

WEEKLY BULLETIN ISSUE NUMBER 4

week commencing 22nd February 2021

It's now the Chinese Year of the Ox.

The Ox represents incredible physical, mental and emotional strength and stamina! Their accomplishments are the result of sheer determination. This zodiac sign simply will not quit once they've put their mind to something.

Perhaps there are similarities to Matlock u3a members!

All the website links included below are from public trusted sources. However, please follow the instructions that your personal security software prompts to activate the link.

Here are a few ideas for upcoming public events that may be of interest to you or you may like to participate in.

1. **Do you want a bit of inspiration for your daily workout?**

If so, Care Visions Healthy Ageing Free Online classes may be just the thing for you. For more information and to view the available classes, click on the following link.

[Healthy Ageing Classes](#)

2. **Visit the Connection Space Community Interest Company (CIC)**

They have some useful tips on wellbeing and a range of free activities to engage and share. Whether your interest is knitting, recipes or restoration. For more information, click on the following link or follow them on Facebook.

[Matlock CIC](#)

3. **Sheffield Museum**

Sheffield Live – Archaeology of a Changing City 25th February. Hear archaeologist Ashley Tuck who specialises in Industrial Archaeology and has worked on many sites across Sheffield including steel furnaces, worker’s housing and Sheffield Castle. Visit their website for more details.

[Sheffield Museum](#)

4. **The Great Tea Robbery!**

Perhaps the greatest theft of trade secrets in the history of mankind. Robert Fortune, a young Scotsman went to China to steal their secrets of tea. Travelling disguised as a Chinese merchant by the name of Sing Wa, he went where no westerner had been before, into the interior of China. To find out more about this and other talks, click on the following link.

[The Great Tea Robbery and other talks](#)

If you have any comments or hear of a local event that you think other Matlock u3a members may be interested in, please email Tracy Sims at publicity@matlockareau3a.org.uk