

welcome to

u3a **Sale**

learn,
laugh,
live

<https://sale.u3asite.uk>

u3a.org.uk

What is the u3a

The u3a¹ is an international voluntary organisation that provides educational and cultural pursuits for people no longer in full time work. It is run entirely by volunteers.

How does it work

Members are encouraged to form and join interest groups covering a wide range of topics, guided or led by one of the group members. We learn and contribute for fun, socialise, and we enjoy it. We are a self-help group so there are no paid tutors or speakers. We draw on the skills, knowledge and experience of our members. Groups meet regularly, either in rented premises or in participants' own homes and follow the principle of mutual aid in exploring areas of interest together.

The Third Age Trust

All u3a groups across the UK are affiliated to the Third Age Trust, a national body governed by a Board of Directors. The Third Age Trust provides services to individual u3a groups, including newsletters, a resource centre, assistance for new groups starting up, and representation of u3a interests on other national and international bodies. Finance for the Third Age Trust's activities is raised through an annual fee that individual u3a groups pay, based on their number of members.

Aims

To encourage and enable people who are not working or are no longer in full time work to help each other in sharing their knowledge, skills, interests, and experience.

To demonstrate the benefits and enjoyment to be gained and the new horizons to be discovered in learning throughout life.

To celebrate the capabilities and potential of older people and their value to society.

To make u3as' accessible to all older people.

To encourage the establishment of u3a groups in every part of the country where conditions are suitable and to support and collaborate with them.

¹ originally called the University of the Third Age, now u3a

Your local u3a

Sale u3a, a registered charity, was formed in November 1992 and continues to thrive with over 420 members in 2024. It is run entirely by volunteers and managed by an Executive Committee of members.

Activities are financed by payment of annual membership fees and a small charge paid for each session attended. This covers benefits including insurance, refreshments, rent payments and resources from the u3a UK.

Local Meeting Places

Sale Moor Community Centre (SMCC) Norris Road:

Bridge, Canasta, Computer Club, Crafters & Natterers, Cryptic Crosswords, Easy Exercises, Egyptology, Family History & Local Studies, French Conversation, French Intermediate, German, Guitar, Italian Beginners, Literature, Mah Jongg (English style), Music Appreciation, Practical Philosophy, Recorder, Scrabble, Singing for Pleasure, as well as our monthly Film and General Interest Meetings.

The General Interest Meeting takes place monthly on the 4th Friday usually 2.00pm to 4.00pm (as announced). These meetings consist of a speaker and/or presentation from one of our own, or an invited guest, speaker and refreshments. A Film is shown on the 2nd Friday (as announced) with the film starting at 2pm and refreshments served. Doors open at 1.30pm each week.

Various Places:

Badminton, Creative Writing, Cycling, Gardening - Grow Your Own, Latin, Lunch with Company, Luncheon Group, Spanish Intermediate 1, Spanish Intermediate 2, Table Tennis, and Walking Group.

Members' Homes: Water Colour Painting.

Social Activities and Events: Organised at the SMCC or local restaurants and cafes as well as day trips further afield to areas of natural beauty and historic interest with travel usually by coach but may vary. Please see our noticeboard at SMCC for details as announced.

Interested?

If you have seen a subject which you are interested in and would like to join us please see details about the Programme on our website <https://sale.u3asite.uk>. This is where you will be able to get more information about how to become a member. You can also speak to any committee member at our Film and General meetings on the second and fourth Fridays of the month at the Sale Moor Community Centre on Norris Road and can join the u3a there on the day if you wish.

We allow two trial visits (where only the weekly attendance fee is payable) before you are required to join the u3a and can continue attending meetings. At that stage you will need to pay our annual membership fee of £15. Membership payments help to cover our costs including venue charges and national affiliation fees as well as providing a range of benefits including newsletters, national on-line resources and public liability insurance.

All groups are open to everyone but as our language groups are ongoing it is advisable to check what level they have reached before attending. Group Leaders will need to see your current membership card to validate your membership when you attend. Do not forget that if you are a member of another u3a you can also join Sale u3a as an affiliate member for an annual cost of £10.

To give everyone more choice we need more groups and therefore more leaders. Perhaps someone from an existing group could start a similar one themselves, alternatively, you could start a new one with the Committee's help. Whether new groups start depends on the support shown.

Those already running or taking part in groups can tell you how enjoyable they can be. If you have any ideas for groups not included in this leaflet, please let the Committee know as we can support you in exploring how to set a new group up.

We look forward to hearing from you.

secretary.u3asale@outlook.com

SPECIALIST GROUPS

Unless otherwise stated, morning meetings are 10.00am to 12 noon and afternoon meetings are 2.00pm to 4.00pm. Doors usually open at 1.30pm for Film and General Friday meetings.

Badminton (Sale Leisure Centre)	Weekly Monday 1.30pm - 3pm
Bridge (Sale Moor CC)	Weekly Tuesday 1.30pm - 4pm
Canasta (Sale Moor CC)	Weekly Wednesday 1.30pm - 3.30pm
Chatterbox (Jackalope, Sale)	Monthly 1st Wednesday 10.30am - 12.30pm
Computer & Tech (Sale Moor CC)	Monthly 1st Wednesday am
Crafters & Natterers (Sale Moor CC)	Twice Monthly 2nd & 4th Mondays pm
Creative Writing (Timperley Village Club)	Twice Monthly 2nd & 4th Thursday 1.30pm – 3.30pm
Cryptic Crosswords (Sale Moor CC)	Monthly 3rd Monday 2.15-4.15 pm
Cycling (Walton Park Car Park)	Twice Monthly Seasonal Mar – Dec 1st & 3rd Tuesday 1.30pm
Easy Exercises (Sale Moor CC)	Weekly Friday 10am - 11am
Egyptology (Sale Moor CC)	Monthly 3rd Tuesday am
Family History & Local Studies (Sale Moor CC)	Monthly 2nd Tuesday pm

French Conversation (Sale Moor CC)	Twice Monthly 2nd & 4th Thursday pm
French Intermediate (Sale Moor CC)	Twice Monthly 2nd & 4th Thursday am
Gardening Grow Your Own (Moor Nook Allotments)	Sunday, Tuesday & Thursday 10am - 12 noon
German Language (Sale Moor CC)	Twice Monthly 1st & 3rd Thursday pm
Guitar (Sale Moor CC)	Monthly 1st, 3rd, 4th & any 5th Tuesday pm
Italian – Beginners (Sale Moor CC)	Twice Monthly 2nd & 4th Tuesday am
Latin (Sale Sports Club)	Twice Monthly 1st & 3rd Thursday 2pm - 3.30pm
Literature (Sale Moor CC)	Monthly 4th Wednesday am
Luncheon Group (As advised on notice board)	Monthly 1st Thursdays pm
Lunch with Company (As advised on noticeboard)	Monthly 3rd Thursdays pm
Mah Jongg [English style] (Sale Moor CC)	Twice Monthly 1st & 3rd Monday am
Music Appreciation (Sale Moor CC)	Monthly 3rd Wednesday am

Practical Philosophy (Sale Moor CC)	Twice Monthly 2nd & 4th Wednesday 1.30 - 3.30pm
Recorder (Sale Moor CC)	Twice Monthly 1st & 3rd Tuesday am
Scrabble (Sale Moor CC)	Monthly 1st Wednesday am
Singing For Pleasure (Sale Moor CC)	Twice Monthly 1st & 3rd Friday pm
Spanish Intermediate 1 (The Sale, Marsland Road)	Weekly Monday 2pm - 4pm
Spanish Intermediate 2 (Timperley Village Club)	Weekly Monday 10am -12 noon
Table Tennis (Sale Leisure Centre)	Weekly Thursday 1.30 - 3pm
Walking (as announced)	Seasonal Wednesday pm
Water Colour Painting (Member's Home)	Weekly Monday am

FRIDAY SPEAKERS & FILMS September 2024 to March 2025

Films will normally be shown at 2.00pm on the second Friday of each month and talks at 2.00pm on the fourth Friday. Doors open at 1.30pm.

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| 13 Sept 2024 | Film. Allelujah |
| 27 Sept 2024 | Talk. The History of the Christie and Anecdotes of my 40 years there by Dr David Poppitt |
| 11 Oct 2024 | Film. Fisherman's Friends |
| 25 Oct 2024 | Talk. A History of Manchester, by Brian Groom |
| 8 Nov 2024 | Film. The Holdovers |
| 22 Nov 2024 | Talk. A Turkey is just for Christmas – 9 Lessons from a Small Holding, by James Ellison |
| 13 Dec 2024 | Annual General Meeting and Christmas Event. |
| 10 Jan 2025 | Film. One Life |
| 24 Jan 2025 | Talk. Air Traffic Control by Nicky Patterson |
| 14 Feb 2025 | Film. The Father |
| 28 Feb 2025 | Talk. Medical Detection Dogs by Caroline Lyndsay |
| 14 Mar 2025 | Film. Wicked Little Letters |
| 28 Mar 2025 | Talk. NW Air Ambulance, by Victor Crawford |