

Newsletter

No 78 February 2024



THE CURTIUS SALON - Fridays at 11.00am

2nd Helen Barrow	The Joy of Lip Reading
9th Ann Hilton	Medical Dogs
16th Robert Cockayne	The Heart of Europe
23rd Dr Rowena Edlin-White	No Surrender Women's Suffrage in Nottingham

* MUSIC EVENTS with **ROBERT** *

8th **Don Carlo (Verdi) pt 1** 22nd **Don Carlo (Verdi) pt 2**

* MONDAY FILMS - at 1.30pm *

5th Harry Potter and The Philosophers Stone-2001 The First One
 12th The Four Feathers 2002 –Heath Ledger– Kate Hudson
 19th Chicago 2002 –Richard Gere, Catherine Zeta Jones, Renee Zellweger
 26th Genevieve 1953 –Kenneth Moore

60+ Keep Fit: Audrey Malik, Mon: 10.30 to 11.30am
Seated Exercise Class 11.45 to 12.30pm

TABLE TENNIS - Fridays: 1.30 to 3.00pm

SHORT MAT BOWLS - Thursdays at 1.30pm

GAMES AFTERNOON: Tuesdays at 1.30pm

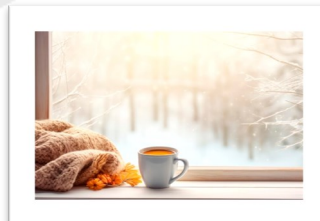
KNIT & NATTER: Wednesdays at 1.30pm (fortnightly)

STITCH CLUB Mondays 1.30pm Fortnightly

GARDENING CLUB: Please see Noticeboard for details



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A Good Day Out by Pauline Tilley

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We set off from the Mechanics at 9am on the Wednesday after the terrible floods of the previous weekend. Our destination was the National Memorial Arboretum in Staffordshire.

On arrival, a number of us took the little train, which gave us a 45 minute tour of the beautiful grounds with a refreshingly clear and concise commentary.

Back at the Visitors' Centre, we had missed the talk "Shot at Dawn" but one of the volunteers kindly gave four of us a private talk, explaining how young soldiers(some as young as 16, lying about their age) were shot at dawn for refusing to fight. It was most distressing (PTSD was unknown in those days!)

After a quick cup of coffee, we were on our way to Litchfield, a delightful city.

Jan noticed U3A flags fluttering in the breeze outside the Guildhall, so we investigated, and found it was the annual U3A Group Fair, showcasing various groups. Several music groups gave performances, the final one being a full orchestra, which was absolutely wonderful.

We hurried up to the Cathedral to view GAIA, our planet earth as seen from outer space, 7 meters in diameter suspended inside the nave, rotating. A wondrous sight!

We hurried back to our coach after a truly enjoyable and memorable day.

Thank you, Robert

OTHER GROUP MEETINGS

Friends of Nottingham Museums: Janet Lievesley: 0115 9221734

Tuesday February 20th 1.30pm

Nottm Writers' Club: All welcome: Carol: 0115 9817661

Friday February 23rd @2.30pm

Dickens Fellowship, Contact: Kathy Powis: 0115 9845375

Tuesday 6th February and Tuesday 20th Dickens Lunch

Nottm Shakespeare Society: Sandra Appleton: 0115 9256551

Tuesday February 13th 7.00pm and 27th 10.30am

Nottingham Probus Club Robin West: 0115 9164774.

Wednesday February 21st 10.00am

Elders' Forum Dance

Fridays at 1.30pm restarts

Oddfellows Friendship Group

Friday 2nd February 11.00am

www.oddfellows.co.uk

Nottm Branch, The National Trust: Irene Milburn 0115 9812267

Thursday February 8th and Wednesday 21st 2.15pm

National Federation of Occupational Pensioners (NFOP)

Wednesdays 10.30am

JOKE OF THE MONTH requested by Lillian

I entered ten puns in a contest to see which would win.

No pun in ten did.

Members Page

One Silly Slip by Betty Smith

On Friday the 1st of September I was looking forward to visiting the Mechanics as usual, when I slipped and fell in the lounge.

I knew I was in trouble as the pain was intense.

Richard called 999, and he also rang our son, Anthony. The ambulance arrived after half an hour, and off to QMC I went. When I arrived in A & E the hospital was in chaos, with beds and stretchers on both sides of the corridors.

Anthony stayed with me and after 6 hours he was getting very frustrated that I had not been seen, but half an hour later I was off for my X-Ray. This showed a fractured hip, but luckily no chest break.

I was in quite serious pain but managed to get some rest in a quieter part of A & E until they moved me to a ward (F20 Orthopaedics). I then had my operation on Monday which went very well. My fellow patients on the ward were very nice and jolly, which made the time go more quickly.

I had a few problems with my Iron levels, which meant my recovery was not as quick as I wanted, but after 3 weeks I was discharged. On returning home I developed a rash due to the medication - so back to hospital for 3 more days on the heart ward! After this was sorted, I was finally home for rest and recuperation.

I would like to thank all who visited me and the lovely cards that I received.



Betty Smith