



**Have you bought your Christmas meeting tickets yet?**



The Christmas meeting will be held on Thursday December 12th. The speaker will be Malcolm MacFarlane who will remind us of popular culture in the 50s with plenty of fun and opportunities to sing along to well-remembered music. Tickets are priced at £5 each and limited to 120. Each ticket sold will be entered into a draw which will be held at the end of the meeting. A selection of Christmas food will be available and included the price of the ticket. Tickets will be available at the October and November meetings or via your Group Co-ordinators.

**WALKS**

Wed 23 Oct	Ladder Hill	5m	Mod	Bryan Johnson	07957 242 154
Thu 14 Nov	Marple	6m	Mod	Viv Grimshaw	07597 356 275
Wed 27 Nov	Wilmslow	5m	Easy	Clare Forrest	07597 793 642
Thu 12 Dec	Poynton	5m	Easy+	Sally Atkinson	07948 617 228



**Upcoming Meetings and Speakers**

Doors open 1.30pm Venue Bramhall URC

- Nov 21 Air Traffic Control Presented by Nicky Paterson  
 Dec 12 Memories of the 60's Presented by Malcolm Macfarlane  
*This is a ticket only event. Tickets cost £5.00. which will include a selection of Xmas food. Numbers are limited, so get yours at Bramhall u3a meetings or via your Group Coordinator.*  
 Jan 16 My life in crime Presented by Simon Michael

Date	THEATRE - Events open for booking <i>Theatre contacts: Frances Bell (439.8654) &amp; Kay Witham (439.6898)</i>	Price
Oct 22nd and 26th	My Fair Lady Stockport Operatic Society Evening of Tues Oct 22nd and matinee of Sat Oct 26th at Plaza Theatre . All tickets sold but others can possibly be obtained.	£20
Nov 25 <sup>th</sup> -30th	Players Theatre Home, I'm Darling	£13
Dec 29th	Halle play the Music of Queen at the Bridgewater Hall with coach .	£45
Aug 10 <sup>th</sup> 2025	Gilbert & Sullivan at Buxton - Princess Ida	TBC

**IMPROVING YOUR CONCENTRATION**

Did you know that once we get distracted, it takes on average 25 minutes to return to our original task?

The University of the Third Age has a dedicated site which explains its online series on Meditation and Mindfulness. some 900 people have participated. In previous courses. The series will run online in October 2024. Details of the course can be seen at: [www.mindfulaging.org/online-course](http://www.mindfulaging.org/online-course)

**Co-ordinator and Group Details** will now be shown bi-monthly on the 4 page Newsletter.

Some details can also be viewed on the Website under “Group Index”



At our September meeting, Roger Browne (pictured here) gave a very good speech about Jerome Kern. He also played and sang various of Jerome's songs. This presentation was very much appreciated by the audience.

### **Art Group**

A huge thank you goes to Mel Edge who has tutored our Art group for the last 10 years and has now had to retire for health reasons. Mel has truly brought inspiration and expertise to the group which is now thriving due to her unending energy and enthusiasm.

### **Calling Artists and retired Art Teachers**

We now urgently need someone to tutor our thriving and successful art group. You will have help to run the group from an existing member who is willing to undertake the administration. Please look on the website for details of the group.

**Chris Stubbs**

### **Science Group**

Another big thank you must also go to Mike Hollingsworth, who has now retired from running the Science Group. This Group has been running since 2011 and has been extremely successful with a very large membership. A big selection of science linked topics have been covered during this period which has been much appreciated by our members.

### **Required – A new Coordinator**

In order to keep this successful Group running, it is imperative that a volunteer comes forward to be the new Coordinator. A science background or knowledge of, would be of value but otherwise someone with enthusiasm for the subject.

Please look on the website for details of the Group.

**Chris Stubbs**

### **Art Appreciation - Change of Day**

The next Art Appreciation talk will be at 2pm on Friday November 15th when Frank Vigon will be giving a talk about Gustav Klimt. Talks are held at the Village Club and everyone is welcome.

**Kay Witham**