



milton keynes

university of the third age



June 2019



Open Meeting

Meetings start at 2.30pm and are held at the Oak Tree Centre, Wallinger Drive, Shenley Brook End, Milton Keynes, MK5 7GZ. There is car parking on site, and bus routes 8, 24 & 25 stop on adjacent grid roads.

26 June – Dogs for Good

This month we will gain an insight into the fascinating work of the charity *Dogs for Good*.

These dogs are trained to help people with disabilities to make their life easier, including:

- Opening and closing doors
- Helping with dressing and undressing
- Retrieving items such as mobile telephones or dropped articles like keys or a bag
- Loading and emptying the washing machine
- Pressing a pedestrian crossing button
- Reaching up to shop-counters with items such as a wallet

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New Members Induction Session

10 June 2019

The next session will be on Monday 10 June, starting at 2pm, and will be held in the Great Linford Parish Office meeting room, next to the Co-op in the Great Linford local centre at 1 St Leger Court, MK14 5HA.

The session will outline the background to the U3A movement, explain how to get the best out of your membership with MKU3A, and show you how to use the website and join groups.

If you are a new member - just come along – any queries to Claire Naismith on membersec@mku3a.org or 07425 620167.

They’ve Even Gone And Moved The Tower Of London!

Yes, The Third Age Players will be occupying the Tower right here at the beautiful Chrysalis Theatre, Milton Keynes on August 29th, 30th (eves) and 31st (afternoon).

THE RAVEN CONSPIRACY is a light-hearted play combining the legend of the Tower Ravens, with all the shenanigans around Brexit.

Visitor Passes, otherwise known as Tickets (£10), are now obtainable by ringing Judy on 07989 675812 or on



line at www.ticketsource.co.uk/tap (booking fee applies).

It's suitable for the whole family, so do please come and support us. You might even find the Crown Jewels!

Biography – Your Castaway Challenge!

Eagle-eyed MK U3A members will have noted the addition of **105 – Biographies of the Eminent** to the list of groups in the Group Details within our web site pages.

This reflects thoughts within the Desert Island Discs - Archive group that potential members, perusing this list, may feel that this group is purely set up to listen to old wireless programmes whilst gently dozing over a cup of tea / coffee / wine. This is not the intention.

The group was formed to look at the lives of the chosen subjects and to test and question the picture that Desert Island Disc castaways are able to put forward in their programmes.

So whilst the programme is an integral part of each session, group commentary and discussion has become the highlight of a lively couple of hours. A bit of a thinkers challenge!

We are a very open and social (and good value!) crowd and would welcome more people watchers / listeners to join in the debate.

Come on in – the Desert Island Waters are still warm and crystal clear!

Nigel Wright and Shelagh Joyce, Group Leaders - biograph@mku3a.org.



Just a reminder

MKU3A Choir. Our summer concert this year is to be held on Saturday June 15th at 2.30pm in the URC Church in Newport Pagnell.

The concert will be followed, at the end, by a cream tea. Tickets, priced at £10, can be obtained/booked through members of the committee: Jennifer on 01908 613088 or Janice on 07762 178379.

There will also be a raffle. All proceeds will go to Willen Hospice.

There may be a few tickets on the door but space is at a premium this year so it might be better to book them beforehand.

We hope to see you there.

Sheila Staincliffe, Joint Group Leader



Anyone for Cribbage?



Put away the ipads, ipods, laptops and mobile phones - forget about emails, Whatsapp, Instagram, Facebook and Twitter for a couple of hours and enjoy some face to face contact and competition.

The existing Cribbage Group is oversubscribed so, rather than have a bunch of frustrated cribbage players, we hope to start a new Group.

It will meet on, hopefully, Wednesday mornings between 10 am and midday at a venue to be arranged so if you fancy brushing up on your parlour game skills or would like to learn the game from scratch, please get in touch with Shirley Dewar on groups@mku3a.co.uk and she will

add your name to the list.

We hope there will be no charge except for a small donation so that we can provide tea/coffee/biscuits during the session.

Beginners' Modern Sequence Dancing

(Includes Ballroom & Latin technique)

This proposed new Group will be held at the Cross and Stable Community Centre, Downs Barn, on Thursday afternoons from 1.45pm to 3.45 pm – with essential tea break of course.

It is designed for Members with little or no experience of Ballroom Dancing, although social dancers who would like to learn the popular Sequence Dances would find it useful.

The syllabus will include most of the traditional sequence dances plus some recently invented dances that are becoming popular.

Some time will be spent on figures from Ballroom and Latin that appear frequently in Sequence and need to be learned following the official rules



on alignment, footwork and technique.

Sequence is 'together' dancing and Members without a partner need to be prepared to dance Leader or Follower.

The group will be taught by a professional dance teacher, an active member of two Societies approved by the BDC and qualified in Ballroom, Latin and Old Time Dancing.

To register an interest, please contact Shirley Dewar, Groups Co-ordinator on groups@mku3A.org

Wanted: New Organiser for Open Meetings

After a year of lovely people, some great speakers and, frankly, some bonkers ones, I'm afraid that, due to family pressures, I am unable to continue organising the Open Meetings from September 2019 onwards.

If you would like to help with the organisation of our future Open Meetings, please let me know at vicechairmku3a@gmail.com or drop an email to any of the committee members and we'll organise a chat.

The speakers are booked until May 2020 so there is a nice gentle lead into the role for anyone that is considering taking it on.

There is no requirement to join the committee in order to take on the role – although, if you want to see how the committee works, we could offer an insight into that also.

Just readying myself for the rush of emails...

Tina Two

For Sale



Colt Deluxe Mobility Scooter. In very good condition. First registered with the DVLA in 2011.

Little used; not at all since 2016. As a result a new battery will be required costing approximately £200.

When new the scooter cost over £1,300.

For sale at £300. Buyer to collect.

Contact Chris on 01908 612622.

Outings Group - 2019 Programme Summary

Meetings are held on the SECOND Thursday of the month at 2pm.

2019 –13 June, 11 July, 8 Aug, 12 Sept, 10 Oct, 14 Nov, 12 Dec.

Venue: Age UK Milton Keynes, Peartree Centre, 1 Chadds Lane, Milton Keynes MK6 3EB.

A committee comprising of Christine Behrendt, Jackie Berry, Ray Cockram, Czesia Eales-Johnson, Anne Davis, Brian Munday, has been formed to run the Group. Ideas for future excursions from our members are always welcome.

A short description of outings is listed below, please ensure you see the full details given in the Information flyer included with the booking form so you are fully aware of any mobility or safety issues.

Once we have paid for the coach and venue (just after the booking date) we are sorry that we cannot refund you

unless a replacement booking is made for the excursion in question.

National Memorial Arboretum, Burton On Trent

Thursday 25 July 2019

Pick up Point The Coachway, Coachway Road, MK16 0AA 8.30 am

Marshalls Coach, near Bus Stop point 5 (near the entrance to Waiting room, café)

Cost £27.00 includes Land Train, audio guides, coach travel & driver's tip.

Arrive at Arboretum approx 10.30 Land Train: 11.30 am (refreshments at own cost)

Depart: 16.30 Return to MK approx 18.30. **PAY BY 11 July 2019**

Contact on the day: Czesia Eales-Johnson 07377 628040

Weald & Downland Living Museum

Thursday 1 August 2019

Pick up Point: 08.00 hours The Coachway, Coachway Road, MK16 0AA

Arrive South Downs National Park approx. 10.30am.

Depart 16.30 hours

Arrive Milton Keynes 19.00 hrs approx.

Cost: £32 (Includes Teas/Coffees on arrival, entrance & driver's tip.)

All other food on the day at own cost. **PAY BY 16 June 2019**

Ray Cockram 07899 841553 for contact on day of outing only

ALL Outings Bookings Contact:

Czesia Eales-Johnson, 2 Selby Grove, Shenley Church End, Milton Keynes MK5 6BW

Tel 01908 506706 Email: outings@mku3a.org

Cheques for Outings to be made payable to: MKU3A

Future Outings – please note that these may change until details have been finalised:

22 August - Belvoir Castle

5 September - TBC

17 October - TBC

21 November - Design Museum and Museum of Brands & Packaging, London

5 December - TBC

Booking Form

NATIONAL MEMORIAL ARBORETUM – THURSDAY 25 JULY 2019
£27 per Person

Booking form and payment should be sent by **11 July 2019** to secure your reservation, subject to availability.

Name(s):.....

.....

Phone Number:

Mobile Number:.....

Required for contact on the day only

Address:

.....

Email address:

Contact name and telephone number in case of emergency:

.....

.....

No of seats required @ £27.00

Total due: ...£..... Payable on booking

Pick up Point: **The Coachway, Coachway Road, MK16 0AA at 8.30 am**

Cheques should be made payable to MKU3A

The address for booking is Czesia Eales-Johnson 2 Selby Grove, Shenley Church End, Milton Keynes MK5 6BW
Telephone booking to 01908 506706 will be held for 72hrs pending receipt of the booking form for payment.
Email enquiries to outings@mku3a.org

Booking Form

Weald & Downland Living Museum, Thursday 1 August 2019 £32 per person

Booking form and payment should be sent by **16 June 2019** to secure your reservation, subject to availability.

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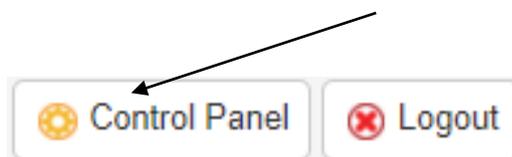
Email enquiries to outings@mku3a.org

[MK U3A - Making Changes to your Personal Details](#)

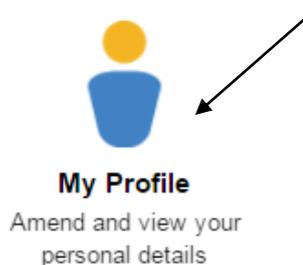
Open the MK U3A website (mku3a.org)

Login to the site. (If you haven't set your login password yet please see the instructions on the LOGIN page.)

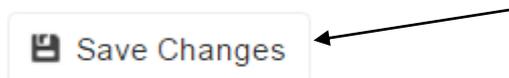
Once you are logged in 'click' on the Control Panel icon top right of screen



This will open a page showing the following icon. 'Click' on the icon



You will now open a page showing your personal profile. This is where you can change your contact details and add an emergency contact. **This is extremely important in cases of accident or emergency.** Make any changes necessary and 'click' **Save Changes** top or bottom right of profile screen.



You now have two options – Returning to the Website or to Logout. Top right of screen. Select the appropriate icon.



Open Meeting - IT Help Desk

There will be opportunities both before and after the Open Meetings to seek assistance with IT problems and using the MK U3A website, including setting up your login and password and updating your personal profile.

Help will be available before the meeting from 2pm and after the meeting until 4.15pm

Free Wi-Fi is available at the venue.



Support is available for:

- Windows PCs
- Apple/Android tablets and phones.

NOTE: Please ensure your device is fully charged or bring your charger with you.

MK U3A - Open Meetings 2019

24 July – Photography as Art - Karen Thurmanovich

Karen will explore how movements in the photographic world mirrored movements in the art world in general, especially starting in the 1920s. This will be followed by a discussion about photography as art and the role that photographic art plays in social change.

25 September – The Amber Room – Mike Bartlett

Dubbed the 'Eighth Wonder of the World', the Amber Room was one of the great treasures of Russian culture, Russian history and Russian heritage – until Hitler decided he wanted it for himself – and stole it, stone by stone. When, in late 1943, it was decided to dismantle the Amber Room and crate it away, it vanished, never to be found again ... or did it?



23 October – James Gillray: First Ever Political Cartoonist - Ian Keable

Who doesn't love a spot of political satire? But did you know that James Gillray succeeded William Hogarth as the primary satirist of the 18th century, not only taking caricaturing to new heights but also refining the format of the cartoon to one that we are now familiar with? He is now generally accepted as the first, and the greatest, political cartoonist, still revered today by modern cartoonists.

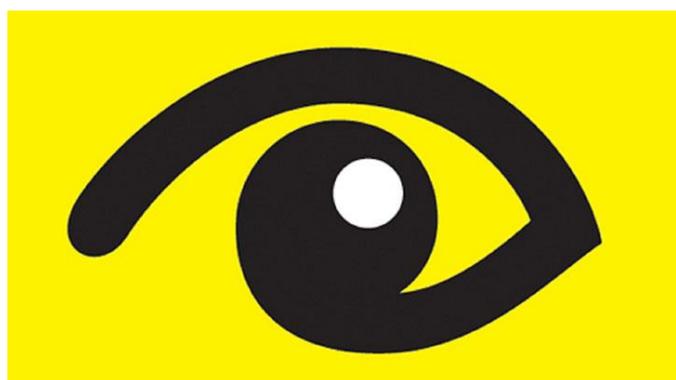
27 November – Moments, Memories and Magic - Vic Bottrill

Do you forget other people's names? Find yourself in one part of the house and wonder why you are there. Put it down to age. Forget it. It happens to young and old alike – but not to everyone. Some mysteries of the brain are revealed. It's truly magic.

Macular Society

Do you or anyone you know have a macular condition such as Age Related Macular Degeneration? If so are you aware that we have a very friendly support group that meets monthly at Centrecom, in Central Milton Keynes.

Macular Disease is the leading cause of blindness in the UK, affecting over 1.5 million of us, with Age Related Macular Degeneration accounting for well over 600,000, and though the risk of this increases with age, nobody needs to face it alone. Groups like ours are here to help.



We offer practical and emotional support to anyone with central vision loss from any macular condition, as well as to their family and friends, with a varied programme of speakers, social meetings, and lunches out. Come and share your experiences and problems with others who understand.

Milton Keynes Macular Society Support Group

Meets second Tuesday of each month from 2.00 till 4.00 at Centrecom Meeting Place, 602 North Row, (Behind MK Library), Secklow Gate West, Central Milton Keynes MK9 3BJ.

For information please phone Maggie on: 01908 319292

Macular Society Website: <https://www.macularsociety.org/>

Scarf Tying at Bow Brickhill WI

Bow Brickhill Women's Institute usually meet on the fourth Thursday of each month at 7:30pm at the Pavilion in Rushmere Close Bow Brickhill. There is ample parking.

In June we are having a demonstration and talk about Scarf Tying which had to be rearranged from April.

Visitors are welcome and requested to donate £4 towards expenses. There is also a raffle and refreshments. Further details from Stephanie Warren Tel. No. 01908 671394.



Bancroft Park Pétanque Club



OPEN DAY Saturday July 6th

14.00 – 17.00

Interested in playing boule?

Where?

Bancroft Park, near the Roman villa site and the Roman Park Residents Club, Constantine Way, MK13 ORA. Look for the flags!

Who can play?

Anyone! No experience required, just turn up. We can even lend you some boule. Free coaching available.

Find out more:

Contact: bancroftparkpetanqueclub@gmail.com

Music for a Good Cause

“Here Comes Summer” Concert in Woolstone Church on Friday 7th June at 7pm.

Bring & Share Buffet. Free Entrance.

Collections taken for the St Francis Adoption Society.

Quiz and Curry

Saturday 8th June in St Thomas’s Church, Simpson at 7pm.

Quiz & Curry Supper - £12.00 p.p.

Proceeds to the Deanery - Mental Health Awareness

Places MUST be booked with Pat Hodges

missquiz@sky.com or tel: 01908 644785.

Chair Yoga at the WI

Bletchley Evening WI invite you to try 'Chair Yoga' at our 4th July meeting at St Andrews Church, St Andrews Road, Bletchley.

Our evening starts at 7.30 and we are always pleased to greet new visitors.

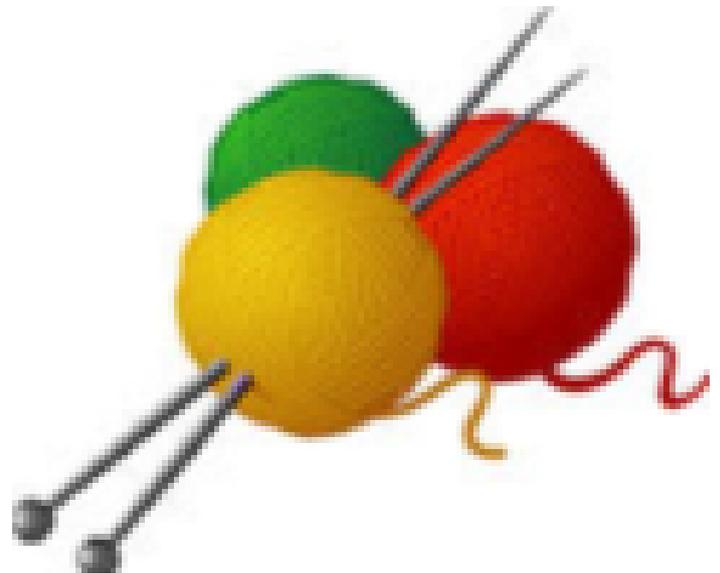
Come along and try yoga which sounds almost restful! For a chat, phone 01908 379675.

Knit in Public Day

The second Saturday in June (this year the 8th) is Knit in Public day.

There is a column at MK Rose, Campbell Park dedicated to that day. World Wide Knit in Public Day was started in 2005 by Danielle Landes. It began as a way for knitters to come together and enjoy each other's company. In the past some people have used this event as a means to show the general public that ‘not only grannies knit!’.

The committee who look after the Rose would like knitters to take their knitting to the Rose and sit and



knit on the 8th June at 2pm.

There are several seats around the Rose or you could bring your own.

If you stand with your back to Central MK and look at the Rose the column is about half way down on the right hand side.



Monteverdi's Vespers of 1610

St Mary's Parish Church, Woburn

Saturday 29 June 2019 at 7.30 pm

The Vespers of 1610 is a pinnacle of 17th century Italian music and has become one of the pillars of the Baroque choral repertoire.

Here is a rare opportunity to hear this glorious masterpiece, performed by the Danesborough Chorus, conducted by Ian Smith with the period orchestra Fiori Musicali and a stunning line-up of soloists in the wonderful acoustic of St Mary's Church.

For a truly sparkling summer evening bring strawberries and wine for the interval.

Tickets are £20, £17 and £10. To order tickets call 01908 583460 or go to their www.danesborough.org.uk for further information.



Patchwork People

A friendly group of stitchers who meet quarterly in Newport Pagnell for a relaxing day of stitch and natter, demonstrations, talks, member challenges (optional), show and tell and with textile related traders offering their wares.

There is also a bargainous pre-owned charity table of sewing related items.

Come along and enjoy chatting with like-minded people whilst working on your own project if you choose. You can bring along hand sewing, knitting, crochet, embroidery in fact anything hand held (we don't have room for machines, sadly).

Delicious cakes and light snacks are available at reasonable prices, or bring your own lunch. Coffee and tea are free.

The day starts at approximately 9.45am and finishes around 3.30. It costs £11 for the day, or join us for the year (starting in March) for £25.

Shelagh Joyce

We look forward to meeting new people on: Saturday 14th September 2019 **speaker Joe Little**; Saturday 9th November 2019 **an afternoon of free workshops**; Saturday 14th March 2020; Saturday 13th June 2020; Saturday 12 September 2020; Saturday 14 November 2020



Looking for Blooming Volunteers

Wolverton & Greenleys Britain in Bloom have been going for many years now but have a very tiny group of volunteers and would love to recruit more.

They meet every Wednesday at 1pm. Contact office@wgtc.org.uk or call 01908 326800.

Access to the Internet at the Library



We have a help session provided by O2 gurus, focusing on supporting customers with access to the Internet, discussing any web security concerns, and also, partly, to promote library digital resources.

Customers can bring their own devices, mainly tablets and mobile phones, and ask any questions. We will have two volunteers and they call this initiative “O2 gurus in the community”.

The event takes place at Milton Keynes Central Library, Thursday June 6, 10-12. It is a free event, no obligation to O2 products.

Key Contact details – more on the website

Chair:	Lesley Sparks	chair@mku3a.org
Vice Chair:	Tina Two	vicechair@mku3a.org
Secretary:	Neill Dewar	secretary@mku3a.org
Treasurer:	Diana Sears	treasurer@mku3a.org
Groups Coordinator:	Shirley Dewar	groups@mku3a.org
Webmaster:	Dave Barratt	webmaster@mku3a.org
Membership Secretary:	Claire Naismith	membersec@mku3a.org
Communications Coordinator:	Simon Wong	comms@mku3a.org
Datum Project:	Dave Barratt	datum@mku3a.org
Thames Valley Network	Fred Bass	tvn@mku3a.org
Members Liaison	Dennis Revell	membersliaison@mku3a.org
Assistant Webmaster:	Len Barrows	assntwebmaster@mku3a.org
Groups Finance Admin:	Janet Thompson	groupsadmin@mku3a.org
Halls Admin	Sue Giordano	hallsadmin@mku3a.org
Open Meetings/Volunteers	Currently vacant	volunteers@mku3a.org

Please refer to the website www.mku3a.org for statements concerning **MKU3A Policies and Guidance** on all aspects of our **admission including Data Privacy, Disclaimers and Copyright**

Office: 11 Winchester Circle, Kingston, Milton Keynes MK10 0BA

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