

u3a news flash

Summer Programme update

Coach trip to Merchant Adventurers' Hall, York & Stockbridge Centre on 18th August.

We need another eight on the coach to break even so please [select here](#) for more information and to book a place. **Bookings close 30th June.**

The film 'Spellbound' showing on Friday 12th August

This is NOT the Alfred Hitchcock thriller but a fascinating exploration about the obsession for spelling bees that grips many in the USA. Want to know more and to book a place? [Select here.](#)

We're happy for members to bring a guest to both of these events. Book your place then [email Sue Butler \(drsbutler@icloud.com\)](#) with details of your companion.

Other summer events are still open for booking. [Select here to see all the details.](#) If an event is full, there will be a waiting list so it's still worth registering.

New groups being planned

Italian Conversation Group. Jane Dick hopes to start this new group that will meet on even weeks throughout the year between 10:00 and 12:00 at the Riverside Bar, Ilkley. All are welcome but a basic knowledge of Italian is recommended. The aim is not to provide instruction but to give ideas for improving skills between meetings using free online resources. Contact Margaret McCabe on 07483896046 or email newgroups@ilkley3a.org if you're interested.

Anyone for 1960s/70s disco? Peter Higginbotham hopes there are others with fond memories of the Friday/Saturday night 'bop' in the 1960s/70s who fancy dusting off their dancing shoes and reliving those halcyon days. The idea is to set up a u3a 'disco group' for an afternoon once or twice a month. If you're interested, please contact the New Groups Co-ordinator, Margaret McCabe, on 07483896046 or email newgroups@ilkley3a.org.

Electric Bike Group. Nick Harding thinks there's an opportunity for the growing number of electric bike owners to meet and have fun exploring the local countryside. The idea is to stick to quiet roads or bridle paths, going at a modest pace for perhaps 20 miles and in a group of no more than ten. This would be mid-week weather-dependent with stops for refreshments and to admire the view. So, a gentle outing, getting some fresh air and enjoying the gorgeous scenery. If you fancy the idea, email Nick on nick@harding.net or phone Margaret McCabe, New Groups Co-ordinator on 07483896046.

Sewing for All. Whether you're a beginner or a confident seamstress, here's the chance to meet with like-minded people to support each other whilst completing those projects you would love to machine stitch. Bring your project and sewing machine to St Peter's Church Hall, Addingham, on alternate Wednesday afternoons starting 7th September, where friendly help and advice will always be on hand. Contact Margaret McCabe, on newgroups@ilkleyu3a.org or 07483896046, who's coordinating responses on behalf of the group organiser Pauline Brame.

Do you speak a foreign language?

With the return of foreign travel, we know many members are keen to have a holiday conversation in French, German, Spanish or Italian. We're exploring the possibility of members using their own teach yourself aids but meeting as a group on a regular basis to compare progress, practice conversations and provide mutual support.

However, we need other members with everyday language skills to help with the conversations and generally give members the confidence to order a meal, book a taxi etc. The pace of progress will be determined by the individual using whatever teach yourself aid they have.

If you can help, email newgroups@ilkleyu3a.org stating which language you can speak and giving a contact phone number so we can have a chat.

Subscription renewals

Thank you to 450 members who have renewed their subscription for 2022 / 2023. Renewing early not only helps our finances but also eases the workload on our membership secretary. The easiest way to pay is online via the website. [Use this link to login](#). Click on your name (top right of the home page) to open your membership record. Then scroll down the page until you see the request to renew.

Forgotten your password? Ask for a new one via the link at the top right side of our home page. **Don't want to pay online?** [Here are the alternatives](#).

Moody Blues prize draw result

Almost 100 entries and some great local publicity. The chairman of Friends of Kings Hall made the draw on 1st June. [Read our press release on this link](#).

Welcome to our new secretary

The trustees are delighted to announce that Jacqui Wellbrook has been co-opted to their group and is already taking up the challenge of being our secretary. Jacqui and her husband Lee have recently moved to the district from Kent where they were both active u3a members.

How well do you know Burley in Wharfedale?

Thanks to u3a member Tony Burkitt for taking the quiz pictures on our website. [Select here to test your knowledge](#) and then click on the website images to see how many you got right. Just for fun this month!

A plea for more jokes

Please send in cartoons that you think others in u3a will appreciate seeing. We are running short of material to put on the website!

Walking Cricket

This sport is gaining in popularity and u3a in Barnsley have been instrumental in getting recognition with the governing bodies and codifying rules etc. Now it is coming to Bradford with free taster sessions. [Read more in this article from our local evening paper.](#)

It's difficult to say what my wife does for a living. **She sells seashells by the seashore.**

What did the pirate say when he turned 80 years old? **'Aye matey.'**

I told my friend 10 jokes to get him to laugh. **No pun in ten did.**

Regards

John & Christine

[Email NewsFlash@ilkleyu3a.org](mailto:EmailNewsFlash@ilkleyu3a.org)

Can't get out to attend u3a events?

We have received really good reports of the online events run by the Third Age Trust. [More information here.](#)

Loneliness

[Select here to read some good advice from the NHS website.](#) GPs are known to recommend membership of u3a as part of the solution to help address this hidden problem in our society.