

# Eastwood and District U3A

December 2017

Issue 42



THE UNIVERSITY OF THE THIRD AGE

Registered Charity No.1164636



**City Treasures** The group met at the Council House arcade for a guided tour of the Council House. They were taken round the majority of rooms and learnt how they were used. They also went in the Council Chamber, a masterpiece in design and carved woodwork. They met the Sheriff of Nottingham who answered many questions and also took part in a group photograph. A full report can be seen on the website. I would like to recommend this tour to anyone. *Len Marsh.*



## Eastwood Hall Christmas Lunch

The group's Christmas meal will take place on **Thursday 14<sup>th</sup> December, 12.00 for a 12.30 pm start.**



Peter Hayden is seen receiving his DAFTA Award for an excellent portrayal of a French Waiter in the French Conversation group's entertainment.

## Message from the Chairman

Season's Greetings Everyone,  
Well here we are again and I don't know about you but this year has simply flown by. Is it really true that time goes faster as you get older? It certainly seems that way.

I was reflecting on all the things that have happened to my family and me this year and just thinking about the life changing events was astonishing. I have been to four weddings; three funerals, welcomed one new arrival and another will be with us soon.

I have been to lots of really good plays, a few that weren't so good. Seen some great live music. Had a lovely holiday with all my family and lots, lots more. Although at times, when we turn on the news, it seems a bit doom and gloom I think it is good to look at all the good that is happening in the world. We only have to think about Children in Need to see how fabulously generous we are as a nation.

So, let's be thankful for our blessings this Christmas and make sure we seize the days and relish this life of ours.

A very Merry Christmas and Happy 2018. *Chris Niven*



**Coffee Mates at Trowell Garden Centre**

**December Monthly meeting: Refreshments Rota:** - Geoff Gration, Robert Leam, Peter Hayden, Barry Day  
**Meet & Greeters Rota:** - not required  
**Set up/Clear away Rota:** - Robert Leam, Geoff Gration, Peter Hayden, Barry Day.  
**Signing in:** - Barbara Wigley, Sue Rowlett



**December monthly meeting** will be a Christmas celebration, as in previous years. Please join in the fun with Festive dress. We are asking that members who are able to, bring a plate of food to add to a shared buffet table. Thank you *The Committee.*

**Dates for the Diary:** Meetings are held on the first Wednesday of the Month at St. Mary's Church, Church Street, Eastwood.

Wed Dec 6th at 10 am

Christmas celebration with interest groups, quiz and refreshments

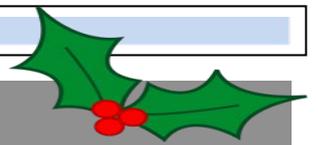
Wed Jan 3rd at 10 am

Pat Hall

Wed Feb 7th at 10 am

Vince Eager





## Featured New Interest Groups

Now that the directory has been published the newsletter will only feature details of new groups and items of news about activities.

Latest up-to-date information at:

[www.eastwoodu3a.org](http://www.eastwoodu3a.org)

**New groups due to start:**

**Art Appreciation** - contact David Willey on 0115 8840217 will meet the 3rd Monday of each month 10.30am – 12.00 at the Sun Inn in the conference room.

**Psychology** – contact Margaret Naylor on 01773 788306. Now meet 2.30 - 4.30 pm the 4th Wed of each month at Eastwood Council Offices, If you have ideas for other groups or need further info contact Lorna or Jim Stirland tel. 07977 415 072.

**Group News:**

**5 mile Walkers:** Next walk meet on Tues 5<sup>th</sup> December, starts at Hilltop. Contact Roger Reynolds on 01773 788169.

**Bird Watching:** Next meet 19<sup>th</sup> December at Shipley Park plus Christmas meal. Contacts Chris & Paul Millington on 01773 764 943 or 07977 436 471.

**National Trust** : Next meet Mon 11<sup>th</sup> Dec at 10.00 am at the Dog & Parrot, Eastwood. Contact Yvonne Carey on 01773 712530.

**Micro Brewery Pub Pals:** Next meet 28<sup>th</sup> Dec at the Dog & Parrot. Contact Yvonne Carey on 01773 712530.

**Pub Pals:** Next meet 14<sup>th</sup> Dec at the Organ Grinder, Canning Circus. Contact Yvonne Carey on 01773 712530.

**Coffee Mates:** is now full: next meet 20<sup>th</sup> Dec at Sanctuary, Stapleford formally Crème. Contact Andrea Sadler.

**Singing for Pleasure:** Next meet Friday 15<sup>th</sup> Dec, 7.30 pm at Greasley Miners Welfare. Contact Karen Rea on 01773 719 118.

**Coffee & Co:** No meeting in December. Contact Barbara Gani 0115 9468721.

## Social Outings..

- *Friday 8th Dec – visit to the Panto and a meal. The Palace Theatre in Mansfield are performing Jack and the Beanstalk, we will have a 2-course meal at the restaurant next door before the show. Total cost with transport £38.*
- *More info at Main Meeting or from Joan Morley on 0115 938 3042 or Jill Parnaby on 01773 765 735*



Members of the Ukulele band played two sets with a selection of their songs for Moorgreen Residents Social evening at the Horse and Groom. Everyone thoroughly enjoyed the evening and the residents thanked the group for their hard work

On Wednesday 25<sup>th</sup> October the Psychology Group met to hear a talk given by Jim Stirland on the brain/mind. It was a lively meeting with members contributing to the discussion. Jim began by explaining how the brain, the most complicated organ, develops from the embryo stage through life. He explained how the first two years of life are the most important in the brain's development and gave an example of the Romanian orphans who through lack of stimulus and social contact had completely stunted brain function, in most cases never to be restored. Brain exercises were carried out by the group and ten ways to keep your brain healthy were explained. *Jim Stirland*

**Discovering Nottingham:** Next meet at the Horse & Groom Mon 4<sup>th</sup> Dec 10.00 am. Contact Barbara Gani 01159468721

**City Treasures:** Future meetings Wed 13<sup>th</sup> Dec, Wollaton Hall, 10.30 am top car park near the Hall. Fri 22<sup>nd</sup> Dec 10.00 am at the Sun Inn. Contact Len Marsh 0115 9321230.

**Nottingham's Hidden Gems:** Meeting at the Dog and Parrot at 11am on the 11th January 2018. Contact Bob Ford 07812455380.

**Strollers:** next walk will be in the spring.

**Vegetable Gardening:** Next meet in the spring.



**Discovering Nottingham group** visited the National Justice Museum, where they learnt about the fascinating history of justice through time. On arrival they were given a convict number and as they explored the Museum they discovered their crime and the often brutal punishment. The building has original courtrooms, dungeons and prison cells. They attended a courtroom drama where members of the group carried some of the roles out. I would recommend a visit to the museum it was a very interesting day out. *Barbara Gani*

Items or suggestions for the newsletter? Deadline: Mon 18<sup>th</sup> December 2017. Contact Caroline Winfield: [newsletter@eastwoodu3a.org](mailto:newsletter@eastwoodu3a.org)

