

# Sandbach & District



## Current Groups

2015-2016



## Current Groups

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## Groups in Alphabetical Order

<b>A Good Read</b>	
Meeting place	Leader's Home
Meeting day	2 <sup>nd</sup> Friday of each month from September to May
Meeting time	10:30am to noon
Cost per meeting	50p

A meeting for the sharing of information about books (fiction or non-fiction) which are 'a good read'.

Members of the group are expected to prepare a short talk (a Plea! Please do not re-tell the story) and choose a short passage to read out which will give an idea of the writing.

Ideas for the talk:

- Brief biography of Author
- Genre of book
- Readability (style, pacing of story, intellectual demand)
- Characterisation ( characters well-observed / memorable / unusual / likeable etc...)
- Plot ( plausible, clever, well-ordered, unusual, difficult)
- Literary merit (prizes? Critics appraisals, reviews on programmes etc...)
- Your responses / reactions / feelings

<b>Antiques and Collectables</b>	
Meeting place	The Marriott Room, Sandbach Library. There are no access restrictions. A lift operates to the upper floor.
Meeting day	3 <sup>rd</sup> Friday of each month from September to May
Meeting time	10:00am to noon
Cost per meeting	£1.50 usually but £2.50 if there is a speaker. Refreshments are available for 20p.

Members just need an interest in the subject.

Meetings are discussion sessions with a theme such as royal memorabilia or old books. At some meetings there will be a speaker to show slides or examples of various subjects such as Staffordshire figurines, old toys, the history of matches and silver hallmarking.

<b>Astronomy</b>	
Meeting place	Oasis Centre, Green Street, Sandbach. It is difficult for wheelchairs to pass through the door, unless they fold.
Meeting day	Monday of each week from September to May
Meeting time	2:00pm to 3:30pm
Cost per meeting	£1

Sandbach U3A Astronomy is an interactive group of people with an interest in past, present and future astronomy, space exploration and developments. Information about the visibility and positions of the planets is usually mentioned, along with other phenomena such as an eclipse or meteor shower. Current news and questions are discussed and answered by one or more members, often with further investigation during the week. Members' DVDs are often watched and discussed. There are also opportunities to attend public lectures (at Crewe, Jodrell Bank, etc.) or a visit to Keele University Observatory.

Members are willing to assist with information and tips for setting up your telescope or using a computer star map program, e.g. Stellarium.

Astronomy meet on Monday 2 - 3:30 from September to May except bank holidays (once a month May - August, date by consensus).

<b>Bird Watching</b>	
Meeting place	Leader's home, Sandbach. There are no access restrictions
Meeting day	4 <sup>th</sup> Wednesday of each month from September to May
Meeting time	8:30am
Cost per meeting	50p plus shared petrol cost, parking and entrance fee when required

We share cars to travel to sites, usually about one hour away and usually return by 4.00pm depending on distance, weather and the interest of the group. Everyone is welcome, from the enthusiastic novice to the experienced fanatic wanting to add to their year / life list.

We usually walk about 1-2 miles slowly and with many breaks, often sitting in hides. Binoculars are necessary but can be borrowed; a telescope is a bonus and notebooks and field guides are useful.

Warm and waterproof clothing is necessary. We take a packed lunch and hot drink.

Further details, of the programme, requirements, and past trip reports with bird lists can be found on the website: [www.sandbachu3a.org.uk/](http://www.sandbachu3a.org.uk/).

<b>Book Group - Tuesdays</b>	
Meeting place	CVS, Hope Street, Sandbach, CW11 1BA. There are no access restrictions.
Meeting day	3 <sup>rd</sup> Tuesday of each month from September to May
Meeting time	2:00pm to 3:30pm
Cost per meeting	£1. Members may make a drink and contribute 20p

We will aim to read an eclectic range of books, taking us to genres we might not otherwise have read, and will take it in turns to lead the discussion each month. Usually the person who volunteers will circulate in advance either questions or topic areas to be discussed at the meeting. The discussions themselves are informal. Although individuals may have different opinions of the book chosen, often we find our opinions will change as a result of hearing other's comments.

The first meeting for 2015/16 will be held on Tuesday 22nd September, subsequent meetings on the third Tuesday of each month. There will be an international theme, with a different country each month. The book will be set in, or written by an author from the chosen country.

The first book is *Wild Swans, Three daughters of China* by Jung Chang. The other books will be chosen from recommendations by group members, and a general discussion.

<b>Book Group - Thursdays</b>	
Meeting place	CVS, Hope Street, Sandbach, CW11 1BA. There are no access restrictions.
Meeting day	1 <sup>st</sup> Thursday of each month from September to May
Meeting time	2:00pm to 3:30pm
Cost per meeting	£1. Members may make a drink and contribute 20p

Each month we discuss a book, which has been agreed by the group. A programme for the year is made by the group at the first meeting. We attempt to choose a variety of genre so that we are extending our own reading experience.

Meetings are lively and good fun. All that is required is a love of reading.

<b>Book Group - Non-Fiction</b>	
Meeting place	Masonic Hall, Sandbach. There are no access restrictions.
Meeting day	3 <sup>rd</sup> Monday of each month from September to May
Meeting time	2:00pm to 3:30pm
Cost per meeting	£1. Members may bring their own refreshments

At each meeting we share reactions to, and discuss together, one selected non-fiction book. The books for the year are chosen to encompass a wide range of content areas including biography, history, nature and environment, travel and adventure, science, and more. Copies can be obtained from the library or from cheap second hand sources. Members find that the shared discussion enhances appreciation of the book, and its content.

<b>Bowls (9 groups)</b>	
Meeting day	Weekly throughout the year. The day of the week may differ depending on the season. See the outdoor and indoor tables below. The group numbers match those in the programme published on the website and in Sandbach library.
Cost per meeting	Indoor: £2.50 Outdoor: £2.50 plus 50p if the group uses the pavilion

Crown green bowling takes place on the Sandbach Park greens from April to the end of September and continues indoors from the beginning of October to the end of March on mats. Most groups use Sandbach Town Hall for indoor bowling, but the Wesley Centre in Sandbach is also used.

Bowlers should bring their own woods but there is no special level of skill required. Some groups provide refreshments and charge members accordingly.

## (Bowls)

<b>Outdoor: Sandbach Park Bowling Greens</b>			
<b>Group</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>
Bowls 1	Wednesday	10:00am - noon	Sandbach Park Bowling Greens
Bowls 2	Tuesday	10:00am - noon	Sandbach Park Bowling Greens
Bowls 3	Friday	10:00am - noon	Sandbach Park Bowling Greens
Bowls 4	Monday	10:00am - noon	Sandbach Park Bowling Greens
Bowls 5	Thursday	2:00pm - 4:00pm	Sandbach Park Bowling Greens
Bowls 6	Monday	2:00pm - 4:00pm	Sandbach Park Bowling Greens
Bowls 7	Friday	2:00pm - 4:00pm	Sandbach Park Bowling Greens
Bowls 8	Wednesday	10:00am - noon	Sandbach Park Bowling Greens
Bowls 9	Wednesday	2:00pm - 4:00pm	The Limes, Sweettooth Lane, Sandbach

<b>Indoor</b>			
<b>Group</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>
Bowls 1	Wednesday	10:00am - noon	Sandbach Town Hall
Bowls 2	Tuesday	10:00am - noon	Sandbach Town Hall
Bowls 3	Friday	10:00am - noon	Sandbach Town Hall
Bowls 4	Monday	10:00am - noon	Sandbach Town Hall
Bowls 5	Thursday	2:00pm - 4:00pm	Sandbach Town Hall
Bowls 6	Monday	2:00pm - 4:00pm	Sandbach Town Hall
Bowls 7	Friday	2:00pm - 4:00pm	Sandbach Town Hall
Bowls 8	Wednesday	10:00am - noon	Wesley Centre
Bowls 9	Wednesday	2:00pm - 4:00pm	Wesley Centre

<b>Brass Band</b>	
Meeting place	Elworth Scout Hall, School Lane, Elworth. There are no access restrictions.
Meeting day	Wednesday of each week from September to May
Meeting time	2:00pm - 4:00pm
Cost per meeting	£1 Refreshments are available for 20p

Group members need a brass band instrument and music stand. They must be able to read music and play an instrument to a reasonable standard. The band comes together to play at rehearsals and in public at concerts around Cheshire. The band does not enter contests.

<b>Bridge</b>	
Meeting place	Union Street Community Centre. There are no access restrictions.
Meeting day	Friday of each week all year round
Meeting time	10:15am to noon
Cost per meeting	£1 Refreshments are available for 20p.

The group plays duplicate bridge when numbers permit. New members are welcome to join the relaxed, friendly atmosphere and help is at hand, if needed.

Some basic knowledge of bridge is required. Tables, chairs and card decks are provided.

<b>Computing - Personal Laptop</b>	
Meeting place	CVS building, Hope Street. There are no access restrictions.
Meeting day	Thursday of each week from October to March
Meeting time	10:30am to noon
Cost per meeting	£1 Refreshments are available for 20p.

A computer course for people ready to progress beyond the basic beginners level.

Members use their own laptops which they bring to the class each week, allowing them to learn using their own portable equipment as if they were at home. The venue has a good Wi-Fi system allowing full internet access. The course is designed for people using computers running the Microsoft "Windows 7" operating system and members must have Windows 7 (or later) installed on their laptops. Commencing this year people with Windows 8 laptops will be welcome to join the group but must appreciate that support and assistance during the class will be somewhat restricted for anyone using this system.

<b>Computing - Android Tablet Basics</b>	
Meeting place	CVS, Hope Street, Sandbach, CW11 1BA. There are no access restrictions.
Meeting day	Every Tuesday for 6 weeks, starting in October
Meeting time	2:00pm to 4.00pm
Cost per meeting	50p£1. Members may make a drink and contribute 20p

### **Aim of the Course**

Take members with varying levels of experience and improve the level of confidence they feel about using their Android tablet.

At the end of the course they should have the confidence to:

- Understand the tablet's hardware features
- Understand the messages the tablet delivers to them
- Use the tablet to maintain a calendar, a contacts list, send emails, search and interact with webpages, take and display pictures, transfer pictures and documents between the tablet and a PC, have a video-conference
- Install apps from the Google Play Store

<b>Computing - iPad Basics</b>	
Meeting place	CVS, Hope Street, Sandbach, CW11 1BA. There are no access restrictions.
Meeting day	Every Tuesday for 6 weeks, starting 16 January, 2016
Meeting time	2:00pm to 4.00pm
Cost per meeting	50p£1. Members may make a drink and contribute 20p

### **Aim of the Course**

Take members with varying levels of experience and improve the level of confidence they feel about using their iPad.

At the end of the course they should have the confidence to:

- Understand the iPad's hardware features
- Understand the messages the iPad delivers to them
- Use the iPad to maintain a calendar, a contacts list, send emails, search and interact with webpages, take and display pictures, transfer pictures and documents between the iPad and a PC, have a video-conference
- Install apps from the App Store

<b>Country Dancing</b>	
Meeting place	Scout Hall, Chapel Street. There are two steps up from the pavement.
Meeting day	Thursday of each week from August to May
Meeting time	1:30pm to 3:30pm
Cost per meeting	£1 Refreshments are available for 10p.

No equipment is required.

Beginners to experienced dancers are all welcome.

Most forms of folk dancing are practised. This includes American Square, Apted, Playford and English Folk, but not Morris dancing.

<b>Creative Writing</b>	
Meeting place	Leader's Home
Meeting day	2 <sup>nd</sup> Monday of each month from September to May
Meeting time	10.00am to 12 noon
Cost per meeting	50p

Are you interesting in language?

Do you like reading short stories?

Is poetry evocative and thought provoking?

Then the Creative Writing Group might be just up your street! The aim of the group is to explore language by writing stories, poems or songs that we can enjoy together. We will meet monthly and listen to each other's work over a cup of tea and give constructive criticism if the writer invites it. We will jointly decide on the format for the next month's writing project.

Meetings will be held on the 2nd Monday of the month from 10am - 12noon, dates as follows:

14 September

12 October

9 November

14 December

<b>Cycling (2 groups)</b>	
Meeting place	Outside the Town Hall, Sandbach
Meeting day	1. Second Friday of each month from September to May. 2. Third Friday of each month from September to May.
Meeting time	1. 10:00am 2. 10:15am
Cost per meeting	50p Members take their own refreshments or stop at a cafe.

**Group 1 Rusty Riders (Duracell©)** - aimed at those who like to ride longer and possibly faster. Rides will be between 20 and 30 miles with a stop for coffee, cake and a light bite where appropriate. Some rides may include a first leg of around 20 miles.

**Group 2 Rusty Riders (Cake & Gossip)** - aimed at returning and leisurely cyclists, especially less confident ladies. e.g. 10 miles

Members should bring their own roadworthy bicycle, personal attire to taste and high viz reflective jacket. Helmet optional. They must be able to ride a bicycle and have basic road sense.

Members cycle to a 'half way' cafe stop, where they may eat and drink then cycle back to Sandbach.

<b>Dabbling in Creative Textiles</b>	
Meeting place	Leader's Home
Meeting day	1st & Last Thursdays of each month
Meeting time	10.00am to 12 noon
Cost per meeting	50p

The group may contain up to 8 members and will be directed and organised to use a variety of media and techniques including hand embroidery, machine embroidery, embellishment and manipulation.

The last Thursday of the month will be a "Dabble Session" and the first Thursday will do the follow-on and completion.

<b>Dressmaking</b>	
Meeting place	CVS, Hope Street, Sandbach. There are no access restrictions.
Meeting day	Wednesday: every fortnight from October 7th to May
Meeting time	Group 1: Basic Techniques: 11am to 1pm Group 2: Intermediate: 2pm to 4pm
Cost per meeting	Group 1: Basic Techniques: £1, plus costs of materials provided (approx. £1-£2).  Group 2: Intermediate: £1  Refreshments are available for 20p.

Dressmaking consists of 3 groups in total. The groups will be run on a rolling programme. 2015-2016 will be Groups 1 and 2. It is envisioned that 2016-2017 will be Group 3 beginners and either Group 1 or 2 depending on demand.

### **Group 1: Basic Techniques**

No prior experience necessary.

Requirements: Own sewing machine, large scissors, pins, tape measure, 2 reels of different coloured thread, bobbins to suit machine.

Members will concentrate on learning the different skills and techniques required to produce well finished garments. At this stage weekly materials will be provided at cost. The group will produce a number of practice samples and reduced scale practice garments. Finally we will look at commercial patterns, how to choose and understand them, briefly exploring sizing and fit.

### **Group 2: Intermediate**

Requirements: Members should have completed both BASIC TECHNIQUES & BEGINNERS or have some experience of dressmaking using Commercial Patterns.

This group will be developing skills learned previously. They will be using more advanced techniques and more complicated fabrics to produce a range of well fitted garments.

### **For 2016-2017:**

Group 3 BEGINNERS : Members learn how to choose sewing patterns, understand size and fitting, how to use the pattern and make basic adjustments and how to cut, fit and construct garments.

<b>Enjoying Photography</b>	
Meeting place	The Marriott Room, Sandbach Library. There are no access restrictions. A lift operates to the upper floor.
Meeting day	2nd Friday of each month from October to May
Meeting time	2:00pm to 4:00pm
Cost per meeting	£1

Do you enjoy taking photographs?

It does not matter what skill levels you have or how long you have been interested in taking photographs. The aim of this group is to help you improve your skills and enjoy the art of photography.

You do not need to have a fancy camera to enjoy photography.

This is a hands on group and you will be encouraged to participate by sharing your images and knowledge so that we can all learn from everybody's experience.

There is no agenda for the year yet as this will depend upon what YOU wish to do and will be discussed at our first meeting. However subjects may include composition, photo critique, digitally enhancing images, field trips and basic camera controls.

Our inaugural meeting is on Friday 9<sup>th</sup> October 2015 at 14:00 until 16:00 in Sandbach Library room (upstairs) and continuing on the second Friday of each month. If you wish to join us please contact me (Geoff Pyke) via [photography@sandbachu3a.org.uk](mailto:photography@sandbachu3a.org.uk).

Please bring your cameras along to each meeting.

<b>Environmental Action</b>	
Meeting place	Various outside locations in Sandbach
Meeting day	4 <sup>th</sup> Monday of each month from September to June
Meeting time	9:30am to 11:30am
Cost per meeting	50p Bring your own refreshments.

The group undertakes projects improving the green spaces and natural environment in and around Sandbach. Projects are agreed in advance, suggestions from group members are welcome. The group works in co-operation with other environmental groups in Sandbach.

The projects involve physical activity, and require members to work as a team. To play their full part, members need to continue with the tasks agreed over the two-hour plus period and make their own decisions as to what, and how much, they undertake.

No special expertise is required but local knowledge of wildlife and environmental matters is useful. Members bring their own tools and should also bring protective gear such as strong gloves and heavy boots.

<b>Family History</b>	
Meeting place	Masonic Hall, Sandbach. There are no access restrictions.
Meeting day	Wednesdays for a number of six week courses from September to May
Meeting time	2pm to 3.30pm
Cost per meeting	£1

The six week course is aimed at complete beginners and anyone who has already started their research but come to a halt having encountered problems.

Participants should bring information from family members and the search for connections with ancestors continues using birth, marriage and death certificates and census records.

A basic knowledge of computer use is helpful but not essential.

<b>French (2 groups)</b>	
Meeting place	<ol style="list-style-type: none"> <li>1. The Marriott Room, Sandbach Library. There are no access restrictions. A lift operates to the upper floor.</li> <li>2. Masonic Hall, Sandbach. There are no access restrictions.</li> </ol>
Meeting day	<ol style="list-style-type: none"> <li>1. Tuesday of each week from September to May</li> <li>2. Wednesday of each week from September to May</li> </ol>
Meeting time	<ol style="list-style-type: none"> <li>1. 2:30am to 4:30pm</li> <li>2. 10:00 am to noon</li> </ol>
Cost per meeting	£1 Refreshments are available for 20p.

Members need pen and paper. A little experience of French is helpful, even school 'O' level. The current members of the groups have achieved similar skill levels; members do not progress from one group to the other.

The groups learn to communicate in French with a view to understanding and replying to French speakers, especially on holiday.

<b>Gardening</b>	
Meeting place	The Marriott Room, Sandbach Library. There are no access restrictions. A lift operates to the upper floor.
Meeting day	Last Friday of each month from September to May, but there is no meeting in December.
Meeting time	2:00pm to 3:30pm
Cost per meeting	£1.50 usually, but £2.50 if there is a speaker. No refreshments are taken.

Members need pen and paper if they want to take notes.

No experience is required.

We usually have two meetings with videos from the Resource Centre or something arranged amongst ourselves. At our last meeting in May we usually visit a National Trust garden or similar. At other meetings we have speakers on subjects relating to gardens or gardening, such as pruning, beds and borders, pests and garden design.

This year's planned programme can be found on the website: [www.SandbachU3A.org.uk](http://www.SandbachU3A.org.uk)

<b>Golf (Social Golf)</b>	
Meeting place	Malkins Bank Golf Course, Sandbach
Meeting day	1st & 3rd Wednesday of each month
Meeting time	From 2:00pm
Cost per meeting	£6

A 9 hole golf competition will be held at Malkins Bank Golf Club at 2.00 pm on the first Wednesday of each month. This is open to all members. No handicap is required but participants will need to provide clubs and golf shoes. The price of £6 includes the green fee, U3A subscription and a contribution to the prizes.

<b>Guitar Tuition</b>	
Meeting place	The Oasis Centre, Green Street, Sandbach. It is difficult for wheelchairs to pass through the door, unless they fold.
Meeting day	1 <sup>st</sup> Friday of each month from October to May but may change depending on Bank Holidays etc.
Meeting time	1:30pm to 3:30pm
Cost per meeting	£1 Tea and biscuits are available for 20p.

Members need an acoustic guitar (either a steel-strung acoustic or a nylon-strung classical type) and a two-hole binder for music. It is recommended that members have an electronic tuner. A chord book, guitar stand and capo can also be useful.

Members are expected to be familiar with fingering 'open' chords and to be able to change between them (but we practice that). It is highly desirable that members enjoy singing.

Group experience is that though we take things gently, it is challenging in the extreme for complete novices to keep up.

The group activities comprise the following.

- Refreshing members' knowledge of basic chords and practicing changing between them.
- Learning variations of 'open' chords and acquiring knowledge of 'closed' chords.
- Learning rhythms, strumming and picking patterns.
- Learning to read chord symbols such as 'Em', 'B7' etc. (note - not musical notation).
- Singing a mixture of folk and pop songs whilst accompanying with chords on the guitar.
- There is scope for more advanced players to also learn and practice guitar tabulation and playing solo pieces.
- Group members are encouraged to select new pieces, which the leader will then arrange for the group to sing and play.

<b>Guitar Tuition - Beginners</b>	
Meeting place	The Oasis Centre, Green Street, Sandbach. It is difficult for wheelchairs to pass through the door, unless they fold.
Meeting day	3 <sup>rd</sup> Friday of each month from October to May but may change depending on Bank Holidays, etc. (Beginners)
Meeting time	1:30pm to 3:30pm
Cost per meeting	£1 Tea and biscuits are available for 20p.

Members must bring along an acoustic guitar (either a steel-strung acoustic or a nylon-strung classical type) and a two-hole binder for music. It is recommended that members have an electronic tuner. A chord book, guitar stand and capo can also be useful. This is a gentle introduction to playing the guitar, mainly through learning to strum a few chords. It is helpful if members enjoy singing.

<b>History - 17<sup>th</sup> Century Studies</b>	
Meeting place	Masonic Hall, Sandbach. There are no access restrictions.
Meeting day	1 <sup>st</sup> Wednesday of each month from September to May
Meeting time	10:00am to noon
Cost per meeting	£1

This is a leaderless, self-study group, who meet to discuss selected aspects of the history, culture and science of the 17<sup>th</sup> century. Individual members of the group offer to study and present their views and ideas on a wide range of topics.

Last year, these topics included: Biographies of Galileo and King James I; Music, Painting and Poetry of the early 17<sup>th</sup> century; the Italian City States and their influence; the Spice Trade and the Dutch East Indies Company; and the Protestant Settlements in Ireland.

The current programme can be found on the website: [www.SandbachU3A.org.uk](http://www.SandbachU3A.org.uk)

<b>History - Interactive Forum</b>	
Meeting place	The Marriott Room, Sandbach Library. There are no access restrictions. A lift operates to the upper floor.
Meeting day	1 <sup>st</sup> and 3 <sup>rd</sup> Monday from September to May
Meeting time	2:00pm to 4:00pm
Cost per meeting	£1

This is a discussion group, up to 10 actively vocal participants and a further 10-20 in a listening, passive 'audience' type role, meeting monthly and 'steered' by a subject or topic leader. The group leader introduces topic leaders, acting as a discussion manager, ensuring an equitable and fair distribution of comment and maintaining subject proportionality.

Subject/topic leaders may change from one session to another, depending upon how many 'volunteers' can be found from the group. Leaders do not need to be academics or experts on their subject, merely interested in it and prepared to raise a few arguable statements that will ignite debate.

The subject/topic leader selects an historical topic with a breadth of appeal from any era of history, but generally from subject areas that people could readily connect with. The leader opens the discussion with some framework propositions to prompt response, reaction and open discussion from the group. In the absence of any volunteer subject/topic leaders, the group leader initiates the debate. The intention is for people to enjoy the cut and thrust of a lively debate and there is no intention to seek a definitive right or wrong answer - it is a discussion, but hopefully an enjoyably thought provoking one.

<b>History At Random</b>	
Meeting place	The Marriott Room, Sandbach Library. There are no access restrictions. A lift operates to the upper floor.
Meeting day	2nd and 4th Monday of each month from September to May
Meeting time	2:00pm to 4:00pm
Cost per meeting	£1

The course will consist of a series of unrelated illustrated talks hopefully shedding light on some aspects of history.

Among the topics to be included will be: markets; the early development of railways in Britain; the North Welsh coast; the Black Death; and the Great Plague of London in 1665.

<b>Keep Fit</b>	
Meeting place	St Mary's Church Hall, The Cobbles, Sandbach. There are no access restrictions.
Meeting day	Friday of each week from September to May
Meeting time	1:30pm to 2:30pm
Cost per meeting	£2.50 Bring drinking water

Participants should wear light, loose clothing and non-slip shoes.

No previous experience is needed.

A qualified instructor leads the group in a variety of movements to music. The sessions are geared to the age group of the members and are designed to work all core muscle groups. This helps to maintain flexibility and suppleness.

Members are encouraged to push themselves as hard as possible without straining. Most of all, the group has fun and feels the benefit.

<b>Lunch Clubs (3 groups)</b>	
Meeting place	As advised by leader. Each meeting visits a different restaurant/pub.
Meeting day	<ul style="list-style-type: none"> <li>• 4<sup>th</sup> Tuesday of each month from September to May</li> <li>• 3<sup>rd</sup> Thursday of each month from September to May</li> <li>• Last Thursday of each month from September to May</li> </ul>
Meeting time	12 noon for 12:30pm
Cost per meeting	50p plus the cost of your meal at the restaurant / pub.

The aim of the groups is to encourage people to meet others over lunch and to try different venues.

<b>Map Reading and Navigation for Walkers</b>	
Meeting place	Boardroom, Town Hall, Sandbach.
Meeting day	Every Tuesday for 12 weeks, starting 5 January 2016
Meeting time	1:30pm to 3:30pm
Cost per meeting	£1. Members may bring their own refreshments

The course will help members to plan routes, and use map and compass to navigate safely through open and wild country.

We will cover: scale, the national grid, map symbols, contours, compass bearings, magnetic variation, walking in bad visibility, route planning, estimation of time, emergency procedures, getting lost.

We will be spending some time in the field on practical exercises and hopefully having a bit of fun doing it.

<b>Music Appreciation</b>	
Meeting place	Lightley Court, Lightley Close, Sandbach. There are no access restrictions.
Meeting day	3 <sup>rd</sup> Monday of each month from September to May
Meeting time	10:00am to noon
Cost per meeting	£1. Refreshments are available for 20p.

Members do not need any prior knowledge, just the ability to relax and listen.

The leader presents a programme of popular classical music from Beethoven to Gershwin, Lloyd Webber to Puccini.

<b>Needlecraft (2 groups)</b>	
Meeting place	CVS, Hope Street, Sandbach, CW11 1BA. There are no access restrictions.
Meeting day	1. Friday of each week except Good Friday and over Christmas and New Year 2. Monday of each week except Christmas and New Year
Meeting time	1. 10:00am to noon 2. 2:00pm to 4:00pm
Cost per meeting	£1.25 Refreshments are available for 20p.

If you are involved in a craft using needles, you can bring it to this group. You can do knitting, crochet, cross stitch, embroidery or regular sewing. Members work on their own projects and share advice and assistance when it is required.

<b>Painting - Acrylics</b>	
Meeting place	Masonic Hall, Sandbach. There are no access restrictions.
Meeting day	Every other Wednesday from September to May
Meeting time	1:00pm to 4:00pm
Cost per meeting	£1 Bring your own drink

Members bring their own equipment and work on their own projects. They are encouraged to find subjects to paint, but the leader has access to a collection of pictures that they can copy. Experienced members share their knowledge, and help those who request it. New members receive a set of notes to guide them.

<b>Painting - Peaceful</b>	
Meeting place	Masonic Hall, Sandbach. There are no access restrictions.
Meeting day	2nd and 4th Tuesday of each month from September to May
Meeting time	1:30pm to 3:30pm
Cost per meeting	£1 Tea and coffee are available

Members bring their own equipment and need sufficient ability to enjoy painting or drawing without instruction.

We have all levels of experience and are very helpful, if help is wanted.

Whether you wish to draw or paint with watercolour, pastels, acrylic or oils, there is room for you.

<b>Painting - Watercolour</b>	
Meeting place	Masonic Hall, Sandbach. There are no access restrictions.
Meeting day	Every other Wednesday from September to May
Meeting time	1:00pm to 4:00pm
Cost per meeting	£1 Refreshments are not encouraged.

Each person brings their own painting materials.

The aim is to make painting in watercolours enjoyable, whether or not you have any experience.

Each session has a different theme, from simple scenes to painting figures.

<b>Papercraft 1</b>	
Meeting place	Veterans' Pavilion in Sandbach Park. Wheelchair access is difficult.
Meeting day	Every Tuesday from September to May
Meeting time	11:00am to 12:30pm
Cost per meeting	£1 plus the cost of materials used. 20p for coffee and tea.

No experience is necessary but members must bring a cutting board, craft knife, scissors, glue and a metal ruler.

Each member takes a turn to organize the weekly project and supply materials.

<b>Papercraft 2</b>	
Meeting place	Veterans' Pavilion in Sandbach Park. Wheelchair access is difficult.
Meeting day	Every Tuesday from September to May
Meeting time	9:15am to 10:45am
Cost per meeting	£1 plus 50p each week for materials used. 20p for refreshments.

No experience is necessary. Members should bring a cutting board, craft knife, scissors, glue and a metal ruler.

The group creates hand-crafted cards using a variety of techniques, following various themes such as Christmas, birthdays, thank you, christenings, etc.

<b>Patchwork and Quilting</b>	
Meeting place	Union Street Community Centre, Sandbach
Meeting day	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of every month from September to May
Meeting time	2:00pm to 4:00pm
Cost per meeting	£1 plus the cost of materials used. Refreshments are available for 20p.

Members must bring a cutting board, a rotary cutter, wide ruler, sewing machine, basic sewing kit and good cutting scissors. New members may borrow these tools during the meeting until they have obtained their own.

Dressmaking or some needlework experience is helpful but not essential.

Members are free to work on their own patchwork items or to follow a group project.

<b>Patchwork - Beginners</b>	
Meeting place	CVS, Hope Street, Sandbach. There are no access restrictions.
Meeting day	2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of every month from September to May
Meeting time	2:00pm to 4:00pm
Cost per meeting	£1 plus the cost of materials used. Refreshments are available for 20p.

This is a small group for beginners to patchwork and quilting. Some knowledge of sewing techniques is useful but not essential.

Equipment required :

- Basic sewing kit, including a pair of good cutting scissors (only used for cutting material)
- Sewing machine or can be done by hand
- Rotary cutter
- Cutting board
- Rulers

These items can be borrowed in the meeting until you are sure you want to continue with patchwork.

We start with small items such as pin cushions, Xmas decorations and small lap quilts. Once the basics are understood you are free to choose your own projects.

<b>Pétanque (French Boules)</b>	
Meeting place	Currently at the Queen's Head, Park Lane, Congleton
Meeting day	Tuesday of each week from April to October
Meeting time	2:00pm to 4:00pm
Cost per meeting	50p

We start the new season on April 14th, running until Oct 20th when the clocks change. The cost is 50p to U3A members (if we meet at the pub, the manager requests that we all purchase a drink). It is possible that we will be able to meet in Sandbach Park in the spring: we shall publish the details when we have more information.

Boules are available for people to borrow. The rules are easy, the game is not too strenuous and the members are friendly.

<b>Philosophy</b>	
Meeting place	The Boardroom, Town Hall, Sandbach
Meeting day	3 <sup>rd</sup> Thursday of each month from September to May
Meeting time	10:00am to noon
Cost per meeting	£1

This is a co-operative leaderless group, to explore the range and history of philosophy. We currently use philosophical questions as a focus for research and discussion: one or two members provide a short introduction, with reference to the work and views of philosophers. As this is a shared learning group, the format and structure of the programme could change over time.

<b>Pilates - 3 groups</b>	
Meeting place	Elworth Methodist Church Hall, Sandbach. There are no access restrictions.
Meeting day	<ol style="list-style-type: none"> <li>1. Every Monday from September to May. There are no meetings in school holidays.</li> <li>2. Every Thursday from September to May. There are no meetings in school holidays.</li> <li>3. Every Thursday from September to May. There are no meetings in school holidays.</li> </ol>
Meeting time	<ol style="list-style-type: none"> <li>1. 11:45am to 12:45pm</li> <li>2. 09:45am to 10:45am</li> <li>3. 11:00am to noon</li> </ol>
Cost per meeting	£2.50 No refreshments are taken.

No experience is necessary.

Members should bring a mat. Most of the activities are floor exercises.

<b>Play Reading</b>	
Meeting place	Masonic Hall, Sandbach. There are no access restrictions.
Meeting day	1 <sup>st</sup> and 3rd Tuesday of each month from October to May.
Meeting time	2:00pm to 3:30pm
Cost per meeting	£1 No refreshments are taken in the class but some members meet in Peppers Coffee Lounge afterwards.

No experience is necessary.

The group meets to read plays without the pressure of learning lines or having to perform. The sessions are enjoyable and educational. Discussions are spontaneous and lively.

Plays are usually sourced from local theatres and libraries.

<b>Poetry Together</b>	
Meeting place	Sandbach High School.
Meeting day	Every Thursday from September to May. There are no meetings in school holidays.
Meeting time	10:00am to 11:30am
Cost per meeting	£1 No refreshments are taken.

No experience is necessary. Members need an interest in, and love of, poetry.

A programme is decided at the beginning of each term.

Sometimes everyone contributes. There may be works of a specific poet or poems on a particular theme, such as Spring or war. Sometimes a visiting speaker or a poet takes the session.

The group is very friendly and accepting, with no pretensions.

<b>Reading Aloud</b>	
Meeting place	Leader's home, Sandbach. There are no access restrictions
Meeting day	3 <sup>rd</sup> Tuesday of each month from September to May.
Meeting time	10:00am to 11:30am
Cost per meeting	50p plus 20p for refreshments.

Reading aloud of a short story or extract from a novel. (Members of group can take a turn if they wish.)

Discussion to encompass:

- The characters
- Their dilemmas / actions
- The plot
- Themes
- Reading of poem or poems with complementary theme
- Discussion of poem/s

No advance preparation is required for this class.

Group Leader will provide material; photocopies of stories and poems, and use of the book: *A Little Aloud* Edited by: Angela Macmillan published by Chatto & Windus.

<b>Sandbach U3A Singers</b>	
Meeting place	Wesley Centre. There are no access restrictions.
Meeting day	Tuesday of each week
Meeting time	2:00pm to 3:30pm
Cost per meeting	£1

We are Norman and Pat Satterthwaite and have recently formed the Sandbach U3A Singers.

We aim to sing a wide variety of music and to reach performance standard in a friendly and enjoyable atmosphere.

Don't be put off if you feel you are unable to sing or to read music - please just come along to the Wesley Centre, where you are sure to receive a very warm welcome.

<b>Scrabble</b>	
Meeting place	Lightley Court, Lightley Close, Sandbach. There are no access restrictions.
Meeting day	Every Friday September to May.
Meeting time	10:00am to 12 noon
Cost per meeting	£1 No refreshments are taken in the class

The Scrabble equipment is provided. The group plays three or four games, and players of all skill levels are welcome.

<b>Spanish for Beginners</b>	
Meeting place	CVS, Hope St. There are no access restrictions.
Meeting day	Every Friday January to May.
Meeting time	2:00pm to 3:30pm
Cost per meeting	£1

<b>Table Tennis - 3 groups</b>	
Meeting place	Scout Hut, Chapel Street, Sandbach. There is one step on entry.
Meeting day	1. Every Friday from September to May 2. Every Friday from September to May 3. Every Tuesday from September to May
Meeting time	1. 10:00am to noon 2. 2:00pm to 4:00pm 3. 10:00am to noon
Cost per meeting	£1 plus 20p for refreshments.

Tables, bats and balls are provided.

Players should be of a reasonable standard. In each session, the members play against each other as doubles. A tea/coffee break is held half way through.

<b>Tap Dancing</b>	
Meeting place	St Mary's Church Hall, The Cobbles, Sandbach. There are no access restrictions.
Meeting day	Every Tuesday from September to May.
Meeting time	11:00am to noon
Cost per meeting	£1 No refreshments are taken.

Members range from beginners to those with more experience, but no experience is necessary to join, as enjoyment of dancing is more important.

We do not do exams or shows but dance purely for enjoyment, exercise and the pleasure of a social occasion.

The use of canes has been introduced to the class, which gives another element to deal with. This helps keep the brain alert as well as the body agile.

The following may be of interest to potential members. A member of the class has had osteoporosis for a couple of years. The doctor asked if she did any exercises, as he was very pleased with the latest scan. She said she had been tap dancing for two years. The doctor told her that the scan showed that the bone structure had improved considerably and put this down to the exercise dancing provides, and that she should continue with it as it was apparently improving her condition.

<b>Ukulele</b>	
Meeting place	Elworth Methodist Church Hall. There are no access restrictions.
Meeting day	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of each month
Meeting time	7:00pm to 8:30pm
Cost per meeting	£1 No refreshments are taken.

Members must bring their own ukulele and all are welcome to learn, no matter what level of skill they have.

<b>Walking - Intermediate</b>	
Meeting place	Usually outside 41 Congleton Road, Sandbach
Meeting day	2 <sup>nd</sup> Thursday of each month throughout the year. Sometimes the date may change.
Meeting time	Usually 9:15am
Cost per meeting	50p

A basic level of fitness is required to cover up to about seven miles of easy to moderate walking. You will not have to scramble over rocks.

Members need good walking boots/shoes, warm clothing in winter, waterproofs throughout the year, water for summer and a hot drink for winter.

We usually share cars to reach the walk location but travel further afield by coach in order to enjoy a wide variety of walks.

In addition to the monthly walks, Alan and Dot also arrange holidays so that members of the intermediate walking group can travel further afield and spend a few days walking, sightseeing, or relaxing.

Full details are on [www.SandbachU3A.org.uk](http://www.SandbachU3A.org.uk) including date, grade and location of walks, holidays and how to book on a coach walk.

Dogs are not permitted.

<b>Walking - Long</b>	
Meeting place	Lower Waitrose car park, Sandbach
Meeting day	1 <sup>st</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> Wednesday of each month throughout the year
Meeting time	Usually 9:00am
Cost per meeting	50p

A basic level of fitness is required. Members need good walking boots/shoes, warm clothing in winter, waterproofs throughout the year, water for summer and a hot drink for winter. Most walks are between seven and ten miles.

We usually share cars to reach the walk location.

Dogs are not permitted.

Full details are on [www.SandbachU3A.org.uk](http://www.SandbachU3A.org.uk) including date, grade and location of walks.

<b>Walking with Dogs</b>	
Meeting place	Various
Meeting day	2 <sup>nd</sup> Monday of each month from September to May
Meeting time	From 10.00 am
Cost per meeting	50p

This group is being started to give members the opportunity to take their dog(s) on a walk with other dog owners/walkers.

The walks will initially take place on the second Monday of the month starting at 10am. At the first meeting, which will be on September 14th, interested members will be given the opportunity to decide on the type of walks that they want to do.

Hopefully there will be the opportunity to undertake local walks and also possibly longer walks outside of the immediate vicinity.

Members who do not have a dog will be welcome to come along with the proviso that the group does not become too big.

<b>Walking - Short with Lunch - 6 groups</b>	
Meeting place	Lower Waitrose car park in Sandbach
Meeting day	<ol style="list-style-type: none"> <li>1. 1<sup>st</sup> Wednesday of each month from October to June</li> <li>2. 2<sup>nd</sup> Tuesday of each month from October to June</li> <li>3. 2<sup>nd</sup> Wednesday of each month from September to May</li> <li>4. 4<sup>th</sup> Tuesday of each month from September to May</li> <li>5. 4<sup>th</sup> Wednesday of each month from September to May</li> <li>6. 1<sup>st</sup> Tuesday of each month from September to May</li> </ol>
Meeting time	10:00am but members may travel independently to the pub where the walk starts
Cost per meeting	50p Walks operate on a car-sharing basis.

### Walking - Short with Lunch - 6 groups

Meeting place Lower Waitrose car park in Sandbach

Meeting day 1. 1<sup>st</sup> Wednesday of each month from October to June

2. 2<sup>nd</sup> Tuesday of each month from October to June

3. 2<sup>nd</sup> Wednesday of each month from September to May

4. 4<sup>th</sup> Tuesday of each month from September to May

5. 4<sup>th</sup> Wednesday of each month from September to May

6. 1<sup>st</sup> Tuesday of each month from September to May

Meeting time 10:00am but members may travel independently to the pub where the walk starts

Cost per meeting 50p Walks operate on a car-sharing basis.

The aim is to enjoy the countryside, fresh air and exercise at a leisurely pace, then socialize over a meal and drink. Each walk starts at a different pub where members order their lunch and change into walking gear before setting out on a circular walk of up to four miles. Walks are taken at a pace that allows members of average fitness to complete them. If you have any medical conditions that could affect you on a walk, please make the leader aware. Lunch is usually served at about 1pm.

Members need good walking boots/shoes, warm clothing in winter, waterproofs throughout the year, water for summer and a hot drink for winter. Jeans are not recommended. The walks include the usual country conditions like hills, stiles, rough ground and mud.

Walkers may be able to share transport and we would recommend that 20p per mile divided by the number of people in the car is paid (i.e 30 miles round trip with 4 people in a car =  $30 \times 20 / 4 = \text{£}1.50$ ) towards the cost of petrol, please note, transport cannot be guaranteed.

Members receive the list of venues in September for the start of the year.

Further details can be found on the website: [www.SandbachU3A.org.uk](http://www.SandbachU3A.org.uk)

<b>Walking - Short without Lunch</b>	
Meeting place	Lower Waitrose car park, Sandbach
Meeting day	3 <sup>rd</sup> Wednesday of each month except August and December
Meeting time	9:30am
Cost per meeting	50p

For people who want to walk a short distance but do not want to stop at a pub, this group involves a strolling walk of from 3 to 5 miles after starting at a public car park. Toilet facilities will often be available at the start but that is not guaranteed.

It will be an easy paced walking group with short stops, when appropriate, to take in scenery & things of interest. There will be a stop for drinks/snacks during the walk but please bring your own refreshments.

Walking boots/shoes & waterproofs are essential, as we will walk in most weathers. Some terrain may be wet, uneven or slippery, depending on the conditions of the day. Stiles & other obstacles will be encountered. You should bring a change of shoes with you.

We leave at 9.30am from the Lower Waitrose car park & travel to the walk start point where a parking fee will often be required. Hopefully, members will be keen to share transport & it is recommended that passengers contribute towards costs.

Further details can be found on the website: [www.SandbachU3A.org.uk](http://www.SandbachU3A.org.uk)

<b>Wild Flower Identification</b>	
Meeting place	Leader's home, Sandbach. There are no access restrictions
Meeting day	Every Tuesday of each month except the second half of December to the end of January, and mid-July to early September
Meeting time	2:00pm to 4:00pm
Cost per meeting	50p Tea and biscuits are provided at indoor meetings

No experience is necessary. At indoor meetings the group examines pictures or specimens of plants and fungi brought in by members. At outdoor meetings members look for wild flowers on short walks near Sandbach or travel further afield by train and in shared cars.

<b>Wine Tasting</b>	
Meeting place	Member's home.
Meeting day	1 <sup>st</sup> Friday of each month from October to June
Meeting time	7:30pm
Cost per meeting	50p plus the cost of the wine, which is usually about £5 per meeting.

The wines for each session are chosen by the leader according to a particular theme, such as country of origin or grape variety. The wines are sampled and everyone is encouraged to offer an opinion. Likes and dislikes are expressed together with views on value for money.

At least one session each year is dedicated to a blind tasting where participants bring a wine of their choosing and challenge the rest to identify their choice.

All participants share an enthusiasm for drinking wine and learning about how it is made and where it is produced. Knowledge and experience varies.

Tasting glasses plus notes are provided. Reference books are available.

Numbers need to be limited to no more than ten per group, since the meetings take place in the less-than-palatial surroundings of the Leader's home.

We taste (or rather drink!) about six wines per evening. The wines are chosen against various criteria (grape variety, country of origin, particular supplier etc.) Information on the origins and production of the wines is provided and sometimes discussed. Occasionally we amuse ourselves with blind tastings. These allow everyone to demonstrate the range of their knowledge (or the lack of it!).

The cost of each evening varies (according to numbers present and the prices of the wines sampled), but is usually in the region of £6-£7 per person.

The leader's home is less than 100 yards from a bus stop on the Crewe to Macclesfield (#38) route. Parking is available (free of charge!), but driving is (mildly!) discouraged, since we all wish to enjoy our wine responsibly.

<b>Yoga (2 groups)</b>	
Meeting place	Masonic Hall, Sandbach. There are no access restrictions.
Meeting day	Every Tuesday of each month from September to May, excluding school holidays
Meeting time	1. 9:15am to 10:45am 2. 11:00am to 12:30pm
Cost per meeting	£2.50 per session. Bring your own drink.

The group practises Hatha Yoga including exercise, breathing techniques and some meditation.

It is suitable for women and men of all fitness levels.

Members should bring a yoga mat and blanket.

<b>Yoga - Chair</b>	
Meeting place	Oasis Centre, Green Street, Sandbach. It is difficult for wheelchairs to pass through the door, unless they fold.
Meeting day	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday from September to May, excluding school holidays
Meeting time	10:30am to 11:30am
Cost per meeting	£2.50 per session. Bring your own drink.

These hourly Yoga sessions are designed specifically for men and women who no longer have the flexibility or full health that may be they had when they were younger. Everyone is welcome, no matter what their limitations, as a large proportion of the time will be spent working from a chair. These sessions would be suitable for wheelchair users and those who have difficulty getting up and down off the floor as well as those who feel that they can no longer join a more strenuous Yoga class.

The basis, of course, is Yoga but there will be no inverted postures or difficult positions and the sessions will include slow, smooth movements, breathing and relaxation. There will also be some mental exercises such as concentration, visualisation and meditation techniques which are fun to try and can have real physical benefits and help to keep the grey matter working. The basic exercises will be performed seated and although some may be carried out by standing with a chair for support, there will always be modifications for those who wish to remain seated.

The approach is positive, with the emphasis on what you *can* do. There is no requirement for any special clothing so long as you are comfortable and are not restricted around the waist. However, you may find it useful to bring a blanket to wrap around yourself when we do the relaxation.

There is a saying in Yoga that if you can breathe you can practice Yoga. If you have a limited range of movement there is always something you can work on which will keep you alert and more energised.

<b>Zumba</b>	
Meeting place	Wesley Centre, Sandbach. There are no access restrictions.
Meeting day	Every Wednesday of each month from September to May, excluding school holidays
Meeting time	12:30pm to 1:30pm
Cost per meeting	£2 per session. No refreshments are taken.

The group exercises to dance music.

Members need no equipment or any previous experience.