

February

u3a Sale Newsletter

February 2026

Welcome to the February 2026 Newsletter

Many thanks to all those who attended the "Coffee and CatchUp" event on 10th February. It is always good to have a chat and listen to the ideas of other members.

Chair – **Carole Barley**

Friday Talks and Film Shows

Our general meetings are always popular. Most months we have a film on the second Friday and a talk on the fourth Friday.

On 13th March our film will be "The King's Speech", starring Colin Firth, Helena Bonham Carter and Geoffrey Rush.


On 27th March Brian Groom will talk about "These Isles: A History of England Scotland Wales and Ireland".

Sale u3a present
a showing of...
THE KING'S SPEECH



2pm (doors open 1.30pm)
on Friday 13 March
Sale Moor Community Centre
Just £2.00 for Refreshments

Sale u3a present
a talk by
Brian Groom
These Isles:
A History of England, Scotland,
Wales and Ireland



2pm (doors open 1.30pm)
on Friday 27 March
Sale Moor Community Centre
Just £2.00 for Refreshments

Coffee & CatchUp Event

Very successful "Coffee & CatchUp" event at the Community Centre on 10 February. Members had an opportunity to socialise and exchange ideas.

Possible new activities were discussed. Several members expressed interest in one day or half day trips. Jean MacDonald is recruiting a group to help her organise events.

If you can help with u3a activities in any way (you don't have to join the committee or commit more than you want!), please contact a member of the committee or email

u3aevents@googlegroups.com



Scan this QR code to access the website of the u3a North West Region



Anyone for Croquet?

Bowdon Croquet Club is running a series of 'Taster Sessions' for anyone who would like to try the game of croquet.

If any Sale U3A members would like to come to the 'Taster Sessions' please indicate, either by emailing the club at bowdoncroquet@gmail.com or Adrian Apps at adrian.apps65@gmail.com. They can find out more about the club from the website <https://bowdoncroquet.co.uk/>. Details of the Taster sessions can be seen here: <https://bowdoncroquet.co.uk/elementor-5/taking-part/taster-sessions/>

For £20 you will get two 3.5 hour sessions run by qualified coaches covering the basic skills of the game. You get full use of the equipment and facilities and free tea and coffee.

It's a great fun, social game for all ages, sexes and backgrounds!

Initially the weekend sessions will be on Sunday 12th April at 9.45am to 1.15pm and Sunday 19th April at 9.45am to 1.15pm. The midweek sessions will be on Wednesday 8th April at 9.45am to 1.15pm and Wednesday 15th April at 9.45am to 1.15pm.



New Group – Tai Chi for Beginners

Sale u3a will be launching a new group "Tai Chi for Beginners". You can find a poster on the noticeboard at the Centre. It explains what is Tai Chi and its benefits. If you are interested to join the group or try as a taster, please put your name and email address down on the list attached to the poster. You will be given further updates via email (email only, sorry no phone calls).

This new group will meet every 1st and 3rd Tuesday from 12:00 noon to 2:00 pm in the Main Hall. The inauguration date is currently planned to be on 7th April.

This group is not a formal Tai Chi teaching class. It is for the instructor to show you how to practise the basic Style, as an exercise to balance the mind and body, amongst other features typical of Tai Chi. It is aimed at the general age group in our Centre, but expect a certain amount of slow body movements. The poster on the noticeboard will tell you more.



Events Group

We are delighted to introduce the newly formed Events Group for Sale U3A. Our aim is to organise a varied and enjoyable programme of outings and events for members throughout the year. We plan to arrange full-day trips by coach to places of interest, as well as shorter, more local visits that may use public transport. In addition, we hope to include theatre trips, concert visits and other events. This is your programme so we need your ideas. Whether it's a place you've always wanted to visit, a performance you'd like to see, a talk you've heard or an outing you can recommend, you can help shape our programme. Click on u3aevents@googlegroups.com to give us your input. Our first trip will be a day in Buxton, with an optional tour of the newly restored Crescent, on Tuesday 26th May. Details to follow.

Sale u3a website <https://sale.u3asite.uk>

Sale u3a Facebook <https://www.facebook.com/groups/saleu3a>