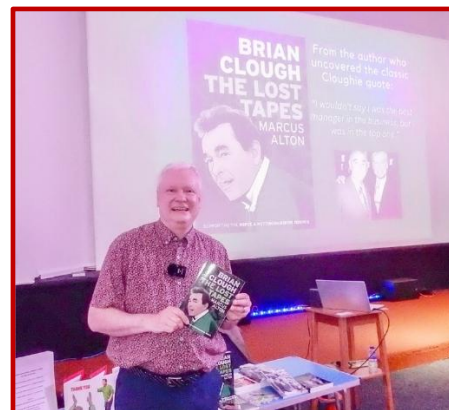

July Speaker Report: Brian Clough, the Lost Tapes

Marcus Alton worked for many years as a BBC producer, news reader and chat show host and has written several books and articles about his hero Brian Clough.

His talk mainly featured a series of recordings from the Clough era that he came across during lockdown, and we were able to listen to parts of them.

They opened a fascinating insight into the personality and character of Cloughie as Marcus referred to him.



Brian Clough had a long and distinguished career as a footballer in the England squad and later as manager to Derby County and finally Nottingham Forest. Always outspoken and unpredictable, often controversial he brought out the best in his players and with his charismatic, relaxed, positive manner he became a football legend. When he died in 2004 there was a move to gain him a knighthood which did not prove possible and the idea of a statue took shape instead. The bronze statue commissioned by Les Johnston, was unveiled in December 2008 in Nottingham city centre and attracts many visitors. There is also a tram named after him.

Coming the morning after the Fifa World Cup semi-final this talk was apposite and well received.

Marianne White

August Speaker: Myanmar

The speaker will be Carol Brooks - Talking about Myanmar (Burma). For over 27 years she was part of the Territorial Army (during the fascinating period when women moved from the Women's Royal Army Corps into mainstream service and as the TA moved from primarily home service to operational service overseas). During that period, she also worked as a Library Manager giving her a broad range of experience with people and services.



On retiring from Libraries, she went on to run her own training company. Carol went to work with children in a Refugee Camp for Burmese Karen people in 2005 and they found a place in her heart. Since then, she has passionately talked about the history and current situation of the people of Myanmar.

All fees for her talks go to the charity she founded in 2010, [All4Burma](#).

Janet Allen

Hello from the Editor

Hello everyone, I would like to introduce myself as your new Editor of the Carlton & Gedling u3a newsletter.

As you may be aware there hasn't been a permanent editor for a couple of months due to Clare stepping down and the newsletter team taking over and doing an exceptional job, keeping the newsletter going in the meantime.

I admit I have big shoes to follow, and I would ask you to bear with me while I get to grips with the job in hand.

My background has been in the NHS and in 2021 during the pandemic administering Covid vaccinations. Along with my husband, we were both Directors of our own recruitment agency, in the 90's, I also taught alternative therapies, crafts and textiles in local colleges.

I have worn many hats over the years, but mainly I am retired, although I do some invigilating at the Law School in Nottingham a couple of times a month.

I have enjoyed being a member of the u3a a couple of years along with my husband. I am convenor of the Creative Applique group as well as being part of other groups in the u3a.

I hope to live up to your expectations in doing a good job with your newsletter in producing an interesting insight into the Carlton & Gedling u3a.

Thank you for your newsletter contributions, please keep them coming through to Sue Warren/Assistant Editor and to Graeme Bunting/Web Manager for our website.

Just a reminder about images - please send as attachments to emails rather than embedded in a document (and recommended size about 1024 x 768 pixels).

Thanks!

Jackie Taylor (Jacks)

Next Newsletter

Please send your newsletter articles and photos to Sue Warren (Assistant Newsletter Editor) and Graeme Bunting (Web Manager) via the *u3a Officers* page in Beacon by 5pm on the last Thursday of the month.

Next deadline: Thursday 27th August

Five Miles and Cup of Tea

OXTON

This month's walk from the village of Oxton was around the surrounding fields, some of which had been baked by the extreme heat in June and July. Fortunately, the morning started cool and overcast with the hot sun coming through towards the end.

Oxton is a village of Saxon origin, with the name Oxa-tun deriving from the Old Norse meaning for "a farm or enclosure where oxen are kept". By the time the village was listed in the Domesday Survey, it was a settlement that was in the ownership of three men of high importance – the Archbishop of York, Roger de Bully and Waltar of Dayncourt. Oxton has been the seat of the Sherbrooke family since the 16th century.

On the edge of the village is One Hundred Acre Field, which was planted with trees to represent a famous battle formation. The blocks of trees that can be clearly seen from the Southwell Road are believed to represent the positioning of the English and French units during the 1815 Battle of Waterloo.

Lunch afterwards was at Woodborough Green Garden Centre where delicious cheese scones were served.

David Johnson



Striders Walking

July Walk

BASLOW and CHATSWORTH

Seven of us enjoyed a 7.5 mile walk on a warm sunny day. A scramble up onto Birchen Edge provided us with splendid views across North Derbyshire enhanced by the excellent visibility.

Passing Nelson's Monument, we descended to the road before crossing the moor to Wellington's Monument, negotiating the Highland cattle along the way.

After a hydration stop in Baslow we entered the Chatsworth Estate before climbing the 150 steps to the Hunting Lodge. A steady descent then took us back to the car park where we had started the walk.



August Walk

We are returning to Derbyshire for a walk we did several years ago. The walk starts from the National Trust car park (Woodcroft car park, Post Code S11 7TY) on the Longshaw estate.

It is about 6 miles in length on paths with a short stretch of road walking. There is a bit of up and down with one steep descent so you may wish to bring walking poles if you use them.

It may be necessary to change our plans if extreme weather is forecast. In which case we would do an easier local walk.

Meet in the car park on Ranmoor Road at 9.00am on Thursday 27th August. Have a good breakfast and bring a packed lunch.

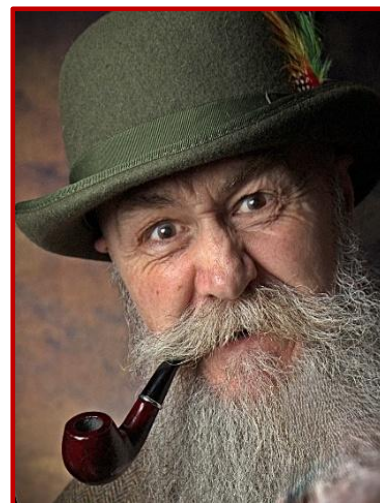
Brian Shield

Grumpy Old Men

We discussed candidates to be “put on the bus.” We chose the Argentinian World Cup football team and the board of FIFA.

Topics for discussion included:

1. Rodent infestation in Downing Street.
2. Why the over sixties in Britain have the most balanced lives.
3. The difference between wild and farmed salmon.
4. The return of the vinyl record and music player.
5. A venomous corn snake took refuge in a police car and had to be coaxed out using a dead mouse.
6. Divorce proof tips for those who need them.
7. The ban on the sale of energy drinks for those under sixteen.
8. The RAF's new fighter plane, “the storm fighter,” will have no pilot, reach supersonic speeds, have weapons including precision guided bombs, adapted to take off and land on carriers, will first conduct joint operations with piloted jets, will be almost invisible to enemy tracking systems, and may eventually replace conventional jets.
9. Up to fifty million tonnes of sugar may have rained down from space to earth about four billion years ago, potentially delivering the building blocks of life.
10. The Louvre heist mastermind was disappointed by the haul.
11. Britain wasted £10 billion buying unusable PPE during COVID.
12. The council has told a homeowner that he will have to tear down the chunk of Berlin Wall in his garden because it is oppressive.
13. Going to the cinema or art show keeps you young.
14. Gus, the T Rex skeleton, has been sold at auction for \$50.1 million.
15. Notting Hill terrace takes a battering from a bus.



David Colyer

Discussion Group

FOOTBALL

Has the people's game stopped being the people's game?

With attendance depleted by heat and holidays a small group of us enjoyed Coleen's lead on this topic that encompassed the origins and history of the game since mediaeval times. What started as villagers kicking the head of an executed miscreant or a pig's bladder around, was subsequently banned after the civil war yet survived in schools.

Under James I football was included in the list of activities permitted on Sundays. At the time it was an upper-class pursuit, considered character-building and played at public schools, although under varying rules; at Eton it was called 'dribbling', at Rugby the ball could be handled.

Following the industrial revolution factory owners set up teams for recreation and venting anger. Believing that football engendered 'muscular Christianity', churches set up teams, one of which was Aston Villa.

The railway enabled people to go to away games. Rules were standardised and as what had been an amateur game began to become professionalised, in 1901 footballers' wages were capped. This cap lasted until successfully challenged in 1961.



In the discussion we explored the contrasts between the wealthy clubs and the smaller non-league clubs, how the cost of tickets had increased, the lesser significance attached to the women's game, and how major clubs treated very young players they signed to their academies.

We concluded that, despite the exploitation of fans by the big clubs with high ticket prices and expensive merchandise, the game remains enjoyed by many people, both players and fans.

John Buglear

Local History

CLIFTON VILLAGE

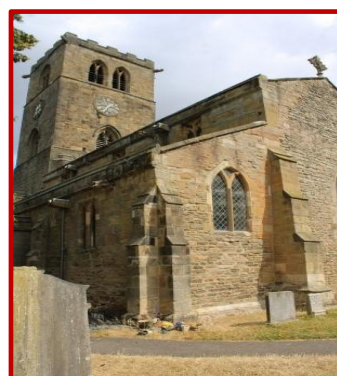
A group of us visited the village of Clifton cum Glapton, which was swallowed up by the Clifton housing estate in the 1950s, for a guided walk with Graham Woodward, local historian and Chair of Nottingham Civic Society. The original villages can be seen on the section of an Ordnance Survey map obtained from Colwick Local History library.

Starting on the green we were given a brief history of the landowners starting from the Norman Conquest. There was a huge dovecote which provided fresh meat to the Hall.

We then passed the old school (now village hall) and various houses which had been built to accommodate the estate workers. Many had been built in the last two centuries, but the oldest was a thatched building that had started life as a medieval hall house, which is a home built using traditional materials by local people, rather than by a professional architect. This is the oldest domestic dwelling in Nottinghamshire.

The stable block is an imposing building, now converted into three houses, located next to the ancient church surrounded by a tranquil graveyard. Many buildings in the village are listed; even the church gates.

The imposing Hall has now been converted into two apartments, but it had previously been used as a school, which one of our members shared memories of attending. We then finished our walk at the ice house in the woods with wonderful views over Nottingham and the River Trent.



For details of further meetings in 2026 please check the calendar on Beacon. We have an exciting range of talks and visits arranged and would be pleased to see you.

Andy Dixon

History Study

HISTORIC BOOKS

Our members introduced us to a range of extracts from historic books.

We started with the **Domesday Book**, learning of its origins and an extract regarding Gedling and Stoke Bardolph.

We then moved to Egypt where a 1600-year-old mummy has been discovered buried with pages from **the Iliad** to guide them through the afterlife.

Returning to East Anglia we heard extracts from letters written in medieval times by the **Paston family**. Wealthy landowners, they were also prolific letter writers and there is an anthology of them.

Samuel Pepys was a well-known 17th century diarist as well as an important government figure. We heard of his travels to restore Charles II to the English throne.

Charles Gerring was the Netherfield church choirmaster when he published a "**History of Gedling**" in 1908. We heard a brief history of the development of Netherfield in late Victorian times.

Andy Dixon

Sewing

COMMUNITY QUILT

A few of us stitched panels that will be included in a Community Quilt for *Framework*. They are celebrating '25 years of our incredible community supporters who have helped change 250,000 lives'.

All sorts of groups are making panels to go into the quilt – they need 250 in total.

The finished quilt will be unveiled at Southwell Minster during Framework's Annual Carol Service on 4th December.

After the launch, it will tour locations across the East Midlands.

It was something very different from other charity things we've done. Which reminds me, I need to make more drain dollies for Nottingham City Hospital.

Susan Bunting



Creative Appliqué

The group has been going now since January 2026 and has proved to be enjoyable and creative. Scraps of fabric have been used to make wall hangings, designs on the back of a jacket, framed pictures etc.

Members have been surprised at what they can achieve by just using scraps of fabric they would have possibly thrown away to create a beautiful piece of work and in some cases art. Over the next few months, we will be looking at ideas for Christmas, it's not that far away. Any members that would care to join us you will be made very welcome.

We have lots of equipment and scraps of fabric, including sewing machines available to use at the meetings.

We meet on the first Wednesday of the month at the Pentecostal Church at 10am to 12, coffee and teas are kindly provided by the church of which we each make a £2 donation (we even get biscuits).

Jackie Taylor



Art

Our Art group meets on the second Thursday of each month at Carlton Fire Station. It's a small, friendly group with no pressure or expectations, we just enjoy a few relaxing hours with paint or pencils. Occasionally I will organise demonstrations from fellow artists that everyone enjoys and it's a chance to try something different.

New members welcome so if any u3a members enjoyed art at school and maybe haven't tried anything since it's a great opportunity to try something new.

Linda Wright



Wine Tasting

THE COMMONWEALTH

We started with a white sparkling wine from the Western Cape Rose, followed by an Australian Pinot Grigio and a Western Cape Sauvignon Blanc before the trio of reds. These were a New Zealand Merlot, an Australian Shiraz Reserve and a South African Cabernet Sauvignon – Merlot blend.

The Commonwealth of Nations (often referred to as the British Commonwealth or simply the Commonwealth) is an international association of 56 member states, the vast majority of which are former territories of its predecessor, the British Empire. They are connected through their use of the English language and cultural and historical ties.

It dates back to the first half of the 20th century, with the decolonisation of the Empire through the increased self-governance of its territories. Some people believe that South Africa is not part of the Commonwealth. The country did withdraw in 1961 due to global criticism over its apartheid policies, but following democratic reforms, South Africa officially rejoined the Commonwealth on June 1, 1994.

The Monday Wine Tasting group enjoyed as usual bread, meats and cheeses. All wines were purchased from Sainsbury's.

If you'd like to join us on the second Monday evening of the month to sample some delicious wine in great (and sometimes boisterous company), or would like more information please get in touch.

Jane Coulthard



Dining Out

BABA RESTAURANT

The group went to Baba Turkish restaurant, and the general opinion was very satisfied. This restaurant is next to Sneinton Market place, and we had a side room booked just for our group, with a bar and no background music. The staff catered very well with our group of forty, and the meals were generous and tasty. There was a range of meat and fish kebabs, moussaka and much more.

Altogether, very enjoyable evening!



Out to Lunch

The group meets twice a month.

On the 2nd Monday of each month, we meet from 12 at The Gedling Inn.

On the 4th Tuesday of the month, we usually meet at the same time at Portobello on Carlton Hill.

Be aware that there is a **change of venue** on **Tuesday 25th August** to try out **Leon restaurant in Netherfield**. This is the same premises where this group started when it was the Connect Café.

Maggie Martinez



Pete enjoys a lunchtime deal at The Gedling Inn. Two courses for £10.

Science & Technology

Six members chose their favourite element in the Periodic Table of Elements, and each gave a short talk to the group.

First up was **Hydrogen**, which has been promoted as a potential replacement for natural gas in domestic gas boilers, with discussion of its possibility and practicality.

An interest in **Lithium** began in childhood with memories of the mythical dilithium crystals which featured in many episodes of Star Trek. In later years, salts of Lithium were found to be important ingredients in rapid strengthening cement mixtures for repairing airport runways and in rechargeable batteries.

Titanium is a lightweight but strong metal with unique properties that make Titanium alloys suitable for use in aircraft, satellites, dental implants and hip replacements.



Titanium ore



Titanium products

Iron was shown to be very important to our existence, from being a major part of blood to forming the earth's magnetic field, which protects us from harmful cosmic radiation. The element is also used in the manufacture of steel, which is used throughout civil engineering.

Zinc is a relatively brittle metal, which combines with other metals to form alloys such as brass and Zamak. It is an essential trace element for humans, animals and plants and the oxide is also used in calamine lotion and for treating dandruff.

Uranium has unique nuclear properties and is used in nuclear power plants because it is the only naturally occurring element with a fissile isotope – uranium-235 – present in non-trace amounts.

Everyone found the talks informative and entertaining. During the session we also had a short quiz on the elements of the Periodic Table.

David Johnson

Theatre

There are four of us who organise trips, details (including our telephone numbers) are in the Calendar in the Newsletter and on our website. It would really help us if you could collect tickets at our General Meeting, after we have announced in the newsletter that tickets are ready to be picked up.

Pick up tickets

Bette & Joan, 2.30pm, Saturday 12th September, Lace Market Theatre.
Organiser Janet Whitchurch

Tickets on sale

Verdi's Macbeth, Broadcast Met Opera, 6pm Tuesday 20th October, Bonington Theatre, £12.50.

Two of opera's most extraordinary artists return to The Met: Live in HD for Verdi's thrilling takes on the immortal Shakespeare's tale of the scheming couple, determined to seize power at any cost.

Organiser: Paul Martinez. *Last chance to buy*

Bizet's Carmen, Broadcast Royal Opera, 2pm Sunday 15th November, Bonington Theatre, £12.50.

Damiano Michieletto's searing production returns, casting scorching light on the lust, violence and destructive desire of Bizet's ever-popular opera.

Organiser: Paul Martinez. *Last chance to buy*

Fences, 2.30pm, Saturday 14th November, Nottingham Playhouse, £24.30.

Troy Maxson has cheated death once, but the past keeps closing in. On Pittsburgh's streets, he cracks jokes and spins stories, yet at home, the pressure is building. His wife, Rose, holds the family together. She sees a changing world, and when dreams collide and tempers flare, the Maxsons edge towards a reckoning.

Organiser Carolyn Broadhurst.

Agnes of God, 2.30pm Saturday 21st November, Lace Market Theatre Studio, £13.

Psychology and religion intertwine in this moving moral drama that touches on how past traumas can affect present beliefs. When Agnes is found with an unexplained dead newborn in her room, a psychiatrist is sent to assess her mental competency to stand trial for the child's murder. The Mother Superior of the convent stands in the Doctor's way.

Organiser Janet Whitchurch.

Funny Money, 2.30pm Saturday 12th December, Lace Market Theatre, £14.

Henry Perkins has had a very interesting day. He went to work, came home, and somewhere in between managed to acquire a briefcase stuffed with somebody

else's money. Perfectly reasonable things happen after that. Dinner is served, guests arrive, and absolutely nothing spirals catastrophically out of control!
Organiser Janet Whitchurch

Family Carol Concert, Royal Concert Hall, 5pm Saturday 19th December.
The Nottingham Harmonic Choir returns to the Royal Concert Hall with its well-loved Carol Concert, joined by Thoresby Colliery Band. With Christmas only days away, add some sparkle to your festive season with our concert and enjoy the very best of traditional and popular music...and join in the singing!
Organiser Linda Spencer.

Review

All cares and woes were cast aside as we were totally entertained by the Lace Market Theatre's **How to Succeed in Business** without really trying. Slick, exuberant, enthralling, funny - all these attributes made it a joy of an afternoon at the Lace Market. We all came out with a feel-good glow, and the show was, without a doubt, worthy of a London Theatre, but at a fraction of the cost! The Lace Market Theatre never fails to amaze.

Janet Whitchurch

Card & Board Games

We meet twice monthly, on the 2nd and 4th Thursday afternoons of each month. Our venue is the café area at the St George's Centre in Netherfield. We meet from 2pm and there is no charge. Drinks and snacks are available.

Our most popular game is Rummikub, which is easy to learn and addictive. If you have a favourite game, bring it along.

SCRABBLE or CHESS? Some of our group would like to play Scrabble regularly, and chess players are welcome.

The original idea for this group was to bring together small groups for different games, meaning that if, for instance, you did not have a partner for chess, you could join in with other games.

If you would like to send me a message about Scrabble or Chess, tap the blue underlined link next to "Convenor" on the [Card and Board Games webpage](#).

Maggie Martinez

Book Club

AMERICAN AUTHORS

We read a variety of books written by American authors.

It proved to be a wide array of styles and genres and many of us have taken away new reading material or authors to explore.

- **Middle Age: A Romance** by Joyce Carol Oates
- **The Name of the Wind** by Patrick Rothfuss
- **A Choice of Enemies** by George V Higgins
- **The First Gentleman** by Bill Clinton and James Patterson
- **I Know why the Caged Bird Sings** by Maya Angelou
- **O Pioneers!** by Willa Cather
- **Complete Short Story Collection** by Mark Twain (Samuel Langhorne Clemens)

Thank you to everyone for your individual synopses, which can be viewed on the [C&G u3a website](#).

Coleen Bee

Creative Writing

You are invited to join our small group of members who have a variety of writing experience. We enjoy creating stories, poetry and plays as well as other genres on an agreed topic.

We aim to provide a supportive 'safe for learning environment' for feedback and discussion.

Our meetings are at the St George's Centre on the 4th Friday of each month 2pm to 4pm. All welcome.

Ayaz Afsar

Wild Weekenders

Battersea Power Station

On Sunday 26th July, 7 of the Weekenders Group travelled on an organised coach trip, with Great Days Out, to Battersea Power station.

This previously coal-fired power station is an icon in the area. There are in fact 2 power stations, Battersea A Power Station which was built between 1929 and 1935 and Battersea B Power Station, built between 1937 and 1941. Construction was paused during WW11, and when the building was completed in 1955 it was the largest brick construction in the world.

It ceased operation in 1975, and the Art Deco interior is now home to 150 shops, restaurants, bars, and a cinema. We had timed tickets for Glass Lift 109, which travels up the Chimney, to see the 360' wonderful panoramic views of London. Once you have your entry ticket there is much to read about the history, and it was a great experience.

We had a drink in the Control Room Cocktail bar which on the back wall shows the many dials used in monitoring pressures and temperatures – very funky, with Art Deco designs on furniture. Before returning to our coach at 5pm we enjoyed a healthy Poke Bowl in the café; never had one before but would certainly have again in Nottingham. - A very long day but certainly worthwhile.

Teresa Storey



Diary : AUGUST 2026

Date		Time	Group	Meet at	Contact
Mon	17	10:00	French Conversation	Mapperley Golf Club	Annabell 07900 067 144
Mon	17	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
Tue	18	14:00	Local History	Mary Potter Centre	Andy 07753 287 562
Tue	18	14:00	Rummikub	The Gedling Inn	Lynne 07771 801 957
Wed	19	10:00	Ukulele	St Georges Centre	Richard 07514 212 134
Wed	19	12:00	Grouchy Girls	The Willowbrook	Sheila 07703755 906
Wed	19	14:00	Bonsai Improvers	A member's house	Paul 07305 071 206
Wed	19	14:00	Theatre	Theatre Royal	Linda 0115 958 3567
Wed	19	14:00	Walk Fit - To Music	St Georges Centre	Sandra 07826 039 733
Thu	20	10:30	General Meeting	Carlton Pentecostal Church	Mark 07826 629 063
Fri	21	09:45	Singing for Pleasure	St Georges Centre	Sheila 07703 755 906
Fri	21	10:00	Drama	Carlton Fire Station	Jane 07825 775 213
Fri	21	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
Fri	21	15:00	Ale Lager Cider tasting	T.B.A.	Richard 07514 212 134
Mon	24	10:00	Sewing	Gedling Road Methodist	Susan 07708 471 023
Mon	24	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
Mon	24	14:00	Tai Chi	Colwick Community Centre	Jan 07496 999 808
Mon	24	17:00	Film Study	Zoom Meeting	Sue 07791 358 143
Tue	25	10:00	Science & Technology	Carlton Fire Station	Janet 07813 462 081
Tue	25	10:30	Committee Meeting	Manor Green Com. Room	Jenni 07711 643 674
Tue	25	12:00	Out to Lunch	Portobello	Maggie 07554 518 444
Tue	25	12:00	Out to Lunch	Leon Restaurant	Maggie 07554 518 444
Wed	26	10:00	Making Music For Fun	Loco Centre	Richard 07514 212 134
Wed	26	14:00	French 3	St Georges Centre	Ann 07837 803 837
Wed	26	14:00	Theatre	Theatre Royal	Linda 0115 958 3567
Wed	26	14:00	Walk Fit - To Music	St Georges Centre	Sandra 07826 039 733
Thu	27	09:00	Striders Walking	Ranmoor Road car park	Brian 07814 628 190
Thu	27	10:00	Coffee Morning	Portobello	Cheryl 07787 427 200
Thu	27	10:00	Strollers Walking	At the start of the walk	Paul 07305 071 206
Thu	27	14:00	Card & Board Games	St Georges Centre	Maggie 07554 518 444
Thu	27	16:00	Newsletter Deadline		
Thu	27	17:00	Pickleball	Carlton Forum	Coleen 07450 938 777
Fri	28	11:30	Family History	Loco Centre	Sandra 07826 039 733
Fri	28	12:00	Grumpy Old Men	St Georges Centre	Ian 0115 911 4681
Fri	28	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
Fri	28	14:00	Creative Writing	St Georges Centre	Ayaz 07440 323 485
Mon	31	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324

Diary : SEPTEMBER 2026

Date		Time	Group	Meet at	Contact
Tue	1	10:00	Photography	Meeting Place TBA	Mike 07762 182 898
Tue	1	14:00	Book Club	Carlton Fire Station	Maggie 07951 299 113
Wed	2	10:00	Creative Appliqué	Carlton Pentecostal Church	Jackie 07708 035 311
Wed	2	10:00	Opera Study	Zoom Meeting	Paul 07305 071 206
Wed	2	10:00	Singing for Pleasure	St Georges Centre	Sheila 07703 755 906
Wed	2	10:00	Ukulele	St Georges Centre	Richard 07514 212 134
Wed	2	14:00	Bonsai Beginners	A member's house	Paul 07305 071 206
Wed	2	14:00	Walk Fit - To Music	St Georges Centre	Sandra 07826 039 733
Thu	3	08:30	Trip Bletchley Park	T.B.A.	Teresa 07806 977933
Thu	3	14:00	Alternative Book Club	Manor Green Community Room	Gill 07802 700 852
Fri	4	10:00	Drama	Carlton Fire Station	Jane 07825 775 213
Fri	4	10:00	Knit & Stitch	The Bread and Bitter	Jackie 07971 973 120
Fri	4	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
Fri	4	14:00	Spanish for Fun	Carlton Fire Station	Mark 07826 629 063
Mon	7	10:00	French Conversation	Mapperley Golf Club	Annabell 07900 067 144
Mon	7	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
Mon	7	10:30	Greenfingers	Gedling Road Methodist Church	Nicola 07794 368 566
Mon	7	14:00	History Study	Loco Centre	Andy 07753 287 562
Mon	7	14:00	Tai Chi	Colwick Community Centre	Jan 07496 999 808
Tue	8	09:30	Five Miles + a cup of tea	Meet at Ranmoor Road car park	David 07549 132 066
Tue	8	14:00	Poetry Appreciation	A member's house	Lyn 07305 144 102
Wed	9	10:00	Discussion / Debate	Carlton Pentecostal Church	Coleen 07450 938 777
Wed	9	10:00	Making Music For Fun	Loco Centre	Richard 07514 212 134
Wed	9	10:00	Transport	The Bread and Bitter	Ken 07584 835 479
Wed	9	14:00	French 3	St Georges Centre	Ann 07837 803 837
Wed	9	14:00	Walk Fit - To Music	St Georges Centre	Sandra 07826 039 733
Thu	10	10:00	Coffee Morning	Portobello	Cheryl 07787 427 200
Thu	10	11:00	Ten Pin Bowling	Nottingham Bowl	Brenda 0115 962 5757
Thu	10	13:30	Art	Carlton Fire Station	Linda 07958 012 544
Thu	10	13:30	Religious Architecture	T.B.A.	Val 0115 950 6055
Thu	10	14:00	Card & Board Games	St Georges Centre	Maggie 07554 518 444
Thu	10	17:00	Pickleball	Carlton Forum Leisure Centre	Coleen 07450 938 777
Fri	11	12:00	Grumpy Old Men	St Georges Centre	Ian 0115 911 4681
Fri	11	13:30	Craft	Loco Centre	Pat 07918 665 322
Fri	11	14:00	Canasta	The Gedling Inn	Lynne 07771 801 957
Sat	12	13:00	Wild Weekenders	Venue T.B.A.	Coleen 07450 938 777
Mon	14	10:00	Classical Music Study	A member's house	Colin 07881 289 298
Mon	14	10:00	French for Fun	Mapperley Golf Club	Brian 07724 801 115
Mon	14	10:00	Table Tennis	Netherfield Forum	Andrea 07527 090 324
Mon	14	12:00	Out to Lunch	The Gedling Inn	Maggie 07554 518 444
Mon	14	18:30	Wine Tasting	Burton Road Community Centre	Chris 07879 696 712
Tue	15	14:00	Local History	T.B.A.	Andy 07753 287 562
Tue	15	14:00	Rummikub	The Gedling Inn	Lynne 07771 801 957
Wed	16	10:00	Ukulele	St Georges Centre	Richard 07514 212 134
Wed	16	12:00	Grouchy Girls	The Willowbrook	Sheila 07703755 906
Wed	16	14:00	Bonsai Improvers	A member's house	Paul 07305 071 206
Wed	16	14:00	Walk Fit - To Music	St Georges Centre	Sandra 07826 039 733
Thu	17	10:30	General Meeting	Carlton Pentecostal Church	Mark 07826 629 063