

Wrekin u3a e-newsheet July 2024

Members Coffee Morning

Monday 8 July The Park House, Shifnal 10-12

There will be information on the following new groups: **Board Games** and **Wellbeing** and you will be able to register your interest to join them.

Our new member liaison team will be there to talk to anyone who would like to join our membership. If you have a friend who would like to join, bring them along.

Please remember to wear your u3a badge in order to enjoy a discount on your coffee and cake.

Pam Mundy groups@wrekinu3a.org.uk

NEW GROUPS

French Conversation

An initial meeting of this new group will take place at the Trinity Centre, Victoria Rd, Shifnal on **Wednesday 3 July 2-4pm** We will discuss what we hope to achieve and ways of learning as well as the preferred day, time and location to meet. Come along if you are interested.

Marilyn Higson

Tai Chi

Unfortunately the taster session advertised for this week has had to be postponed whilst we search for a new teacher. I have already emailed those members who expressed their interest with further details. If anyone else would like to add their name to my list please contact me via the newsletter email.

Karen Appleby newsletter@wrekinu3a.org

Wellbeing

We all want to make the most of our 3rd age. After all, it's one of the founding principals of our movement. This new group intends to explore how we can best do this. To get us started, we have found a lovely teacher who will run 1 hour exercise sessions for us (aimed at the over 50s). Cheryl's classes will focus on balance, strength and fall prevention but above all FUN!

If you are interested in being part of this new initiative and have ideas for future activities and issues to explore, come along to the monthly coffee morning next Monday 8 July at 10am at The Park House in Shifnal. Alternatively you can express your interest via the newsletter email address.

Karen Appleby newsletter@wrekinu3a.org

Board Games

We are planning to hold an initial meeting in the coming weeks to discuss the possible formation of a Board Games group. We hope to meet at Church Farm, Wrockwardine. Please email the newsletter editor if you are interested in this group so that we can fix a convenient date and time.

newsletter@wrekinu3a.org

NEWS FROM THE GROUPS

Lunch on the 15th

15 July 1pm at The Shrewsbury Arms, High Street, Albrighton WV7 3LA (opposite the church)

Booking and pre-orders essential. No deposit required, payment on the day.

I have a few availabilities for **Afternoon Tea at David Austin Roses Thursday 15 August** in their Garden Room. Booking and full payment of £27 is required asap.

Sheila Purbrick 01952 462730 / 07485 255678

purbrick910@btinternet.com

Come Dine With Us

Saturday 27 July An English Afternoon Tea

On the last Saturday in the month our Come Dine With Us group offers the chance to dine for £15 to the first 12 people who apply at the General Meeting. It is hosted by one of our committee and our July gathering will be hosted by Pam. Come and join us. Tickets available at the Monthly Meeting.

Pam Mundy groups@wrekinu3a.org.uk

Cultural Visits

Cornwall 11-15 October 2024

Rosemundy House Hotel is situated in the lovely seaside village of St Agnes. The planned itinerary during our stay includes:

Falmouth and Pendennis Castle, Truro and a guided tour of the Cathedral, Marazion, Lands End, St Ives, The Lost Gardens of Heligan and Mevagissey.

Details and a booking form can be found in the Visits section on Wrekin u3a’s website.

Please let me have your completed booking form asap as places are being filled quickly.

If you have any queries please contact me denisemarg@yahoo.co.uk or 01952 275155

Denise Smith

VOLUNTEERING OPPORTUNITIES

We would like to encourage members to step forward to lend support to our many interest groups - both established and new. Some of our long standing group leaders would like to pass the baton on and would be happy to “mentor” any willing volunteers.

There have been many ideas for new groups but without someone who is willing to facilitate their creation and maintenance, these new groups cannot proceed. Being a group leader is really not as onerous as you might think. PLEASE have a chat with Pam if you can offer your help and she will talk you through how it works.

groups@wrekinu3a.org

In addition we are looking for a communications officer, an IT assistant and someone to help with the production of the Wrekin Review. Please talk to a committee member if you would like to get involved in any of these roles.

Next Meeting: Tuesday 23 July 2024

Dorothy Nicolle: Words, words, words

Refreshments will be available from 1.45 until the talk begins at approx 2.25pm.

Wrekin u3a (Charity No: 1098219) is an educational and recreational charity registered under the Charities Act 1993. To unsubscribe from these emails use the link [Wrekin U3A: Contact \(u3asites.org.uk\)](#) to contact “Enquiries” and use “Unsubscribe from e-Newsheet” as the title.