

u3a Longridge Monthly Bulletin

For a busy time of year, it's quite quiet! Individual groups are having their celebrations and of course we have our Xmas party at the Civic instead of the usual meeting. Our evening party is at The Golf Club on Saturday 6th December.

As so many cards were not collected by members last year, we are opting for a Christmas message which is available at the party at the Civic as well as a mail out via email to those who can't attend that day.

- **Xmas Party Tuesday December 2nd**

Our speaker is Roger Browne and he will be presenting the Great American Songbook In this presentation, he focuses on the history, roots, and influences of "The Great American Songbook", the lives and fascinating back stories of the composers, lyricists and publishers who created this iconic genre during the first half of the Twentieth Century.

He discusses the influence of Jewish Immigrants from Central and Eastern Europe to New York, who went on to form what became known as Tin Pan Alley.

The talk covers the roots such as blues, music hall, ragtime, operetta, variety shows, minstrel music, jazz, classical music,

Expect hilarious anecdotes, incredible facts, and superb piano playing.

The presentation includes live performances of the compositions of Jerome Kern, Cole Porter, George Gershwin, Irving Berlin, Richard Rodgers, Oscar Hammerstein, and others.

- **Membership Cards**

A number of membership cards are still uncollected. If you know someone who hasn't been able to get theirs, please consider taking it for them

- **Christmas Dinner**

The Christmas event at the Golf Club is on **December 6th**. Arrive between **7.00 and 7.30**.

The event ends at 11.00 but the bar remains open until 12 midnight. Hopefully we won't have a repeat of last years' storm and fallen tree!!

Bookings closed a couple of weeks ago, so sadly, it is too late if you haven't already secured a place for this year.

Members who originally paid £35 will be given a cash refund of £5 in January at the meeting on January 6th.

- **Banking Hub at the Civic**

Our understanding is that the Hub opens the same day as our Xmas party so be careful to go through the right door!!

- **New equipment**

We were delighted that groups responded to the invitation to get new equipment and all were approved.

New bats for Pickleball

iScan device for French

Small Bluetooth speaker for Ukelele

Slide cutter for Card group

Magazine subscription for crochet

Sewing machine for the new craft group

Storage box for bridge

Cards for Canasta

Basic music stands and other items for the 2 spare guitars

- **ACE – Petanque at Broughton**

The most recent one off ACE was Walking Cricket which has now become a regular group. Here is information about another new opportunity for members.

WHY PLAY PÉTANQUE???

1. Encourages social connection: You can play as single or in a team of two or three and there's always time for a chat.
2. It is low impact: Pétanque involves throwing, bending and walking, and is a low impact sport. It's very unlikely that you will injure yourself.
3. Requires concentration, tactics and strategy: It's as much a mental game, as it is a physical one.
4. Anyone can play: It's a game where men and women can compete together. It is very equalising.
5. It is easy to learn: The rules are simple and after a quick explanation, anyone can play. Tactics and best moves can take a little longer!
6. Gets you outdoors: Pétanque is an outdoor game so it gets you out in the fresh air. If it's sunny, the added benefit of Vitamin D boosts immunity.
7. Relieves stress and anxiety: It's a fun game that relieves stress and prevents social isolation. It encourages camaraderie and reduces anxiety.
8. Improves your judgement and accuracy: Accuracy and distance judging are two of the important skills for pétanque. You'll get more skilful and increase your flexibility.

Here is the practical information

1. Broughton and District Club, [26, Whittingham Lane, Broughton PR3 5DA](#)
2. The Taster Session would be 2 hours with a 15min break
3. We have a limited number of boules and other equipment for the Taster Session. However, the boules we have may not suit everyone, so if members are keen they may want to buy their own
4. Members would only need to bring their own boules
5. The Taster Session will be free; if you form a group, then we would charge £2.50 each player for a morning session and that would run from 10.00 to 12.00
6. The playing area can accommodate 12 players at any one time. For the Taster, we can manage up to 18 and change the group around.
7. The Taster Session and Group play would be on either/or both the 3rd or 4th Wednesday of the month. **The next possible date is 17 Dec.**

To get there:

The No.45 and 46 buses from Longridge to Preston pass the club and run every 30 - 40 mins.

It takes between 20 - 25 mins to drive along the B5269 from Longridge. The Club has a large car park.

There are welfare facilities to make tea or coffee but members may wish to bring their own refreshments.

Our playing area is not suitable for wheelchair users but we have members who play using walking sticks.

A sign-up sheet will be available at the meeting on December 2nd for interested members

- **Dementia-**

Anne Watton – one of our members- works tirelessly to support the Dementia group- Laughter and Lunch- that meets each Wednesday at the Civic Hall. Anne would be very grateful for help making meals, clearing tables and washing up.

Not glamorous but vital!!

For more information, please contact **Anne on 07815 711570**

- **Friends of Longridge Library**

Many members are already aware that the Friends of Longridge Library host various events including theatre and film showings. The library supports our u3a reading groups with books.

Members may be interested that funds can be raised by becoming a Co-op member and selecting the library as their community cause.

- **Can you help solve a mystery?**

Does anyone know where the U3a flipchart has gone? It was borrowed and not returned to Brian Shields who runs the German group. Please let a committee member know if you have any information or the flipchart. Many thanks.