £41 Thursday 20 Jul 2017

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.

Group News

Dressmaking Group

The current leader has had to step down and, with no successor, we have reluctantly closed the group. If you feel you could lead this group, please contact the Groups' co-ordinator.

Sandbach U3A Singers

There are vacancies for an accompanist and choir master/mistress to run this group. If you are interested, please contact the groups' co-ordinator.

Walking Football

Forget the sliding tackles and running out of breath. This football involves short games and an emphasis on passing the ball. It is open to men and women and the leader will start play when the number of members reaches a viable level.

If you want to join or need further information please contact groups.co-ordinator@sandbachu3a.org.uk

Groups with Space Available.

[Please click here](#) to see the list on Sandbach U3A website showing groups that still have vacancies.

Yoga 3

We now have a new yoga group meeting every Wednesday afternoon between 1:30pm and 3pm in St.Mary's Church Hall. Contact yoga.3@sandbachu3a.org.uk

Chair Yoga

We also have more sessions for chair yoga.

The group now meets weekly on Thursday morning (10:30am to 11:30am) at the Oasis centre. Contact: yoga.chair@sandbachu3a.org.uk

Geoff Pyke – Groups' co-ordinator

Members' Meetings

We were delighted that our 2017 Members' Meetings in the Town Hall began, on January 9th, with a large turnout and a most interesting speaker. The talk by Simon Cork on the philanthropist, Andrew Carnegie, with a clear visual presentation, seemed to be of interest to most attendees and Simon, himself, commented later that he had noticed how attentive the members were and was very encouraged.

There had been a number of (minor) glitches in proceedings prior to him beginning his talk, and we were glad he settled and spoke so confidently and knowledgeably about his specialism, opening our minds not only to the great Carnegie Libraries, but also to the social importance of libraries as well.

I would like to take this opportunity to explain to those who attended; I did not spend ages mindlessly 'blethering' prior to the talk, reducing time for Simon. He had explained to me that his talk was shorter than we normally anticipate, and, in fact, he was watching the clock from 25 past because he was at the end of his talk rather than running out of time. This was the reason I extended my own introduction and had prepared some questions after his talk.

I promise that for our February speakers, Jinty and Geoff Pyke (U3A members) there will be a quick handover! Waitrose and John Lewis are a part of our shopping lives in Sandbach and, unlike e.g. M & S, there is an air of mystery about their structure, links, charity involvement and philosophy, not to mention the eagerly awaited Christmas TV adverts. Jinty and Geoff will share some of their experiences with us in the Town Hall on Monday 6th February.

It will be great if we have as good a turnout (and even more ?) at that event.

Val Williams