



Bolton Newsletter

Chat from the Chair

So here we are leaving January, usually one of the coldest months of the UK winter with its cold and frost and snow. Brrr. How I long for the Spring and our warmer months. Yet despite the weather, I'm looking forward to seeing you all at our February u3a meetings.

January saw the launch of our new website. Take a look at www.boltonu3a.org.uk. Many thanks go to Maggy Simms and Kathryn Chatwin, both committee members, for putting this site together and we are always on the lookout for photos and videos of group activities. Please get in touch with me if you have any to go on the site.

Several committee members are standing down this year so we will be looking for replacements for the following roles: treasurer, membership secretary, groups coordinator, vice chair as well as a new speaker secretary, as Win Conway is looking to pass on the baton too. If you want to know more about these roles, please contact me or the relevant person involved. Remember, Bolton u3a is run solely by volunteers and being involved is a great way to make good friends, stay active and feel useful.

Till next time, keep warm and healthy
Learn, Laugh, Live
Jeanne

Jeanne Kelly
chairman@boltonu3a.org.uk

Local Digital Support

Would you like to know more about how to use a computer, tablet, smartphone or how to access online services?

There is now a free help service available through your local library or college.

You can have up to 6 one-hour sessions on a one-to-one basis with a trained mentor. The sessions cover using the internet, social media, setting up emails, downloading Apps, saving money online and buying and selling online.

You can borrow a device to access IT services and access printing facilities.

If you are interested, ask a member of staff at your local library or ring the Digital Help Team on 01204 332853

Bolton U3A Monthly Meeting

This month's meeting is on Friday 26 January from 1400-1600 at St Andrew & St George United Reform Church, St George's Road, BL1 2BS.

Visitors, for an entry fee of £3 are welcome to attend twice.

The speaker, Brian Groom, will be giving us a history of Northerners. Come along and listen to what he has to say and enjoy a cup of tea and a chat afterwards.

Free health support

If you would like some help or advice about managing your weight you may be interested in this free service for Bolton residents.

FREE
WEIGHT MANAGEMENT
SUPPORT FOR
BOLTON
RESIDENTS

The community based service offers:

Weight Management Support
interventions that meet your needs and preferences in losing weight, achieving healthier nutrition habits, and making positive lifestyle changes.

Get in touch if you would like information or advice.

Or have a look on the website: www.yhbolton.co.uk for more information, self-management guidance, or to fill in an online self-referral form.

Your Health Bolton
01204 570 999
yourhealth.bolton@nhs.net

QR code

Facebook, Instagram, Twitter icons

NEWS OF INTEREST GROUP MEETINGS AND ACTIVITIES IN FEBRUARY 2024

ARCHAEOLOGY:

Every 2nd Thursday. The Zoom link will be sent out shortly before each meeting.

The next meeting is by Zoom on 8th February at 2.00pm, new or 'taster' members welcome. Sign up on Beacon and the link will be sent to you a day or so before the meeting.

ARTS AND CRAFT:

Our next meeting will take place on Tuesday, 13th February at 10.30 at St Andrew and George Church. We will be exploring 'Slow Sewing', a type of hand sewing that originated in Japan and is a way of recycling scrap fabric to make a simple hand stitched patchwork. A selection of pre-made packs for everything you need will be provided. New members welcome, please contact Serena.

BRIDGE GROUP

Meets every Wednesday afternoon from 1315 – 1530 at St Andrew & St George Church.

New members are welcome but must have a knowledge of cards.

CHAIR-BASED EXERCISE

Now meeting every Monday i.e. February 5th, 12th, 19th and 26th 4pm for 1 hour at Harwood Methodist Church (old building), Longsight Lane, Harwood, Bolton BL2 3JP. New members welcome. Free parking in church car park.

CHINESE POETRY:

Wednesday 14th February from 1030-1230 at The Hub. All welcome.

Chinese Poetry: 1030-1230 at The Hub: Dengism- westernisation, democratic shoots; post Tiananmen massacre repressions and the impact on poetic styles and topics.

Wednesday 21st February: Xi ism: contemporary politics and poetry - new styles and censorship in conflict.

CINEMA GROUP;

The cinema group will now meet on the last Thursday of each month to take advantage of reduced prices for over 60s on Thursdays. Tickets cost £5 providing we go to watch films starting before 3pm. The next cinema group meeting, therefore, will be on **Thursday, 22nd February 2024** at the Light Cinema in Bolton. Details of film chosen and time to meet will be emailed beforehand. Any new members wishing to join us please contact FAO Duncan on u3abolton@hotmail.co.uk so that you can be included in the email list.

CLASSICAL CIVILISATION

This month's meeting will be on Thursday 8th February at 10.30 am at The Hub.

The topic will be 'The Roman Empire in action - making a province a success', with a special look at the city of Lepcis Magna in modern-day Libya.

COFFEE AND CHAT:

Olympus restaurant from 1030am, on Tuesday 13th February and Tuesday 20th February.

Egerton at the Globe Café on Tuesday 13th February at 1030. Optional brunch/lunch to end.

Heaton at The Coffee Shop, New Hall Lane, Heaton on Tuesday the 13th February at 1030.

Harwood at Longsight church hall on Thursday 1st February from 1030 onwards. Everyone welcome.

CRYPTIC CROSSWORDS:

Group One will meet on Fridays 2nd and 16th February at Olympus restaurant at 2pm.

Group Two will meet on Tuesdays 6th and 20th February at Olympus restaurant at 2pm

DIGITAL PHOTOGRAPHY:

Next meeting is Friday 2nd February: meet at 11.00am outside the M & S Food Hall in Chorley.

The 9.57am bus 125 from Bolton Interchange gets to Chorley Bus Station at 10.51am.

Friday 16th February: 10.30am at St. Andrew and St. George .

Our field trip in March is to Doffcocker Reserve where we will take pictures of wildlife and nature.

DINING GROUP:

The next meeting on Thursday 8th February at 1pm at The Pack Horse in Affetside. The pub is on the 480 bus route and has a car park.

Please let Chris Druck know by email by the 2nd February if you plan to attend. FAO Chris Druck
u3abolton@hotmail.co.uk

FAMILY HISTORY GROUP:

Next meeting will be on Tuesday 13th February at 2pm at Harwood Library near Morrisons.

Bring a special family photograph you want to talk about. New members welcome.

HISTORY GROUP:

Thursday 15th February at 1030-1230 at the Hub.

Topic- Social and economic protest movements to benefit the lower classes in the 19th century, including Rochdale pioneers (co-op movement), anti corn law league and abolition of slavery.

INTERNATIONAL STUDIES:

Next meeting Monday 5th February at 2pm at The Hub.

Topic: A Perspective on Portugal by Steve Brown

ITALIAN RENAISSANCE ART:

The next meeting will be on Tuesday 20th February from 1030 to 1200 at The Hub.

Topic to be confirmed nearer the date.

Please note that this group is currently oversubscribed.

LANGUAGE AND COMMUNICATION

Friday February 23rd at 10.30 at the Hub.

Continuing our investigation into the relationship of *Language and Thought*.

LINE DANCING

Meeting on Friday 9th and 23rd February 1030-1200 at Triangle Annex, New Church Road, Bolton, BL1 5QP. **For Sat Nav use:** BL1 5SH. Wear loose clothing and no trainers.

New members welcome—it's great fun and good exercise.

LOCAL HISTORY:

The next meeting will be a visit to the new Library/museum in the town centre on Wednesday 7th February. Meet at 2.00pm at the entrance to the Library on Le Mans Crescent.

MAH JONG:

Monday 19th February at 1030 at the Hub. Beginners welcome.

MATHS GROUP:

Our Meeting is on Friday, February 16th at the Hub at 1330pm

We shall be working on ratios, the kind of thing you need if the quantities in a cookery book don't make enough (or too much) for your needs. Also, we shall be considering ratios in a mathematical context.

MINDFULNESS:

The group meets every other Monday on Zoom at 1pm. We'd welcome new members who would like to join us via Zoom—it's not necessary to have any previous knowledge or experience of mindfulness

MUSIC APPRECIATION:

Monday February 12th at 10.30 at the Hub.

A dip into psychology and philosophy this month, the fascinating topic being *Music and the Mind*.

MUSIC CHOICE:

Next meeting Tuesday 6 February 1030am at The Hub.

Please bring CD music of your choice.

New members welcome - bring a CD or listen to others' choices.

NORDIC WALKING -

The groups will meet from 1000-1200 at Moss Bank Park on the following dates:

Wednesday 7th February, Thursday 15th February, Wednesday 21st February, Thursday 29th February.

PHILOSOPHY:

The group will meet on Tuesday 27th February at 2pm at the Hub. We shall be considering the 'proofs for the existence of God' - the Cosmological Argument, the Ontological Argument, the Design Argument, the Gambler's Argument etc. and criticisms of these arguments.

PILATES:

The group meets every Monday afternoon from 1330 until 1415pm at the Westhoughton Hub on Central Drive, Westhoughton.

The group has room for new members. If you are interested, please contact the group leader by email FAO JANET at u3abolton@hotmail.co.uk

POETRY FOR PLEASURE

Thursday 15th February: 1330-1530 at the Hub.

This month's theme is 'LOVE'. Please take it in the widest context possible eg. 'I love . . . ' music/ icecream etc.

Any member who happens to be free on any of these occasions would be most welcome to join us. If you would like any further information contact FAO Lynn at u3abolton@hotmail.co.uk

PSYCHOLOGY:

Tuesday 6th February at 2pm at The Hub

A discussion on the Psychology of Work will be led by Steve Brown. We will be joined by Shirley Pressler, branch member who is a Chartered Psychologist and retired university Lecturer. We should also be joined by Jo Luckhurst, an Occupational Psychologist with the University of Bolton. Hope you can join us.

QUIZ GROUP:

Next meeting of the Group is 9th February at 1330 at The Hub.

Question Master will be Tony.

This group is currently over-subscribed and unable to accept new members.

READING GROUP:

The group will meet at 1030 on 22nd February on Zoom. New members welcome so if you like to talk about books and would like to join us, please contact Annie .

If you're not sure you want to join us but would like to come to discuss a specific book one month, again, please contact FAO Annie on u3abolton@hotmail.co.uk

RUMMIKUB:

Monday 19th February at 1030 at the Hub

SCRABBLE:

Monday 19th February at 1030 at the Hub

SINGING FOR PLEASURE:

The group will meet on Friday 2nd and Friday 16th February at 1030 in the Seminar Room at Claremont Church, St George's Road under our Musical Director, Win Conway.

We welcome new members in all voices (Alto, Bass, Soprano, Tenor) who want to enjoy singing with others. Claremont Church is an excellent central venue, on bus routes 125, 501 and 575 about a 5-minute ride from the Interchange. There is ample car parking at NCP Topp Way a short walk from the church.

TOPICAL SCIENCE:

Monday February 19th at 2pm at the Hub.

Topics: The Sea. Including :- Deep-Sea Mining, Sea Levels, Role in Carbon Dioxide Absorption etc.

Members are welcome to bring along any items of news that they wish to share with the Group.

All welcome.

Bolton U3A Monthly Meetings

These are held from 1400-1600 on the 4th Friday of every month (except December).

At St Andrew & St George United Reform Church, St George's Road, BL1 2BS.

Visitors, for an entry fee of £3 are welcome to attend twice.

The programme of speakers is given below—come along and listen to what they have to say!

SPEAKERS for 2024

<u>JANUARY 26TH</u>	Northerners – A History.	Brian Groom.
<u>FEBRUARY 23RD</u>	Rivington Terraced Gardens.	Graham Gough.
<u>MARCH 22ND</u>	The Sixties.	Frank Vigon
<u>APRIL 26TH</u>	Miss Lydia Becker.	Joanna Williams
<u>MAY 24TH</u>	Memsahibs and Their Servants.	Jenny Malin
<u>JUNE 28TH</u>	To be Announced Later.	
<u>JULY 26TH</u>	My Life with the Lancashire Constabulary.	Mahmood Ahmed.
<u>AUGUST 23RD</u>	Billy's War.	Paul Atherton
<u>SEPTEMBER 27TH</u>	Bedpans and False Teeth.	Denise Adlard
<u>OCTOBER 25TH</u>	The Artifacts of Folk Magic.	Peter Watson
<u>NOVEMBER 22ND</u>	Annual General Meeting	

Committee Members		
Chair	Jeanne Kelly	chairman@boltonu3a.org.uk
Vice Chair	Lynn Gray	vicechair@boltonu3a.org.uk
Business Secretary	Liz Robinson	secretary@boltonu3a.org.uk
Treasurer	David Dean	treasurer@boltonu3a.org.uk
Group Leaders' Coordinator	Duncan Macpherson	groupscoordinator@boltonu3a.org.uk
Newsletter Editor	Pauline Treuherz	news@boltonu3a.org.uk
Membership Secretary	Alison Dyson	u3abolton@hotmail.co.uk
Venues Coordinator	Steve Brown	venuescoordinator@boltonu3a.org.uk

Membership Enquiries

Alison Dyson Email: u3abolton@hotmail.co.uk

Change of address, email or phone details?

Please let Alison know for our records.

Help us stay informed

If you know of a member who has been ill, or is recently deceased, please inform the relevant group leader, in order that the information can be circulated appropriately. Please leave a phone number if you want a Group Leader to respond to a phone message.

Newsletter News

Please send contributions to: news@boltonu3a.org.uk

Deadline: Friday 15 February 2024

<p>We are always happy to support new groups and activities!</p> <p>E-mail: groupscoordinator@boltonu3a.org.uk</p>	<p>Visit our Website:</p> <p>www.boltonu3a.org.uk</p>
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