

September 2026

Registered Charity Number

Dear All,

As Autumn is approaching, I am reflecting on what a great u3a we have! So many new friendships have formed through the opportunities we have to learn, laugh and socialise together. Allen, our Membership Secretary, tells me that we now have 400 members.

As we continue to grow, we will need to form more groups. The ethos of the u3a movement is self-help with all members contributing to the groups they belong to. I know this is happening in our groups. Starting a group is a great way to ensure that the group you want is covering your interests. For example, I am delighted how our new Ancient Civilisations and Empires (which starts this month) has come about through a shared enthusiasm!! Groups do not need to run indefinitely. They could be for a limited period. If you have an idea for a group. Help is available through our lovely Groups' Facilitator, Muriel.

Happy learning, Sue, Chair

Members' Meetings – Christine

*Our Members' Meetings are normally held in Thelwall Parish Hall on the **third Thursday** of the month.*

Visitors are welcome to attend two meetings before joining. The next meeting will be on Thursday 17th September at 10.00 a.m. for a 10.30 a.m. start. Do come along early for a drink and a chat.

Refreshments will be served from 10.00 a.m. until 10.15 a.m.

**Thursday 17th September Prof Sir Tony Redmond Medical Aid in War, Disease and Disaster –
The work of UK-Med**

UK-Med is a humanitarian medical aid charity. Born of the NHS, it is the first UK-based NGO to be verified as an Emergency Medical Team by the World Health Organization. It provides health care for people impacted by disasters or conflict, drawing on a range of health and non-health specialisms to support its global responses. We are lucky to secure a booking with the recently knighted Professor Sir Tony Redmond!! His talk is highly recommended by a number of local organisations.

Thursday 15th October Tony Crotty Music from Shakespeare to the present

This is Tony's second visit to Lymm and Thelwall u3a. His amazing talent on classical guitar has led us to invite him back for more!

**Thursday 19th November James Ellson A Turkey is just for Christmas –
six lessons from a winter smallholding**

This talk looks at various jobs and activities on a smallholding; how turkeys are named after the (not so) great & good; winter in the kitchen; the discovery of the Christmas Pippin apple; bees and much more...

Membership –Allen: Membership stands at **400** as of 20th August 2026

Membership Meeting Parking

As the Thelwall Parish Hall car park can become full during the u3a monthly meetings, the manager of the Pickering Arms has been asked and has kindly agreed to U3A members parking in the Pickering Arms car park during the monthly meeting. If possible, please exit this car park by midday. Thank you.

Dates for your Diary

Here are some dates for your Diary. Please note them down.

Thursday 17 th September	Members' Meeting + Alfresco in Autumn picnic from midday until 2 p.m.
Friday 9 th October	Hot Pot Supper at Thelwall Parish Hall starting at 7:15 p.m.
Thursday 15 th October	Members' Meeting
Thursday 19 th November	Members' Meeting
Monday 14 th December	Christmas Lunch at Lymm Golf Club at 12:30 p.m. for 1 p.m.

In Case of Emergency (ICE)

Anyone participating in sporting pursuits (walking, cycling) or other stressful groups (quiz!?) should be aware of the need to ensure they carry In Case of Emergency (ICE) information. As well as contact details of our 'next of kin', this should include details that would be important for health care professionals to be aware of, e.g. allergies, diabetes, epilepsy, presence of a pacemaker or implanted defibrillator, possibly medication list (but definitely insulin, steroids and anticoagulants). Given that we u3a-ers are a mature (old) bunch, many of us have already accumulated significant medical problems and more of us will do so. There can surely be no excuse for not carrying ICE details with us. Paper documents, even in a plastic wallet, fade over time and may not survive the soakings that often beset the walking groups! 'Ah, but I have these details on my phone, I hear you say, all well and good until your phone also gets soaked or smashed when you come off your bike or isn't with you (swimming)! May I recommend you consider wearing an ICE bracelet (see example picture); there is plenty of choice on the internet, with a wide price range from very reasonable to ridiculously expensive, and they can be engraved with your relevant details. I (Duncan Forsyth) have worn mine constantly for the last 4 years, an emergency could crop up even when not engaged in U3A activities!



Members' details

As it is important that members' details (especially emergency contact details) are up to date, the membership page on our website has been revised so that members can update their own membership details as follows:

1. Go to: <https://lymm-thelwall.u3asite.uk/membership-information/>
2. Press the link in the 'Editing your membership details' section
3. Log in using your email address and password
4. In the 'Select an option' section, press 'Update your personal details'
5. Check details and, if required, edit them
6. Press 'Update Personal Details' to save any changes

Lymm Hub seeks volunteers with green fingers

Lymm Sanctuary Hub and Business Centre is familiar to many as a location for various u3a groups. What is less known is the extent of the Hub's community work and their ongoing need for local volunteers to support their projects. One of their current calls for help relates to Lymm Community Garden. This space sits beside Lymm Library on the edge of Davies Way car park and was left as scrubland by the Borough Council. The Hub adopted it with the goal of developing a public garden with an educational, sensory and memorial remit. Several rounds of fundraising have seen the installation of a patio area, bench seating, and several planted containers. Funds have just been secured to undertake groundworks to level the space so it can safely be opened to the public. This also relies on the land being maintained. Originally the garden had a full team of volunteers but there are now just two people assisting, along with occasional help from the business centre staff.

The Hub is appealing for local people who may be able to assist with watering and weeding the garden, possibly replacing container bedding plants each year. The project will remain managed by the Hub with some input from Lymm in Bloom and Lymm Gardening Club, so the request is fairly minimal in terms of the time and physical fitness required and the site is very small anyway.

Anyone interested in volunteering a little regular time is invited to contact the Hub garden team by emailing manager@lymmbusinesscentre.co.uk or calling 01925737950 to provide contact details.



Social

If you have any new ideas for events or would like to organise an outing, please contact the [Social Team](#). We welcome suggestions or we are willing to help if there is something you would like to plan. Alternatively, come and join our team!

Amazon Trip

Following our recent disappointment when the visit to the factory near Bolton was cancelled at the eleventh hour we returned for a promised tour by the General Manager, the main man. And he delivered. Dan gave us a thorough and very well-organised tour of the factory, lasting two hours, and answered the many questions posed to him with impressive knowledge and good humour. The statistics and facts quoted were mind-blowing. One point three million cables in the factory was one that I picked up. A disappointed and frustrated party left last time. This time we were energised and bowled over by what we had seen and heard.



Summer Delights at Laskey Farm

With the weather decidedly unsettled we were fortunate to miss the rain on a lovely afternoon at Laskey Farm, hosted by Howard and Wendy. First, we gathered inside to hear Wendy give an account of the history of the site, with detailed maps and documents available on the tables. Then we had time to walk round the beautiful gardens, particularly impressive considering the weather we have had over the summer (please see photos below). Our two hosts explained various aspects and answered questions.

Finally, (please see photo right) it was back inside for refreshments, including some of Wendy's delicious homemade cakes!



Alfresco in Autumn

Thursday 17th September: Midday until 2.00 p.m.

Following our successful Alfresco in Autumn picnics, we intend to hold another straight after our September Members' Meeting. There is no need to book!! Just bring your deckchair, your lunch and a drink along to the meeting and, weather permitting, we will eat together outside on the grass!!! Of course, we have booked the weather to be sunny like last year! We have booked the hall in case of inclement weather.



Hotpot Supper Friday 9th October

Thelwall Parish Hall 7.00 p.m.

Hotpot or Vegetarian Hotpot (both of which can be Gluten Free)

There will be a quiz and, some fun entertainment provided by our members!

Contact Linda Monk at lindamonk48@btinternet.com to reserve the last spaces and /or to join the waiting list place

12.30 for
1 pm

Christmas Lunch – Lymm Golf Club

Monday 14th December

Cost
£28pp

Following the success of last year's Christmas Lunch at Lymm Golf Club.
we are now taking names for this year's event.

The meal is a carvery with all the trimmings, dessert followed by tea/Coffee.

This event is nearly full To book your place contact [Sue M](#)

Vegetarian Option and other dietary needs catered for.

Group Gossip

Thanks for all the groups' contributions to Group Gossip! Please send next month's contributions to newsletter@lymmthelwallu3a.org.uk

The recently formed **Ancient Civilisations & Empires (ACE)** group's first meeting will be held between 2.00 p.m. and 4.00 p.m. on Thursday 17th September, 2026 in the Sanctuary Hub. Further monthly meetings will be held at the above time and place on the third Thursday of the month.

The new **French Improvers** group's first meeting will be held between 2.30 p.m. and 4:00 p.m. on Wednesday 23rd September at Lymm Village Hall Annexe. This group will be for people who did French to 'O' level or equivalent and would like to refresh or improve their knowledge. Members of the other French groups have kindly agreed to offer guidance to the new group who will be using the text book 'Façon de Parler 2'. Further monthly meetings will be held at the above time and place on the fourth Wednesday of the month. If you are interested in this group, please contact Lynn Bryant or Richard Morrell, who are the Group Coordinators.

lynnbryantu3a@outlook.com r.morrell@hotmail.com

If the ACE group interests you or you have any other ideas for groups, please contact Muriel, the Groups' Facilitator, at groups@lymmthelwallu3a.org.uk

Ancient Civilisations & Empires (ACE)

For details of the first meeting of this new group, etc., please refer to the second paragraph of this Group Gossip section.

Badminton



Members of the Badminton Group enjoy playing four games of doubles at their weekly session at the Community Rooms on Bellhouse Lane in Grappenhall. This week Judith and Steve K were joint winners playing some great shots.

There are places still available at the 10 o'clock session for anyone who has played

before and has their own racket.

Contact Geoff Stocker at gsto2512@aol.com for further information.



Book Club 2

For our August discussion we chose Alison Lurie's Pulitzer Prize-winning novel 'Foreign Affairs'. It tells the story of two American academics – one a 54-year-old woman, small, plain and unmarried and the other a young, tall, handsome man emerging from a break-up with his wife – both visiting London as part of their academic pursuits. Each has a love affair, from which each comes to realise important truths about themselves. Mixed in are their different reactions to life in London and an imaginary dog called Fido. It is a book that goes behind appearances to tell us that love, rather than beauty, privilege or money, is what matters and it does so with wit and poignancy. We liked it.

Current Affairs 1

There wasn't a group meeting in August. Our meetings resume at noon on Thursday 10th September at the Spread Eagle.

Current Affairs 2

After a necessary switch from the Village Hall to the Spread Eagle the group discussed 'Plagiarism', specifically centering on the recent tragic case of Cambridge University's Professor Jason Arday who was found dead in August. There was a lively discussion around the subject, including the fact that the online press seemed to have little to cover at the time. We talked about the vetting systems used by Cambridge University and the apparent lack of support received from the University. It was thought that in all academic papers all previous work should be correctly attributed.

The group would invite any new members who are interested in lively and informative discussion to join them, on the second Tuesday of each month.

Normally, discussion covers several topics. Today's was an exception.



French Conversation Advanced

Ce que je veux faire depuis toujours (What I've always wanted to do)

In August we had another fun-filled session this time responding to the above question. The topics were quite varied with two members revealing their desire to play a musical instrument: the trombone and the piano. Another wanted to play in an orchestra and another to sing. No amount of encouragement from some members would entice her even to try the u3a group Singing for Fun as she feels her ability is not even up to that! Another, a member of Singing for Fun, wanted to sing like Johnie Hallyday. Others were on a more academic level i.e. to explore Egyptian history and antiquities and another to visit neolithic sites while two members wished to undertake water pursuits – paddle boarding and sailing round the Hebrides in a yacht. The most realistic wish was to visit Sheffield and we were delighted to later receive a message and photo of him achieving that! The next success we hope will be from the member who wants to learn the piano and has already organised to have lessons even though she can't read music yet!



French Improvers

For details of the first meeting of this new group, etc., please refer to the third paragraph of this Group Gossip section. The group is already full and a waiting list is being compiled.

Games

August meeting – no games but instead food consumed and beverages drunk. Thirteen group members met on Tuesday 4th August for a super lunch and great company at the Wheatsheaf Inn. I believe our time together was enjoyed by all.



Genealogy

Our group's August meeting started with a fascinating and humorous presentation from Keith entitled 'My Search for my Biological Father' and subtitled 'Biker, Policeman, Lion Tamer, Uncle Tom Cobley and all!!!!'

One day, when Keith was 17, he was unexpectedly taken out of school so that Bill, the man married to his mother, could adopt him. Up until then Keith had thought that Bill was his biological father. Later Keith saw his birth certificate, which showed his name as Keith Burns (his mother's maiden name) and that his father was 'unknown'.

Fast forward to 2005 when Keith and his wife were asked for their parents' medical histories as part of the process of getting insurance for their first mortgage. This sparked the search for his biological father. He asked his Mum to no avail, contacted relatives in Australia about a benevolent uncle and followed up many other leads including a man who worked with his mother at Slazenger, a biker with whom his Mum had been friendly, a married policeman and a man nicknamed 'The Lion Man Of Barnsley' who had a lion that protected his scrapyard but nothing conclusive!

However, some father's side 'cousin' matches have appeared on Ancestry. The second, more recent, match has responded to Keith's enquiries and, with his help, Keith has been able to put together a family tree, which shows the second match's 'great-uncle' was born in the same year as Keith's mother, was reported to have had an affair and had a Christian name, that had come up in conversations with some of Keith's family. Is this person Keith's biological father?

Thank you, Keith for an excellent presentation and we look forward to any updates.



German

For the August German group meeting, we each brought an object or an old photo. We discussed photos of grandparents; a great aunt who played football; a father's 60+ years of 'am dram'; a visit to the German Parliament in Berlin; a Swiss music box from composer Stockhausen, of which there were 12, this one for Scorpio and a wooden container for a vodka bottle, which was decorated with guns to celebrate Kalashnikov! More stories to follow in September.

JIGSAW NEWS – We have now gone digital

Please let me know on paulineholloway@btinternet.com if you would like to join the group, providing your email and telephone number (in case of queries). You will then receive lists of all the jigsaws currently held.

Further to choosing the number(s) printed on the jigsaws(s), I will bring those chosen to the following members' meeting with your name on it/them.

You can leave the returns under the table in the normal way together with any donations of jigsaws that you no longer require.

The lists will be updated from time to time and there is no limit to the number of jigsaws you can take or how long you keep them, within reason of course!



Music Appreciation

Our new season kicks off on Thursday 10th September with what promises to be a fascinating talk by member ALISTAIR BEATTIE. A long-serving viola player in the BBC Scottish Symphony, Alistair worked with top conductors in the UK and abroad. In his talk, he looks back on the pleasures — and challenges — of playing under the baton of seven British conductors, all of whom became knights of the realm: Alexander Gibson, Andrew Davis, Simon Rattle, Adrian Boult, Malcolm Arnold, Mark Elder and Donald Runnicles. The talk will be illustrated by recordings of these 'Knights to Remember' in action.

This season, we'll be inviting top speakers to mark the anniversaries of the death of Benjamin Britten (1976) and Beethoven (1827). A number of the group's members will also be contributing to the programme of eight meetings on the second Thursday of each month at the Youth & Community Centre, Lymm. Full programme details are on the u3a website and visitors and potential new members are always welcome: ring Roger (07815 601447) or Diane (07549 992281) if you'd like any more details.



Philosophy

The Philosophy Group met at the Spread Eagle on 11th August to discuss Stoicism. We traced the history of the philosophical movement from the founder, Zeno of Citium, in about 300 BC, through Roman citizens and their Emperor, Marcus Aurelius (121 – 180 AD) and on towards today. Though their early ideas about the nature of the world, and our perception of it, were interesting, it is their approach to ethics that has survived. We discussed one of their early beliefs: that the universe began in flame, developed on a fixed path and then ended in a fiery rebirth, to follow the same course again. We saw how they explained free will in a deterministic world and also how Christian scholars studied their teachings.

The next meeting will be on Tuesday 8th September, when we will be taking a second look at Environmental Philosophy. On Tuesday 22nd September we will be discussing a podcast from the Philosophy Bites series.

Poetry

The subject for the month was 'Weather, whether or wether'. A number of us composed poems about the weather which was appropriate on a dismally wet day. David brought a melancholic selection on the subject of rain, by such poets as Longfellow and Stevenson, for further discussion. The next meeting is on Thursday, 24th September at 12.30 p.m. The subject 'A Possession'.

Quizzicals

On a mercifully cool afternoon we arrived for our monthly 'Quizzicals' entertainment. As usual Marion arranged us into 3 teams and the quiz got underway. The day's quiz master was David and his quiz consisted of 6 sections, each with 10 questions. In the interval there was a list of 20 place name riddles, provided by Marion, to be solved. Occasionally the quiz was a little more difficult than usual but we go to have fun and that's exactly what we did. There was some heckling from certain quarters but that was to be expected. Jim caused some amusement – so surprised was he to know the answers, that on two occasions he inadvertently said them out so loud that every other team could hear them. His transfer value has halved.

The quiz was won by Carol, Lynn, Pip and Peter. The riddles winners were Alison, Pam, Jim and Mike., who also won the combined score competition.

A great afternoon. Thank you, Marion and David.

Singing For Fun

The August meeting attendance was good and included two new members. As always, the group was in good spirits, despite the disappearance of the chair truck – everyone had to carry their own chair for goodness' sake!

There was an interesting collection of tracks, with 2 nonsense songs, a collection of excellent ballads, a Taylor Swift number and a song by Jim's most unfavourite group – The Proclaimers – which wasn't 'Letter from America'. (Can you guess what it was?)

A few interesting background facts came to light. 'Over the Rainbow' was almost cut out of 'The Wizard of Oz', 'The Shoop Shoop Song' was a hit for Betty Everett 26 years before the Cher version. Taylor Swift claims to have written 'Love Story' in 20 minutes sat on her bedroom floor and The Kinks wrote 'Sunny Afternoon' in protest at the high rates of tax levied by Harold Wilson's Government.

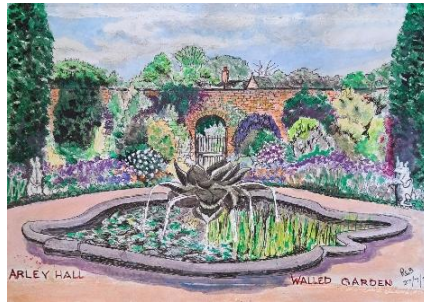
Fascinating!

Sketching Out

On Monday 27th July five members of our group risked the extreme heat conditions with an early morning visit to Arley Hall Walled Garden. In just under two hours, we regrouped in the Tea Room to admire each other's efforts and some even carried on to colour up their sketches as homework with two of the sketches finishing up as full scale paintings. The results of some of their efforts are shown to the right and below.



The next Sketching Out group session will be a 10.15 a.m. visit on Tuesday 1st September to the Red Lion pub at Moore Village where it is hoped that all of the regular Sketchers will arrive with sharpened pencils and sketchbooks at the ready. Anyone who would like to join us to try this most relaxing hobby of sketching will be made most welcome.



Walking Groups

Strollers



A 1.5 mile walk for those who prefer a shorter walk took place at Victoria Park in Latchford on Friday 14th August. The MacIntyre Community Cafe stayed open for us to have a coffee and cake before we set off for a walk along the bank of the River Mersey. A passerby kindly took this photo of us on the bridge which we passed. It was a humid day but not too uncomfortable as we were mostly in the shade and we all enjoyed ourselves. My thanks to Dorothy for being my assistant, although making sure Allen and Gordon did not get lost was tough on her. Ha ha!

4- 6 ers

Beautiful weather accompanied our walk, which started at the Egerton Arms carpark in Astbury. The nearly 5 miles circular walk took in local paths and tracks including part of the Astbury golf course, the Macclesfield Canal and Astbury Lake. Following our exertions we retired to the Egerton Arms for lunch and enjoyed great food, good service and each other's company.



Friday Ramblers

A small group enjoyed a walk which began on the bus! We caught the number 5 to Bowdon and walked back past Denzil Gardens, across Dunham Forest golf course, through the grounds of Dunham Massey where a number of the party stopped for an ice cream. We then walked along the Bridgewater Canal for lunch in Spud Wood.



Striders

Perhaps we ought to be renamed the Extreme Weather Walking group! With a forecast of 32 degrees, we were not sure whether to go ahead but left it to those on the list to self-assess. We had started out with 21 names on the list, which dropped to 11 but, to be fair, only 5 of 10 non-starters were due to the weather. We headed off to Rivington Pike and, over the open countryside, there was a lovely breeze. Lunch was at the Pigeon House and gardens, where there were lots of shady places to sit and everyone did the climb up to the Pike rather than going round. The heat increased in the early afternoon but we were back at the cars before 3 and all took advantage of the ice creams on sale there. Despite our initial worries, we all had a great day and were rewarded by amazing views across Lancashire.

Wellbeing Birdwatching

After a Summer hiatus we are back out again in September, firstly in and around Grappenhall Wood and then a fortnight later to Moore Reserve on the western edge of Warrington.



For our previous two outings we first visited the Preston Brockholes Reserve's strikingly built centre within a loop of the River Ribble (see photo left of a young Crow with adult parent).

Second, we went to a delightful new venue for us at Lunt Meadows near Sefton (see photo right of our members there), a good spot.

We'll look forward to visiting again in Autumn or Winter.



Writing Group

The writing group continues to flourish and the new members have settled in. Anyone who wants to join this lively group is assured of a warm welcome! Our latest foray into writing was on the subject of diaries, which produced some excellent accounts at times very witty to the most soulful. Currently, some of our group members are involved in helping to write/produce/direct the u3a Panto – so watch this place on that topic!

Committee Contact Details

Chair	Susan Mitchell	chair@lymmthelwallu3a.org.uk
Vice Chair	Marcia Dale	vicechair@lymmthelwallu3a.org.uk
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North West Region invite you to join us for...



For full details see the [North West region Website](#)

u3a – Online Learning Events

As well as joining our groups you can subscribe to Interest Groups Online. Interest Groups Online is a platform for collaborative learning. It is an online community, bringing people together from across the u3a movement and beyond. There are around 70 different groups that meet online across a wide range of subjects. Groups are interactive and vary depending on the needs of the participants. Find out more on our [Interest Groups Online](#)

These are a sample of the online event on offer. There are plenty more to choose from. Use this link below to the other online learning events available. www.u3a.org.uk/events



Wild, edible autumn seeds

Join Hedgewitch Kat to discover the fascinating world of wild edible autumn seeds, from identification and folklore to practical uses.

Friday 4 September at 10am

Free – online via Zoom



Triumph to trauma

Triumph to trauma

Triumph to Trauma (940 to 1042) – Danes before Normans: the Conquest before The Conquest!

Discover how the Danish conquest, Cnut and Emma of Normandy shaped England before the Norman Conquest.

Monday 7 September at 2pm

Free – online via Zoom



Exploring world faiths: September

Faith and gratitude

Explore how three faith traditions understand gratitude and discover the enduring value of thankfulness in everyday life.

Monday 14 September at 10am

Free – online via Zoom



The u3a radio podcast showcases the amazing things happening across the movement. It's created by a team of u3a members who all have radio experience and features interviews with members, interest group leaders, Trustees, national volunteers and Subject Advisers. The entire series is available on our YouTube Channel.

[Listen now](#)

The podcast is

available on the usual podcast platforms including: [Spotify](#) [Apple Podcasts](#) [Podtail](#)

[Lymm and Thelwall u3a web site](#)

[Lymm and Thelwall u3a Facebook page](#)



Here is a link to the [North West Region](#)

For those members who have no online access this letter can be posted to them.



Our Groups. If you would like to join any of our groups, contact the Group Coordinator via the group page on our website.

<i>Activit</i>	<i>Regular Meeting Day</i>	<i>Venue</i>
Art	Friday a.m.	St Mary's Church Hall
Ancient Civilisations and Empires	3 rd Thursday p.m.	The Sanctuary Hub Lymm
Badminton	Wednesday a.m.	Grappenhall Community Centre
Book Club	1 st Thursday a.m.	The Spread Eagle, Lymm
Book Club 2	1 st Wednesday a.m.	The Little Manor, Thelwall
Cinema	Occasional Outings	Various
Crown Green Bowling	Monday p.m.	High Legh Bowling Club
Current Affairs 1	2 nd Thursday lunchtime	The Spread Eagle
Current Affairs 2	3 rd Tuesday a.m.	Lymm Village Hall
Cycle Maintenance	As and when required	
Cycling	2 nd Tuesday and 4 th Thursday-	Various, see website
Flower Arranging	2 nd Friday p.m.	St. Peter's Church Hall
French (Advanced)	2 nd and 4 th Thursday a.m.	The Sanctuary Hub Lymm
French Conversation Advanced	1 st Monday p.m.	The Spread Eagle Lymm
French Improvers	4 th Wednesday p.m.	Lymm Village Hall Annexe
Fruit and Vegetable Growers	Various	Various Locations
Games Group	1 st Tuesday p.m.	Maple Lodge, Lymm
Gardening	Various Days	Different Locations
Genealogy	3 rd Tuesday a.m.	Sanctuary Hub Lymm
German	1 st Monday a.m.	The Spread Eagle, Lymm
Jigsaws	Before & after Monthly Members' Meeting	Thelwall Parish Hall
The Lunch Group	3 rd Friday	Contact via website
Mosaic	Friday a.m.	St. Mary's Church Hall
MOTO	Various	Various
Music Appreciation	2 nd Thursday p.m.	Lymm Youth / Community Centre
Philosophy	2 nd and 4 th Tuesday a.m.	The Spread Eagle, Lymm
Poetry	4 th Thursday lunchtime	Sanctuary Hub Lymm
Quizzicals	3 rd Tuesday p.m.	Sanctuary Hub Lymm
Singing For Fun	4 th Tuesday p.m.	Lymm Village Hall
Sketching Out	Last Monday of the Month	Various
Stitch 'n' Natter	Wednesday a.m.	The Little Manor, Thelwall
Stitch 'n' Natter 2	Tuesday p.m.	The Spread Eagle
Theatre and Concert	See web site	Various
Table Tennis	Friday a.m.	Lymm Youth and Community Centre
Ukulele 4 Fun	Tuesday evening	United Reform Church
Walking Strollers	Various	Various
Walking 4-6ers	Various	Various

Continued overleaf

Walking	Friday Rambles	2nd Friday	Various
Walking	Striders	2nd Wednesday	Various
Wellbeing	Birdwatching	1st and 3rd Friday	Various Locations
Wild Things		2nd Monday	Various
Writing Group		1st Friday	The Spread Eagle