

The background of the entire advertisement is a photograph of two women dancing. They are both wearing bright red, fringed dresses and matching red feathered headbands. The woman on the left is wearing a long-sleeved dress and has her right arm raised. The woman on the right is wearing a sleeveless dress and a long pearl necklace. They are both smiling and appear to be in a dance studio or a similar setting with a wooden floor. The background behind them is a blue and white wavy pattern.

# u3a

Aughton  
and Ormskirk

No longer  
working full-  
time or raising a  
family? Now's  
the time to make  
the most of life.  
u3a gives you  
the chance to  
develop your  
interests, make  
new friends and  
enjoy yourself.

learn,  
laugh,  
live

aughton & ormskirk u3a,  
PO Box 198  
Ormskirk, Lancashire L39 6SY  
☎ 01695 424459

[www.aughton-ormskirk-u3a.co.uk](http://www.aughton-ormskirk-u3a.co.uk)

# From 1982 until the 2020s u3a is celebrating its 40th birthday in 2022

The **u3a** movement began in 1972 in France and by 1982 was beginning to take hold in the UK. The aim was and still is to give newly retired people a chance to continue to learn and laugh together, living a more interesting and involved life as working days come to an end. **Aughton & Ormskirk u3a** began life in 2003.



**Each u3a is managed independently** but is affiliated to a parent body, The Third Age Trust (TAT), which provides its members with essential services. We are one of over 100 separate u3as in the North West Region.

**All u3as are financially independent** and have a charitable purpose. We are managed by an elected Committee drawn from our membership. All members are volunteers.

**Our groups are the lifeblood of our u3a.** Each one is led by a member or a small team of members who share an interest in a particular activity. From walking to talking, acting to biking, reading and writing, playing, listening, thinking or relaxing, each group activity provides social contact, a chance to do something enjoyable or challenging, an opportunity to be part of something that benefits a group of people and a chance to do or learn something new.

Some groups meet weekly or fortnightly, others monthly. Some exercise the body, some exercise the mind; others are simply social. There really is something for everyone to enjoy.

The following pages cover 11 categories of group activity, with one or two groups illustrating each category, so read on to get an idea of what else there is to do ~ or join us if you are not already involved.

*(Turn to the back page for details on how to join)*

## OTHER ACTIVITIES

We have a weekly coffee meeting called 'Horizons', a monthly Speaker meeting, and occasional events such as a Christmas Lunch and Summer Social. The Drama, Choir and Musical Theatre groups put on performances once or twice a year.

# CULTURE

## Local History

Our meetings focus on discovering or rediscovering something about the people and places that have formed our history. At our indoor meetings we have an illustrated talk and sometimes a quiz with prizes linked to the topic. Topics may evoke happy or poignant memories and conversations as our history impacts on the present and shapes the future.

Three or four times a year we go out and about into history, visiting places with informative Guides who extend our interest and knowledge; we usually have meals on our trips out.



## Folklore & Mythology

This group gives a fascinating insight into our culture and other cultures. We've looked at big topics such as creation myths: lots of creation myths have a flood at their inception but very few have creatures coming from their armpits. We've also examined more local folklore topics and currently we are looking at other world creatures in British folklore.



With each topic June explains why folklore and myths may have developed as they did and gets us to look for common themes and encourages debate. Worlds have been revealed which are populated with creatures which would not seem out of place in Harry Potter.

## A List of 'Culture' groups

Art Appreciation, Book Reading, Church History, Discussion, Film Appreciation, Folklore & Mythology, Gardening, Local History, Music Appreciation, Opera Appreciation, Philharmonic Visits, Philosophy, Theatre Visits



# DANCE

## Country Dancing

In the Country Dancing Group we focus on the dances that were popular at balls, assemblies and private gatherings all over the country from the 18th century onwards ~ the dances that Jane Austen wrote about in her novels. Many new dances have also been devised using the traditional style, so we have a wealth of material at our disposal, from as fast and furious as we wish, to slow and stately and everything in between. The dances are very sociable and exercise both mind and body while we enjoy the dances and the beautiful traditional music in good company.



## World Dance

In the 10 years since this class started, we have explored at least 25 dances from around the globe. Our regular members say they enjoy the variety, always learning something new, whilst keeping the body supple and mobile, keeping those memory pathways working and making new friendships along the way. Although dance choreographies are taught, no dance experience is necessary; some even go on to perform in our musical theatre group. From Ballet to Bhangra, Jazz to Jive, and Tunisian scarf to Turkish tambourine, we cover a wide diversity of dance styles. Something for everyone!

## A List of the 'Dancing' groups

Ballroom Dancing, Belly Dancing, Country Dancing, Line Dancing, Tap Dancing, World Dance

# FITNESS & EXERCISE

## Zumba

Zumba is a full body workout, moving to fast paced lively music from around the world. It builds endurance, improves cardiovascular fitness, helps with balance and memory skills when learning the routines. It is adaptable for any fitness level eg. chair Zumba and Zumba Gold ~ anyone can do it!



Zumba can help you to meet a variety of people in a fun and enthusiastic safe environment. Ours is a very friendly group and we have a good laugh - using our 'chuckle muscles' a lot. The class definitely improves our mood and quality of life. As our Tutor Helen has said "It is something to get dressed and leave the front door for!"



## Pilates

The two Pilates groups run in 12 week sessions with a qualified tutor who adapts the exercises for our age group. Classes last for one hour.

Pilates exercises are not aerobic but aim to improve muscle tone and flexibility. We practice our balance which, unfortunately, tends not to be as good as it was once! Also exercises which help in everyday movement such as reaching for your seat belt in the car or picking the the remote control from the floor where you dropped it. Members vary in their physical ability but our tutor adapts exercises to manage different requirements and everyone agrees that 'it does us good'.

## A List of the 'Fitness' groups

Aerobics, Aerobics to Music, Pilates, Tai Chi, Yoga, Zumba, Zumba Gold

# INDOOR GAMES

## Mah Jong

This is a Chinese game, very similar to the card game Rummy, but slightly more complicated. It is lots of fun, played with tiles instead of cards, and easy to learn. Our group does not take the game too seriously with enjoyment and sociability being far more important than winning. Everyone is welcome, beginners will be taught how to play, and others can just join in with our regular members. If you want a little mild 'brain-training' or to be part of a friendly social group, do come and join us.



## Cribbage

Does 15 for 2, 1 for his nob or 2 for his heels mean anything to you? If so, why not come along & join our friendly Cribbage group? If not, come & see for yourself what this card game is all about as beginners are always welcome. Being a game for 2, 3 or 4 players, we split up depending on how many are present.

It's a sociable game, allowing members to make friends as well as enjoying their hobby. Suitable for all abilities and played seated at



tables, it's a great game for any with mobility limitations.

Playing 'crib' is said to be good for brain health as it involves maths, strategy, socialising, and problem solving. Whether true or not we enjoy it and hope you will.

## A List of the 'Indoor Games' groups

Bridge, Canasta / Samba, Chess, Cribbage, Mah Jong, Scrabble

# LANGUAGE & LITERATURE

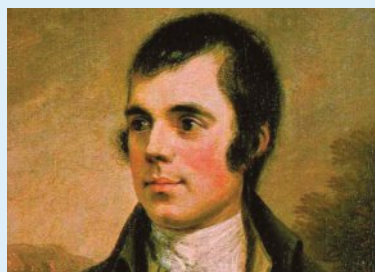


## French Conversation

Conversations en Français. Une occasion de partager et converser avec d'autres personnes dans une langue étrangère dans une ambiance sympathique et joyeuse. Certains membres du groupe sont de nationalité française. Tous les deux mois nous recevons un magazine en français. Les articles sont variés. Il y a des nouvelles d'actualités politiques, économiques et sociales. Histoires et expériences de la vie de tous les jours y figurent aussi. Il y a également des exercices à pratiquer. Nous nous réunissons périodiquement pour partager nos dernières nouvelles personnelles et pour discuter les articles du magazine.

## Poetry

If you love to read the poems that are your 'all-time favourites', or if you want to hear new poems, do come and join the Poetry Group! Members choose poems to read out loud, and the group discuss what makes the poems work.



Each session has a theme or a particular poet such as ~ civil war or revolution; dedication or tribute; love poems; gardens; solitude; poems that are primarily songs; poems in translation; black and minority ethnic poets; poets from Australia and New Zealand. Poets from Donne to Lemn Sissay, from Wordsworth to Maya Angelou, and from Emily Dickinson to Bertolt Brecht.

*Poetry to lift your spirits!*

## A List of the 'Language & Literature' groups

Creative Writing, French Conversation, German Conversation, Italian, Latin, Poetry, Shakespeare Revisited, Spanish

# MAKING

## Card Making

The card making group meets each month for a friendly, informal, card making session. Members bring their own equipment and materials but we can provide new members with materials in order to get them started. We no longer do tutorials in card making techniques but members are very willing to demonstrate any card making skills and will always help new members on their crafting journey.



## Painting

Are you a budding David Hockney or a frustrated doodler?

The Painting Group could be just the place for you. We are a group of 'amateur' artists who meet twice a month. We all pursue our own projects using a variety of media: oils, pastels, acrylics, pencil and watercolours and everyone shares their expertise within the group so we can learn from each other in a supportive way.

There are also occasional 'events'; eg: a workshop day with the artist Robert Dutton, and for beginners there is a supply of art materials you can use to get you started. So come along and give us a try!



## A List of the 'Making' groups

Card Making, Painting, Textiles and Quilting



# OUTDOORS

## Bird Watching

If you enjoy open spaces, fresh air, and making good friends, the Bird Watching group might be the one for you! Established for over 16 years, we are lucky to have a good number of bird reserves within a 20 mile radius of Ormskirk. Martin Mere is perhaps the most well known of the local reserves, but there are other excellent venues such as Marshside (Southport), Mere Sands Wood (Rufford), Lunt Meadows (Sefton), Pennington Flash (Leigh), Speke Hall (Speke), Brockholes (Preston) and Yarrow CP (Chorley).



## Cycling

Weather permitting, we have weekly rides taking about 2.5 hrs over 20 to 25 miles, with many stops for a breather. Most rides are fairly flat, along country lanes and off-road tracks, but we try to include a couple of cafe stops on each ride. Cyclists of any age, girls and boys,



on hybrids or e-bikes, are all welcome.

What do we get from this great group?

Fresh air, first-class exercise, fun and friendship.

## A List of the 'Outdoor' groups

Bird Watching, Cycling, Motorcycling, Occasional Day Trips, Walking

# PERFORMANCE

## Drama

The Drama Group is a group of enthusiastic amateurs who get together every week to rehearse plays and musical revues which we perform usually twice every year to an audience. Our sessions are good fun and there are opportunities for members to take part in our productions or assist behind the scenes.

We try to send our audience home feeling happy and hope this is not entirely due to the supper sometimes provided.



## Recorder playing

Making music with others, however simply, is quite magical. It's good for the mind and memory too. Concentrating on the notes, the fingering, staying in time and tune, listening to those around us, makes us forget our worries and just enjoy the moment; we leave our sessions with lighter hearts. If you have ever played recorder and would like to try again, please come and join us.



## A List of 'Performance' groups

Choir, Drama, Guitars Acoustic, Keyboard Music, Musical Theatre, Recorder Playing, Ukulele

# SOCIAL

## Beer Appreciation

This has been a resounding success for the last eight years. Some of our regulars, both men and women, are widowed and get great enjoyment from the good company and camaraderie afforded by the group.



We have visited more than 20 towns or cities, a different one each month; we've even ventured as far as Prague and Krakow. If you love local travel, old pubs full of character, and a selection of Real Ales, you will love 'Our Days Out'.

## Helping Each Other

This Group has been active for the past ten years and is particularly aimed at people struggling either with mobility issues or feelings of loneliness.



Healthy people are never turned away as a mix has worked well. We attempt to meet once a month and in warmer weather we arrange local trips out. For colder times we book indoor venues and enjoy chats, films and have visiting activity instructors.

## A List of 'Social' groups

Beer Appreciation, Helping Each Other, HORIZONS, Sunday Social, Wine Tasting

# SPORT

## Bowls ~ Ten Pin

This is a small group of enthusiasts with varying abilities who love to meet and play together.

Many of you will have tried Tenpin Bowling back in the 60's. Now you can revive those skills in retirement. It is a good stretching exercise, not overly strenuous and we are not at all competitive.



All u3a members are welcome to come as often as you like; many of you are very busy and might find every week too much but would prefer to come just once a month and you are welcome to do so.

## Table Tennis

"Having not played table tennis for forty years, I did wonder how good I would be. Seeing a group leader who turned out to be twenty years my senior and many others who were much older than me, I thought 'How hard can it be?' Well, the session was an eye-opener ~ and one should never jump to conclusions about people's ability based on age.

Most importantly, the members made me very welcome. With a relatively stable group, many of them became friends whom I now see outside the u3a.

Few of my work colleagues were local and work-based relationships soon fizzled out, so membership of our u3a proved the ideal way to establish local friends and acquaintances."



## A List of 'Sports' groups

Badminton, Bowls - short mat, Bowls - ten pin, Bowls - Crown Green, 5-a-side football, Golf, Golf Lessons, Snooker, Table Tennis



# TECHNICAL

## Digital Photography

The Digital Photography group welcomes and is open to all levels of expertise. Particularly welcome are those who may wish to benefit from the advice given by some keen enthusiasts, who will readily pass on their knowledge and experience.

It matters not what level of camera you might have ~ come and see some of the superb images, many of which have been acquired with a smart phone or tiny pocket compact camera.

Advice is immediately available to all on how to improve your expertise and how to attach photos to emails and other computer enhancements. So come along to our friendly monthly meeting and you will be made most welcome.



## Science

The Science Group has grown to be one of the largest in our u3a. With a varied and interesting range of topics, from Outer Space to the conservation project on the sand dunes at Ainsdale, we've been kept up to date by speakers telling us of their current research, whilst others have talked about their past professional experiences. A 'full house' is guaranteed for speakers telling us about our health and wellbeing. Trips have included a visit to a cheese factory and a viewing of Concorde. Question and answer sessions follow all our talks and can occasionally become very lively.

You do not have to be a scientist to enjoy our meetings but it is a good way of keeping in touch with our rapidly changing world.



## A List of the 'Technical' groups

Computer Advice, Digital Photography, Earth/Geology, Science, Health & Wellbeing

# OTHER ACTIVITIES

## Speaker Meetings

Speaker Meetings are held on a regular basis, usually on the first Thursday of the month, immediately after Horizons. There is no charge and no need to book. This year we used Zoom until we were able to meet again in person, and 2021 speakers' topics have ranged from 'What did the Spartans do for us?' to 'The Curious Incident of Agatha Christie'. Meetings are advertised on our website, through our monthly enews, and at our weekly Horizons meetings.

## Welcome Desk

Every Thursday at Horizons, there are two or three welcoming faces to greet you and show new members around the rooms and make



some introductions. A group of members take turns on a rota to undertake this important task ~ and they become the first face of u3a. A smile and a friendly greeting are all it takes to make someone new feel at home. Joining a group is the next step where numbers are small and it's possible to make new friends more easily.

## Membership Desk

Our Membership year runs from 1 October for twelve months. The smiling faces of the membership team are backed by their efficiency. On Thursday mornings, they explain the process of joining or renewing and assist with form-filling. Once completed, they issue a receipt and membership card, but in the background all the current details of new and existing members are entered on the Beacon database. We adhere strictly to Data Protection rules for your peace of mind.



# HORIZONS & COMMITTEES

## **HORIZONS at Scout HQ every Thursday, 9.30 to 11.30**

At Horizons you can ● learn about Aughton & Ormskirk u3a at the Welcome Desk ● enjoy a cup of a tea or coffee and biscuits ● chat to old friends and meet new ones ● meet some of the group leaders and coordinators ● join the u3a at the Membership Desk ● renew your membership at the Membership Desk (if you are not able to renew online) ● make reservations for theatre and concert visits ● book tickets for social and other events ● hear about the latest u3a news via announcements and flyers ● get advice and help with your digital camera and computer problems ● learn something new or useful from the occasional Guest Visitors ● enjoy a refreshing cuppa, prior to attending one of the monthly Speaker Meetings ● and view and buy lovely cards hand-made by the Card Making Group

## **Committees**

Our management structure is relaxed but efficient. The Management Committee is elected annually at the AGM and from that number we choose a Chairman, Secretary and Treasurer. There is also a Membership Secretary, a Minutes Secretary and the opportunity to join one of the four Subcommittees that underpin all our decisions and activities.

Committee members share these tasks with non-elected members and we encourage new members to help. Anyone can join in. Subcommittees do what it says 'on the tin'

### **Finance**

### **Group Support**

### **Social**

### **Communications**

Contact us on [www.aughton-ormskirk-u3a.co.uk](http://www.aughton-ormskirk-u3a.co.uk) and look for the Contacts page. Or leave a message on the Answerphone 01695 424459 and someone will pick it up and reply to you.

# HOW TO JOIN THE U3A

You can join the Aughton & Ormskirk u3a by downloading a 'New Member Application Form' from the 'Join Us' page of the website ~ see web address below. Complete the form and return it with a cheque and a stamped addressed envelope to the address on the reverse of the form.

If you prefer to join in person, come along to our Thursday 'Horizons' coffee morning at the Scout & Guide HQ, Long Lane, Aughton L39 5AS, between 9.30-11.30am and meet our Welcome and Membership teams.

## How to join an activity group

Contact the Group Leader or Coordinator of the group you would like to join. The name and contact number is shown on the appropriate group page of the website ~ see Groups at the web address below.

## How to volunteer

If you find that a group you wish to join is full, why not think of setting up a second group? Or maybe you have an idea for a completely new group? In both cases, you can get help and advice from Group Support ~ again, the contact details are on the Group Support page of the website.

## How to find out more

Browse the website ~ address below ~ or read the regular monthly enews. Come along to any Horizons meeting 9.30am until 11.30am, at the Christ Church Scout & Guide HQ, Long Lane, Aughton, L39 5AS.

Talk to other members, to Group Leaders, or to any member of the Committee.

Phone: 01695 424459 (messages left are checked regularly)

PO Box No 198, Ormskirk, L39 6WY

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