

Wrekin u3a e-newsheet August 2024

Notes from the Chair

Where has this month gone? However we do seem to have achieved quite a bit here at Wrekin u3a. We have just started our long awaited Tai Chi class. The Well Being group starts next Wednesday and coming soon are Conversation French, Maths is Fun Really, and for the winter months, Board Games. Please see details below.

If you have ideas for new groups and are happy to be a group facilitator please contact groups@wrekinu3a.org.uk

I hope you are enjoying your membership and if the Committee can do anything to support you please let me know.

Yours in friendship.

Pam Mundy chair@wrekinu3a.org.uk

NEW GROUPS

French Conversation

The group will meet monthly from 2-4pm at the Old Police Station in Shifnal commencing Wednesday 4 September. Group leader: Marilyn Higson.

Tai Chi

This group had its first meeting on Monday 29 July. It will continue every Monday from 12-2pm at Wrockwardine Village Hall. Please direct enquiries/expressions of interest to Pam Mundy.

groups@wrekinu3a.org.uk

Wellbeing

This group will have its first meeting next Wednesday with a Fitness for the Over 50s class and will continue on a weekly basis. Group leader: Karen Appleby

Maths is Fun, no really!

Sue Boag will be leading this new group. Find out more on our website and sign up at the August meeting or via the groups coordinator.

groups@wrekinu3a.org.uk

Board Games

There has been interest expressed for this group but we need a group leader to get things started. Pam is there to facilitate and provide ongoing support. Please contact her if you would like to help us with this new group.

groups@wrekinu3a.org.uk

NEWS FROM THE GROUPS

Come Dine With Us

Saturday 31 August Around the World on a Plate

Tickets available from Come Dine With Us group leaders and at the monthly meeting.

REGULAR EVENTS

New Member Drop-In

This takes place on the first Friday of every month from 10.30 at Church Farm, Wrockwardine and is open to all new members. Look out for your email invitation from the New Member Liaison Team.

Karen Appleby new_members@wrekinu3a.org

Members Coffee Morning

Come along to the Park House Hotel on the second Monday of each month to meet up with other Wrekin u3a members and to enjoy coffee and cake at a discounted price. Don't forget your membership card.

Next Monthly Meeting: Tuesday 27 August 2024

Please note change of speaker

Kath Reynolds: Goose Grease and Brown Paper

A talk on health remedies of years gone by.

Refreshments will be available from 1.45.

Recycle, Reuse and Spread the Word

Once you have read, enjoyed and finished with your copies of the **u3amatters** magazine, please pass them on to **Karen Appleby** on the Visitors Desk at the monthly meeting. She has a use for them.

VOLUNTEERING OPPORTUNITIES

Please contact any committee member if you are interested in the following:

- 1 Group Leader for Board Games
- 2 Volunteers to join our new Communications Team. To offer help to our Newsletter and Review editors in disseminating information to members and the wider community about what's happening at Wrekin u3a.
- 3 IT enthusiasts to help our current lead, Mandy Dowd.

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