



Items for the newsletter should be emailed to

newsletter@eastwoodu3a.org

Deadline Monday 16th December



Message from the Chairman

Dear All

I have been to a meeting today about volunteering in the U3A. After listening to the problems that many U3As have getting volunteers it has made me think how lucky we are at Eastwood. We have a strong core of volunteers co-ordinated by Andrea. I would like to say a big thank you to everyone who has and does help our U3A be such a success.

Where we are going to need more volunteers soon is on our committee. If you are interested in taking up a committee post please let me know and we can have a chat about the commitment and what roles will be available next year.

I went to the Notts Network Conference on Ageing Well a few weeks ago. It was an excellent day with two fantastic keynote speakers who talked about Dementia, Diet and Exercise and the Psychology of the Older Brain plus a variety of interesting workshops.

A summer festival is in the process of being organised by the Network. It is going to be an arts based event. If anyone is interested in helping or contributing please let me know. More details to follow.

2020 date for your diary - April 21st at Eastwood Hall, our U3A Regional Conference. I am helping to put the programme together and it looks like it is going to be a great day, and local!

I think that's all for now.

Best wishes
Chris



Merry Christmas



December Monthly meeting:

Meet & Greet: Maureen Hayden, Jill Parnaby, Linda Dring.

Refreshments: Geoff Gration, Peter Hayden, Robert Leam.

Signing In: Mary Edwards, Rachel Purse.

Set up/Clear away: Geoff Gration, Peter Hayden, Robert Leam.

P.A. Team: Ray Dring, Roger Bacon, Colin McGillivray, Kevin Rockley, Frank Queripel, Terry Marriott.

Dates for the Diary:

Meetings are held on the first Wednesday of the Month at St. Mary's Church, Church Street, Eastwood

Wed 4th Dec at 10.00 am

Ode Shaduz

+ Christmas Party

Wed 8th Jan at 10.00 am

Ann Featherstone

Extraordinary Eaters

Wed 5th Feb at 10.00 am



PLEASE NOTE

The first Monthly Meeting in the New Year will be on the 8th January



Group Information

Now that the new Directory is available the newsletter will only feature details of new groups and items of news about activities. Latest up-to-date information at:

www.EastwoodU3A.org

Directory: If you would like a copy and have access to the Internet it can be found on the Eastwood U3A website but if anyone would like a Directory printed out for them contact

newsletter@EastwoodU3A.org

New Groups

Patchwork: 2nd and 4th Monday, 1.00 – 3.00 pm PDA Card and Craft Ltd, Cromford Road, Langley Mill, NG16 4FL Contact Jackie 07580 340 014

If you have ideas for new groups or need further information contact

groups.coordinator@EastwoodU3A.org

Group News

5-mile Walkers: Meet Tues 3rd December at 10.00 am top right-hand corner of Morrisons' car park then on to Beauvale Priory; then Tues 7th January at 10.00 am top right-hand corner of Morrisons' car park then on to Jacksdale Garden Centre Contact Roger 01773 788 169

Bird Watching: Meet Thursday 19th December at Brinsley Headstocks. Contact Chris/Paul 01773 764 943 or 07977 436 471

Coffee Mates: Meet Wed 18th December at Andrea's. Contact Andrea 01159 382 299

Micro-Brewery/Pub Pals: Next meet Thursday 12th December at the Organ Grinder, Canning Circus. Contact Yvonne 01773 712 530

BOSWORTH & KING RICHARD III

The Battle of Bosworth was the last significant battle of the Wars of the Roses. The war between the Houses of Lancaster and York had extended across the whole of England but came to a climax in Leicester. The Bosworth visitor centre explains the background to King Richard and Henry Tudor's claims to the throne and describes the battle in detail. An excellent exhibition providing a fascinating and interactive experience. After casting our votes for Richard or Henry Tudor we continued on to Leicester.

The KRIII centre in Leicester tells the story of the life and death of King Richard III and how his remains were eventually discovered on the site of the former Grey Friars Church; one of the greatest archaeological detective stories ever told. It was extremely interesting and enhanced by volunteer John's wealth of knowledge.

Margaret Naylor



DON'T JUDGE A BOOK BY ITS COVER!

Each month the Book Group selection is chosen by the Eastwood Library. Over the years this has proved to be very much a 'love it or loathe it' scenario but has, at the same time, put forward some very unexpected choices which would not normally have been on our must-read list.

September's selection **The One, by John Marrs** falls into this category. The novel is set in a time when an on-line DNA matching service is available to find the perfect life partner. It follows the reactions of five people who took the test and tells how the consequences changed their lives. The initial thoughts of the group on reading the brief synopsis of the book were not very favourable, but how wrong we were! The novel turned out to be compulsive reading and much enjoyed by the whole group; some even reading it a second time! Intrigued? Then why not give it a try over the coming holiday period or add it to your Christmas wish list.

Sue Draper

THE THEATRE GROUP

The theatre group have had a busy year enjoying both professional and amateur productions at a variety of local theatres: Nottingham Theatre Royal; Nottingham Playhouse; Derby Theatre; Lace Market Theatre; Duchess Theatre, Long Eaton; Bonington Theatre, Arnold; plus live cinema screenings of National



Theatre and RSC productions at the Broadway. From Chicago to Footloose, Vicar of Dibley to The Lovely Bones the group have enjoyed a varied and lively programme. They have especially enjoyed their relationship with the Playhouse which meant getting top price seats for productions for £7.50 as part of the community scheme known as "hotnights".

Marianne Sparrow

WINE APPRECIATION

Christmas is fast approaching and plans are being made for the big day, food and drink amongst them. The Wine Appreciation group would recommend for consideration the following wines:

During the day enjoy a glass of "Bubbly". We believe a glass of Cava represents by far the best value at approx £5.75 a bottle. Cava Brut Tesco Finest. For the members who enjoy white wine. We would point you in the direction of Cono Sur Viognier, sold by most supermarkets at approx £7.00.



Red wine for Christmas day lunch we think that Root 1 Carmenérè from Morrison's takes some beating at approx £7.50 a bottle.

To go with your Christmas pudding, no hesitation, Apothic red sold by Sainsbury's and Tesco at approx £9.00 a bottle.

Finally if you wish to indulge yourself and push the boat out you can finish off with Taylor's Late Bottled Vintage Port. Sold by most supermarkets at approx £15.00.

Enjoy your lunch and a Merry Christmas from the members of the Wine Group

Tom Hickingbottom