

What's On

This December **newsletter** is sent to all members of the Matlock Area u3a who are registered as current members on the Beacon database and for whom we have an email address.

Coffee Morning.

Our next Coffee morning will be on:

Monday December 5th at 10.30am at Matlock Football Club.

We will be Christmas themed, Christmas nibbles and carols led by Tom Pilkington, which you are welcome to join in with should you wish. Christmas jumpers optional.

Please put £1.00 towards the costs of the room and the refreshments into the honesty box. The digi-desk will be in operation to try to help with any technical issues you may have.



GROUPS NEWS

NEW GROUP ... Rummikub

This new group is now up and running and will meet alternate Thursdays from 2 till 4pm in the Ostello Lounge in Matlock

Contact Mel on 07812 500100 or email [Merelyn Gamby](#) to let her know you are interested.

Geology Group

The Geology group will be presenting a talk on landslides on **Tuesday 13th December at 2.00pm at St Helen's church hall. Churchtown.**

There will be a £2.00 charge to cover the room hire.

Contact: [Peter Clook](#)

Family History.

The room this group usually use at Derbyshire Regional Offices is being used as part of the warm spaces scheme.

They will be meeting in the alternative of the Church in the Peak on Lime Tree road on the 3rd Wednesday of the month...not December ... so starting 18th January. 1.30 to 3.30pm.

Contact [Trevor Boam](#)

Wildflowers Group Walks

The wildflower group walks will be taking place on a new day in 2023. The second Wednesday of the month, February to October inclusive. 10.00 until 12.00. For more information about the group read our Group Page on the Mau3a website. If you would like to join the members list to receive details of the location of each walk please let us know by email to wildflowers@matlockareau3a.org.uk

Wine Tasting

11 of us met and had a great tasting on Tuesday with Martin guiding us through a selection of more obscure wines. They were from Greece, Romania, Georgia and Chilli using grape varieties that included, Moschofilero, Roditis, Assyrtiko, Tbilvino and Carmenere.

I hadn't heard of many of them let alone sample them. Most were reasonably priced and were of good quality, particularly the Greek white wine we tried from the wine society ('Grey White') and the Chilean red Carmenere (Lascar)

Our next meeting will be Tuesday January 17th. Contact [Geoffrey Slater](#)

Mindfulness and Meditation

The new Mindfulness and Meditation Group is now up and running meeting in Tansley Community Hall from 10 - 11 on the second and fourth Friday each month (but not 23rd December). Our members have very varied experience of mindfulness and meditation. Several have enough experience that they are able to lead different parts of the session. Others have joined with no previous experience. One group member who is quite new to the practice said "I don't know how it works but I come away from each session with a sense of peace."

If you would like to explore Mindfulness and Meditation for the first time or share your knowledge of your practice, please do join us. Our first meeting in the new year will be on January 13th. It is helpful to let us know if you plan to come along by emailing mindfulness@matlockareau3a.org.uk

Advance Notice
2023 MEMBERSHIP SUBSCRIPTION RENEWAL

At the beginning of January, you will receive an email request for subscription renewal and it would be helpful if you could respond to this promptly. The subscription will be the same as last year at £10 pp. It is hoped to keep this charge at this level as long as we can, although the amount we have to pay to central u3a is going up. We intend to present a motion to the agm to increase the fee paid by those without email by a small amount in order to cover the extra costs incurred by this method.

Many members pay by internet or telephone bank transfer which is quick and efficient. If you aren't one of these, would you please consider renewing this way. Details will be provided in the email at the beginning of January.

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