



Issue Number 167 May 2026

**Trentham Gardens
Wednesday 10th June**



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Our Monthly General Meeting

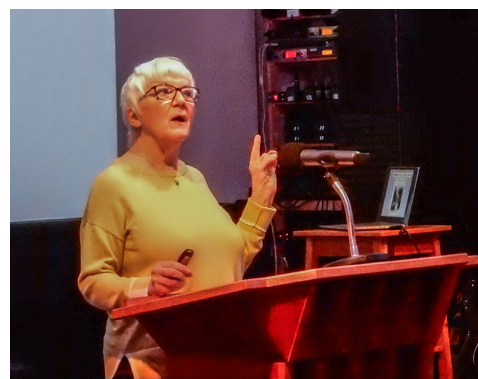
Thursday 21st May at 10.30 Carlton Pentecostal Church

Please send your newsletter items and photos to Sue Warren/Assistant Newsletter Editor and Graeme/Web Manager via the 'u3a Officers' page in Beacon by 5pm on the last Thursday of the month. Next deadline: **Thursday 28th May 5pm**

April Speaker Report

Turmoil in a Tea Shop

Dr Ann Featherstone gave us an entertaining, very well researched talk about the difficult working conditions of waitresses in 1908, a time when the Women's Suffrage was at its high point.



Waitresses at the time were poorly paid for long shifts, fed poor quality meals, had to pay for their uniforms, and worst of all, were allowed no tips to supplement their pay. They could also be dismissed on the spot if a customer complained, which is what happened at an ABC cafe in central London in April 1908.

However on this occasion, led by the head waitress Emily 'Ken' Ware, all the staff went on strike in support of the dismissed waitress, and there was so much public support that it was discussed in Parliament. The waitresses ended up opening a new cafe, and the first trade union for waitresses was started.

Sue Warren

Editor's Note

Thank you again for all your interesting newsletter contributions. I'm stepping down as Editor now, so I'm not sure what will happen with the newsletter going forward. If you have suitable media skills/ previous experience of putting together a newsletter, please get in touch with me or Sue Warren. There's more information about the Editor role on page 5.

Many thanks to Sue Warren for her excellent work and support as Assistant Editor. Thanks also to Helen Davies who came forward to volunteer, who has helped with checking the newsletter articles this month and may join our Newsletter team.

Clare Quigley

Opportunity to Join the Committee at July's AGM

Our General Meeting in July will include our annual AGM, and I will be sending out information about it next month.

If you enjoy being a member of our u3a, and think you might like to contribute further, then I recommend considering joining our friendly committee.

Have you got ideas that might be helpful, or under used skills and would like to get more involved?

We currently have vacancies on the committee.

If you'd like to discuss this then speak to any committee member or come along to one of our monthly committee meetings as a guest - we're a friendly bunch.

Sue Warren

Business Secretary

Speaker for May General Meeting

Child Gambler Wins His Life Back

Paul Isherwood will talk about being a ten year old schoolboy who, lured by the magnetic pull of a four-year gambling addiction, had a light bulb moment and sought help.

From that time onwards (and he's now well into his 50s) his life was changed. His talk is described as inspiring, entertaining, and a story of overcoming adversity.

Janet Allen



Membership Renewal Continues

Our renewal date is **1st June** however so that our small team can manage your renewals effectively you can start to renew from **1st April** and pay for the full year up until 31st May 2027. Great news!!!

Membership fees have stayed the same:
£14 for full membership and £10 for associate membership.

Ways To Pay

- General Meeting - Card Payment preferred at Carlton Pentecostal Church - 16th April & 21st May 10–12 noon
- Coffee Mornings – card payment preferred at Portobello Café – 2nd & 4th Thursday 10–12 noon
- Bank transfer – Carlton and Gedling u3a - sort code **77-22-29** account number **27434960** (please use your surname and membership number as a reference)
- Online via U3a webpage - Click the link below:
<https://carlton.u3asite.uk/membership-payment-renewal/>
- Paypal – online using the above link

Thank you

Cheryl Larcombe
Membership Secretary

The screenshot shows the website for u3a Carlton & Gedling. The navigation bar includes Home, Groups, Membership, News, Committee, Calendar, and Links. A search bar is present on the right. The main heading is "Membership Renewal Payments" under "Current Members". The text states: "If you are/were a member in the year June 2025 to May 2026 there are 3 ways that you can renew your membership".

1) Online by Bank Transfer (BACS)

This is the preferred method

Bank details: **Carlton and Gedling u3a**
Account number: **27434960**
Sort code: **77-22-29**
Reference: **Your Surname** followed by your **Membership Number**

2. Online by Card, PayPal or Apple Pay

Tap the appropriate button to pay by:

a) **Credit card** or **Debit card**
b) Your **PayPal** account

Newsletter Editor Urgently Needed!

Have you worked on any type of newsletter before?

Or do you have a background in media, marketing or communications?

You could be the person that we are looking for.

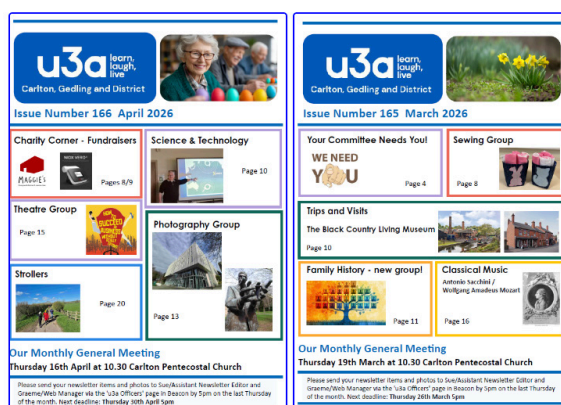
As I've mentioned in previous newsletters, I am standing down as Editor this June, so we are urgently looking for someone/several people working together to take over this role.

Here's a quick summary of what is involved:

- Assistant Editor(s) receive the content by the deadline, check it through, edit if necessary and then send the content to me in batches
- I receive the latest calendars to include from John and I roughly plan out the newsletter, noting which are full page articles
- Using Adobe Express software and the template that I've set up I start to add in the articles and photos that I have received
- Once all content is included, I highlight some stories on the front page, add the calendars to the two last pages and check the page numbers
- When I'm happy with my draft I send Sue a copy to check that I have included everything and that there are no spelling mistakes or layout/formatting issues
- Final version goes to Graeme for the website and to Pete the printer

Please contact Sue Warren or Clare Quigley if you are interested in finding out more.

Clare Quigley



Charity Corner

Fundraiser Quiz Reminder

I have organised a quiz evening at the Loco Centre on Forrester Road, Netherfield on **Friday 15th May**. Doors open 7pm for 7:30 start. Tickets cost £5 each and are available to buy from St George's Centre and myself.

This event is to raise funds for Trentside Medical Centre in Netherfield and Peacock Healthcare Centre on Carlton Hill to buy a FeNO machine to assist the diagnosis and remedial monitoring of children with asthma and so improve children's lives.

Apart from the cost of the machine (which is not funded by the NHS) there are ongoing running costs including disposable mouth pieces, calibration and servicing.

This is very close to my heart as my son was diagnosed with asthma when he was 2 years old.

Neil Kendrick has kindly agreed to host the quiz and I know many of you have been to his quizzes in the past and will know what a wonderful fun night we will have.

Please remember the date and I look forward to seeing as many people as possible on the night.

Thank you

Pat Opala



FeNO by NIOX®



Trips and Visits

Trentham Gardens - Wednesday 10th June

Following on from our recent and very successful trip to the Black Country Museum we wanted to remind you about the forthcoming visit to the Trentham Gardens Estate.

There is so much to see and do at Trentham, and a seat on the coach is only **£18**.



Not only is Trentham a special place, with 725 acres of grounds including glorious ancient woodland, and home to award-winning gardens, it is a unique outdoor shopping village with different retailers on the site. Enjoy lunch in a restaurant or the lakeside cafe or bring your own lunch. There is also a large garden centre on site. There's something at Trentham for everyone.

If you are thinking of going to the **Gardens** and planning ahead, booking online is **£10.63**, or on the day **£12.50 - seniors price**.

In addition the **Monkey Forest** may also be booked in advance, **£12.60 or £15.00** on the day. When you have visited the Monkey Forest, you will need to walk back through the gardens via the lake to pick up the coach (you will need to pay to enter the gardens).

We currently have 13 seats available on the coach, so don't delay if you and your u3a friends want a good day out.

For those of you who enjoy photography, bird watching, gardening, walking or just some different retail therapy, this is the place to be.

Check out Trentham Gardens website for information on the whole site:

<https://trentham.co.uk/>

Coach will depart at 9 am - location to be advised nearer the time and we will depart Trentham at 4pm

Contact either **Janet Allen** or **Teresa Storey** if you are interested in going.

Striders

April walk

Our April walk was in Limestone Country. We started by ascending Deep Dale which is an area of Special Scientific Interest due to the rare plants that can be found there. We were too early to see the purple orchids but there were plenty of other flowers and the banks of the dale were cloaked in cowslips.

At the top of the dale, we walked across to the Magpie Mine where once again there were lots of different plants and we were particularly impressed by the Alpine pansies. After passing through Sheldon we descended steeply to Ashford in the Water and returned on a precipitous path through the woods to the car park.

May walk

We are returning to the Derbyshire Dales for this month's walk. It is about 7 miles in length and starts at Hartington before visiting Beresford, Wolfescote and Biggin Dales. It is on good paths which may be a bit uneven in places so you may wish to bring a walking pole if you use one.

Meet in the car park on Ranmoor Road at **9.00am** on **Thursday 28th May**.
Have a good breakfast and bring a packed lunch.

Brian Shield, Convenor

Canasta and Rummikub – Changing Venues

Our popular Canasta and Rummikub groups are on the move in May.

It will be very hard to replace the Richard Herrod Centre – good-sized tables, cheap drinks, friendly staff etc., but we believe the **Gedling Inn** will be a great new home. Beccy, the landlady, has been very welcoming and the location is good for all our members.

These are the May dates to put in your diary:

1st May for Canasta – 2pm start time and we meet every Friday afternoon thereafter

19th May - 2pm for Rummikub and then every month on the 3rd Tuesday

New members are always welcome – we do teach if you have not played before.

Lynne and Sally

Birdwatching at Rutland Water



Oyster Catcher



Egyptian Goose and Goslings

What a fantastic day out at Rutland Water. The sun shone, the birds were in fine voice and the ospreys could be seen soaring above us in the clear blue sky. Magic!! Not too many water birds but after some of the awful days where we couldn't venture out, it counted as one of our better birding outings! Mind you I've only to see some long tail tits and I'm made up - we had the additional pleasure of spotting coal tits which are far from common.

Paul and John took some great snaps of the birdies - indeed John used his pics to identify a shelduck that was just too far away for us to have a clear view! Ain't technology great!

We saw and heard thirty different species though no sight or sound of the bitterns which we heard on our last visit. The ahh factor went to the Egyptian geese with their goslings, a first for babies this season. Good job the weather has improved so they can feed themselves up.

As always if anyone wants to come out with us, please get in touch.

Helen Forrester, Convenor



Reed Bunting



Chaffinch



Lapwing

Strollers

We had a shorter stroll than normal in April, round the Netherfield Lagoons in glorious sunshine. Thanks for your company everybody.

In May, weather permitting; we'll stroll a bit further afield.

Thurgarton: **Thursday 28th May**: a date for your diary.

Paul Martinez



Cycling for Fun

For the second time in April, we cycled to Beeston for a well-earned cuppa in Café Nero. There was a slight headwind on the way out and a following-wind blew us home along the Trent.

Have you got a bike not doing much in the garage? Why not join us on a Saturday ride?

Paul Martinez



Science and Technology - the MRI Scanner

Our April meeting was attended by a group of 16 members to hear our guest speaker, Professor Reg Dennick from Park Nottingham u3a, provide an interesting and entertaining account of the development of the MRI Scanner by Dr Peter Mansfield in Nottingham in the 1970s.

Magnetic Resonance Imaging (MRI) resulted from the work of many researchers, starting early in the twentieth century, who developed the understanding of the underlying physics that led to magnetic resonance imaging. Scanners work by using strong magnetic fields, magnetic field gradients and radio waves to form images of organs in the body.

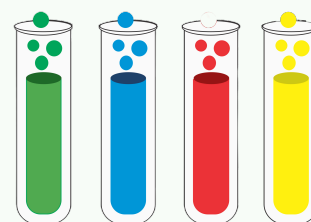
In the late 1970s and 1980s, Peter Mansfield at the University of Nottingham further developed the techniques already used in MR image acquisition and processing, and in 2003 he was awarded the Nobel Prize for his contribution to the development of the MRI scanner. The first clinical MRI scanners were installed in hospitals in the early 1980s and significant development of the technology has followed in the decades since, leading to its widespread use in medicine today. They are primarily used to provide images of soft tissues such as the brain and abdomen.

Further technologies have emerged since then, including Molecular Resonance Spectroscopy, which can identify the chemicals that are associated with brain activity and with developing cancers before the appearance of a tumour.

Some of us were particularly grateful to Reg for providing us with an explanation of the different, challenging loud noises the scanners produce.

The next meeting of the Science and Technology Group will be on **Tuesday 26th April**, when David Johnson will talk about the role of colour in the birth of modern medicine.

David Johnson



Classical Music Appreciation

Pyotr Ilyich Tchaikovsky (1840-1893)

Following our exploration of the late symphonies of Shostakovich last month, this month our focus of attention was the early works of another great Russian composer. Mike Johnson gave the first of six planned presentations on Tchaikovsky, surely one of the most popular composers today. He produced three handouts: a complete list of Tchaikovsky's works, a detailed summary of Tchaikovsky's life and a playlist of the music featured in the meeting. Thank you for all your hard work Mike.



We started with the first two movements from the String Quartet No. 1, the second being the well-known Andante Cantabile based on a folk song and which famously moved Tolstoy to tears when he heard it performed in 1876 at a tribute concert in his honour. Next up was the second movement from Tchaikovsky's first Symphony, subtitled 'Winter Daydreams' and then the famous Fantasy Overture Romeo and Juliet based on Shakespeare's play of the same name.

We continued with the lively Finale from Symphony No. 2 'Little Russian', based on a Ukrainian folk song, and then heard the first movement of the ever-popular Piano Concerto No.1. However, the concerto was not initially popular with Tchaikovsky's friend and mentor Nicolai Rubinstein, who criticised it severely and refused to play it unless major revisions were made. Tchaikovsky refused to change a single note and instead approached the German pianist Hans von Bülow, who gave the first performance in Boston during his American tour in 1875, where the concerto was so popular that Bülow was obliged to repeat the Finale.

We look forward to next month's meeting, when Mike will be giving the second instalment of his presentation on Tchaikovsky's music.

Colin Jones

Five Miles and a Cup of Tea



In April, we had eight enthusiastic walkers in Gedling Country Park, starting from the car park on Lambley Lane (which was free!). It was a pleasant morning for a walk on good paths with very little mud.

Although many of us have already been to the Park, it is amazing how the views differ with the seasons. This month, we had the spring blossoms and it's helpful that the names of trees are displayed, so that we could match the tree with blossom. As usual, the vantage points where it is claimed that you could see Belvoir Castle and Green's Windmill proved a challenge for some of us!

Lunch was at the Gedling Inn afterwards, where we were just in time for the small and large breakfasts.

A Big Thank You to Diane for leading the walk.

Our next walk is on **Tuesday 12th May** and will be in the **Shelford** area.

David Johnson



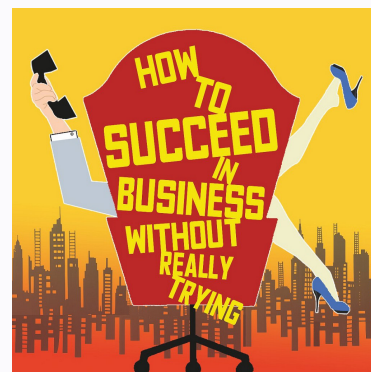
Theatre Visits

Pick up Tickets

Playboy of the Western World National Theatre Broadcast, 7pm Thursday 28 May, Bonington Theatre, £10. **Organiser:** Paul Martinez

Tickets on Sale

How to Succeed in Business Without Really Trying 2.30pm Saturday 25th July, Lace Market Theatre, £16. This show tracks the rise of J. Pierrepont-Finch in 1960's corporate America. On route, he has to tackle such familiar, but potent, dangers as; the aggressively compliant 'company man'; the office party; backstabbing co-workers; caffeine addiction and, as happens in most good musical theatre, the added complication of true love. **Organiser:** Janet Whitchurch.



Classic Thriller Season: at the Theatre Royal. The combined ticket for stalls seats for all three productions is £70.50. The three matinees are at 2pm on: Wednesday 12th August, Wednesday 19th August, and Wednesday 26th August.

The first Thriller is: **Anybody for Murder:** Max is planning to murder wife Janet and enjoy life with his girlfriend when friends Mary and George arrive on their Greek island with news they are beneficiaries of a huge fortune. Plots and plans are hatched, and soon everyone is hell bent on murder. **Organiser:** Linda Spencer

Till the Stars Come Down 2.30pm Saturday 19 September, Nottingham Playhouse, £16.20. It's Sylvia and Marek's big day and the Stone family have gathered in Mansfield. The bride, her sisters and aunts are getting their glam on and everyone's on their best behaviour. For now. When secrets start spilling out, alliances shift, and by the end of the night, nothing will ever be quite the same again. Funny, relatable and deeply moving, this brilliant night out explores what happens when we're forced to choose between family, and love. **Organiser:** Carolyn Broadhurst

Review

Small Island, adapted for the theatre from the book by Andrea Levy, is set in the aftermath of World War 2, and the docking of the Empire Windrush in 1948, and concerns the impact of Caribbean immigration. Gilbert, from the West Indies, finds lodging with the liberal-minded Queenie whose husband, Bernard, went missing in Burma, presumed dead. Gilbert is later joined by his, er, slightly snooty wife, Hortense, who is grappling with broken dreams of life in England. The play was delightfully performed, with some amazing humour, but with a very serious message, and thoroughly deserved the standing ovation.

Carolyn Broadhurst

Wine Tasting - Blended Wines



All wines were purchased from Majestic Wines with full retail prices ranging from £9 - £23, but realistically, with in-store specials and group discount, most were £8 - £14. As usual, 3 whites (France, Chile and Spain) and 3 reds (Portugal, France and California) were sampled over the evening.

Blended Wine is created by mixing 2 or more grape varieties, vineyards or vintages to achieve balanced, consistent and complex flavours, that exceeds that of a single grape. It can be achieved before, during or after fermentation, often during maturation.

In Champagne, blending different vintages is frequently done to maintain a consistent product. Bordeaux is usually a blend of Cabernet and Merlot grapes. In most regions there are strict rules to blending, e.g. Chianti Classico must be a minimum of 80% Sangiovese grape.

The Monday group as usual enjoyed the bread, meats and cheeses and all had their own favourite wine. Generally, this month, the Reds were probably the more preferred, with the Lisboa LB7 ranked highest.

If you'd like to join us on the second Monday evening of the month, or would like more information, please get in touch.

Jane Coulthard



Trips and Visits - Trip to the Black Country Museum



The sun shone all day so the weather for this trip could not have been better. We walked down into the village, past the traditional fish and chip shop where a queue had already formed - we were still on Elevenses!

So many old shops, from all over the West Midlands. Hardware, hairdressers, tobacconists, general stores, radio and music shop, pubs and a bakery that sold real cake. There were planned walks, talks and demonstrations we could attend where we learnt the history of the different trades and the workings of the existing canal arm. The cottages and houses from different eras mostly had a suitably costumed staff member to enhance the experience of being in each dwelling. The person telling us about life on the canal was very entertaining, particularly as she had a very broad West Midlands accent.



A couple of us went into the Co-op where the assistant advised us of our weekly war ration - 2 sausages, a pork chop, 1 egg and a portion of cheese and butter. She also explained about the points needed as well as some money to obtain other goods. The 1940s steel semi-detached houses were very familiar, as were the clothes and the Tom Jones record playing from the 60s.

There was also time to look at the Bradburn & Wedge Motor Garage and vehicle sheds. The day went all too quickly and there wasn't time for a trip on the canal, or fun fair. Perhaps another year.

Teresa Storey

History Study Group

The April meeting was our last at the Richard Herrod Centre. The subject for discussion was “underground structures”.

In Europe we heard about the underground city of Derinkuyu in Turkey, built thousands of years ago as a refuge for up to 20,000 people in times of war. We then moved to Poland where we learned of the history and uses of salt, leading to the importance of the salt mine at Weiliczka in Poland.

We moved to Britain for a further three talks. In Scotland the East Wemyss Caves were created by the sea but had been inhabited by the Picts who left their carvings on the walls. This was followed by a talk on a slate mine in Wales that was used for the storage of major works of arts during the Second World War. The speaker had discovered the mine on her honeymoon in 1961! We then looked under our feet at the Gedling Colliery which stretched up to five miles over three levels between 1000 and 1400 feet below us.

In addition we learned the history of the Groom of the Stool – an appointment started by Henry VII which continued until abolished by Edward VII.

Our next meeting is at the Loco Centre on **Tuesday 11th May at 2pm**. Presentations are invited on the history of English Heritage properties.

Andy Dixon, Convenor

Streaming General Meetings

We continue to live stream General Meetings via Zoom, so that people who prefer to join us from their own homes can do so. We send out the Zoom link near the meeting date.

If there is a demand for training on using Zoom, we can provide this.

Paul Martinez



Research Opportunity for the Hard of Hearing

A Nottingham University research team are looking for people who find it hard to hear speech in noisy places to join an online training study.

The study aims to improve two new listening and thinking games as a support tool for people with hearing loss.

They will be testing two new listening and thinking games in a programme called PLUS (Practice Listening and Understanding Speech). These training games were developed with people with hearing loss and are designed to support everyday listening, including listening in noise.

- **What devices will participants need?** A tablet, laptop or computer
- **How much time will participation take, and over what period?** The study runs over three weeks. The initial and final assessments each take around 45 minutes. Training takes place for about 30 minutes a day, 5 days a week, for 2 weeks. This is around 5 hours of training in total.
- **Will everyone who is interested be able to take part?** Yes. Numbers are not limited and the study is due to remain open until the end of the year.
- **How do members apply to participate?** They can access the study directly using this link: <https://tinyurl.com/PLUS-Optimal1>
- **How severe does their hearing loss need to be?** We welcome participants with all levels of hearing loss.

Here is the Participant Information Sheet which explains the study in more detail

[PLUS-Optimal_Training_PIS_Participant_Copy.pdf](#)

Thank You

The Carlton & Gedling u3a relies on its volunteers, including committee members, editorial team, web editor, Beacon administrator, group convenors, secretaries and many more. You are all contributing your time and energy to make sure members can get together to have fun and learn something new. Our sincere thanks.



Diary : MAY 2026

Date		Time	Group	Meet at	Contact
18	Mon	10:00	French Conversation	Mapperley Golf Club	Annabell 07900 067 144
18	Mon	10:00	Sewing	Carlton Fire Station	Susan 07708 471 023
18	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
18	Mon	14:00	Art Appreciation	A member's house	Christine 0115 953 6725
18	Mon	14:00	Tai Chi	Colwick Community Centre	Jan 07496 999 808
19	Tue	14:00	Local History	Nottingham Forest Football Club	Andy 07753 287 562
19	Tue	14:00	Rummikub	The Gedling Inn	Lynne 07771 801 957
20	Wed	10:00	Creative Appliqué	Carlton Pentecostal Church	Jackie 07708 035 311
20	Wed	10:00	Ukulele	St Georges Centre	Richard 07514 212 134
20	Wed	12:00	Grouchy Girls	The Willowbrook	Jennifer 07906 735 885
20	Wed	14:00	Bonsai Improvers	A member's house	Paul 07305 071 206
20	Wed	14:00	Bridge	The Gedling Inn	Anne 07969 459 767
20	Wed	14:00	Walk Fit - To Music	St Georges Centre	Sandra 07826 039 733
21	Thu	10:30	General Meeting	Carlton Pentecostal Church	Mark 07826 629 063
21	Thu	17:00	Pickleball	Carlton Forum Leisure Centre	Coleen 07450 938 777
22	Fri	11:30	Family History	Loco Centre	Sandra 07826 039 733
22	Fri	12:00	Grumpy Old Men	St Georges Centre	Ian 0115 911 4681
22	Fri	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
22	Fri	14:00	Creative Writing	St Georges Centre	Coleen 07450 938 777
23	Sat	10:00	Cycling For Fun	Jct of Burton Rd and Conway Rd	Sue 07780 449 894
25	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
25	Mon	17:00	Film Study	Zoom Meeting	Sue 07791 358 143
26	Tue	10:00	Science & Technology	Carlton Fire Station	Janet 07813 462 081
26	Tue	10:30	Committee Meeting	Manor Green Community Room	Mark 07826 629 063
26	Tue	12:00	Out to Lunch	Portobello	Maggie 07554 518 444
27	Wed	10:00	Making Music For Fun	Loco Centre	Richard 07514 212 134
27	Wed	14:00	Bridge	The Gedling Inn	Anne 07969 459 767
27	Wed	14:00	French 3	St Georges Centre	Ann 07837 803 837
27	Wed	14:00	Walk Fit - To Music	St Georges Centre	Sandra 07826 039 733
28	Thu	09:00	Striders Walking	Meet at Ranmoor Road car park	Brian 07814 628 190
28	Thu	10:00	Coffee Morning	Portobello	Cheryl 07787 427 200
28	Thu	10:00	Strollers Walking	Meet at the start of the walk	Paul 07305 071 206
28	Thu	14:00	Card & Board Games	St Georges Centre	Maggie 07554 518 444
28	Thu	14:30	Theatre	Nottingham Playhouse	Carolyn 0115 676 267
28	Thu	16:00	Newsletter Deadline		
28	Thu	19:00	Theatre	Bonington Theatre	Paul 07305 071 206
29	Fri	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
30	Sat	10:00	Cycling For Fun	Jct of Burton Rd and Conway Rd	Sue 07780 449 894

Diary : JUNE 2026

Date	Time	Group	Meet at	Contact	
1	Mon	10:00	French Conversation	Mapperley Golf Club	Annabell 07900 067 144
1	Mon	10:00	Photography	Meeting Place TBA	Mike 07762 182 898
1	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
1	Mon	10:30	Greenfingers	Gedling Road Methodist Church	Nicola 07794 368 566
1	Mon	14:00	History Study	Loco Centre	Andy 07753 287 562
1	Mon	14:00	Tai Chi	Colwick Community Centre	Jan 07496 999 808
2	Tue	14:00	Book Club	Carlton Fire Station	Maggie 07951 299 113
2	Tue	14:00	Rummikub	The Gedling Inn	Lynne 07771 801 957
3	Wed	10:00	Creative Appliqué	Carlton Pentecostal Church	Jackie 07708 035 311
3	Wed	10:00	Opera Study	Zoom Meeting	Paul 07305 071 206
3	Wed	10:00	Singing for Pleasure	St Georges Centre	Sheila 07703 755 906
3	Wed	10:00	Ukulele	St Georges Centre	Richard 07514 212 134
3	Wed	14:00	Bonsai Beginners	A member's house	Paul 07305 071 206
3	Wed	14:00	Bridge	The Gedling Inn	Anne 07969 459 767
4	Thu	14:00	Alternative Book Club	Manor Green Community Room	Gill 07802 700 852
5	Fri	10:00	Drama	Carlton Fire Station	Jane 07825 775 213
5	Fri	10:00	Knit & Stitch	The Bread and Bitter	Jackie 07971 973 120
5	Fri	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
5	Fri	14:00	Spanish for Fun	Carlton Fire Station	Mark 07826 629 063
8	Mon	10:00	Classical Music Study	A member's house	Colin 07881 289 298
8	Mon	10:00	French for Fun	Mapperley Golf Club	Brian 07724 801 115
8	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
8	Mon	12:00	Out to Lunch	The Gedling Inn	Maggie 07554 518 444
8	Mon	18:30	Wine Tasting	Burton Road Community Centre	Chris 07879 696 712
9	Tue	09:30	Five Miles and a cup of tea	Meet at Ranmoor Road car park	David 07549 132 066
10	Wed	09:00	Trips and Visits	Meet at Richard Herrod	Janet 07813 462 081
10	Wed	10:00	Discussion / Debate	Carlton Pentecostal Church	Coleen 07450 938 777
10	Wed	10:00	Making Music For Fun	Loco Centre	Richard 07514 212 134
10	Wed	10:00	Transport	The Bread and Bitter	Ken 07584 835 479
10	Wed	14:00	Bridge	The Gedling Inn	Anne 07969 459 767
10	Wed	14:00	French 3	St Georges Centre	Ann 07837 803 837
11	Thu	10:00	Coffee Morning	Portobello	Cheryl 07787 427 200
11	Thu	11:30	Religious Architecture		Val 0115 950 6055
11	Thu	13:30	Art	Carlton Fire Station	Linda 07958 012 544
11	Thu	14:00	Card & Board Games	St Georges Centre	Maggie 07554 518 444
12	Fri	10:00	Bird Watching	Meet at the venue	Helen 07846 079 721
12	Fri	12:00	Grumpy Old Men	St Georges Centre	Ian 0115 911 4681
12	Fri	13:30	Craft	Loco Centre	Pat 07918 665 322
12	Fri	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
13	Sat	13:00	Wild Weekenders	The Willowbrook	Coleen 07450 938 777
15	Mon	10:00	French Conversation	Mapperley Golf Club	Annabell 07900 067 144
15	Mon	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
15	Mon	14:00	Art Appreciation	A member's house	Christine 0115 953 6725
15	Mon	14:00	Tai Chi	Colwick Community Centre	Jan 07496 999 808
16	Tue	10:30	Local History	Nottingham Arboretum	Andy 07753 287 562
16	Tue	14:00	Rummikub	The Gedling Inn	Lynne 07771 801 957
17	Wed	10:00	Creative Appliqué	Carlton Pentecostal Church	Jackie 07708 035 311
17	Wed	12:00	Ukulele	St Georges Centre	Richard 07514 212 134
17	Wed	12:00	Grouchy Girls	The Willowbrook	Jennifer 07906 735 885
17	Wed	14:00	Bonsai Improvers	A member's house	Paul 07305 071 206
17	Wed	14:00	Bridge	The Gedling Inn	Anne 07969 459 767
18	Thu	10:00	General Meeting	Carlton Pentecostal Church	Mark 07826 629 063
19	Fri	09:45	Singing for Pleasure	St Georges Centre	Sheila 07703 755 906
19	Fri	10:00	Drama	Carlton Fire Station	Jane 07825 775 213
19	Fri	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
19	Fri	15:00	Ale, Lager and Cider tasting		Richard 07514 212 134