

HAPPY AND HEALTHY TOGETHER AS SPRING TAKES HOLD

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Our Members Emerge Cheerfully from Winter and Lockdown

We've all had a difficult two years, and keeping ourselves cheerful, and out and about, hasn't been easy for everyone. But the days are lengthening, the temperature's rising, and our outdoor groups are flexing their muscles and getting ready to enjoy 2022. So if the pandemic has left you feeling low, or you're rather wishing you hadn't visited the biscuit tin quite so often, read on!



Some of our more energetic members cycle and are already planning tours abroad and home - as well as their usual weekly rides together. Our walkers haven't stopped in winter either and been enjoying our countryside every week. However if a shorter walk is more your 'cup of tea', the 'Walking with Your Camera Group' might be for you - they're busy planning their programme for 2022 as well.

Preferring to walk won't stop you playing football, rounders, and netball with us; these groups all play at walking pace and members move at the speed which suits them best.

If you want to play another kind of ball game, croquet will be starting again at the end of March

Or you could try skittles - which has the advantage of being indoors! As is our Folk and Country Dancing.

Not Feeling Quite so Energetic yet?

Sometimes a good chat with someone in the same boat can cheer you up, and we have groups to help with that too. We have a group called MOTO for people who live on their own, which have been hard in lockdown. Some members lunch together as part of our 'BCOT Luncheon Group', and our 'Ladies Who Lunch' meet together in someone's home, with the host responsible only for the main course. We did have a men's group which did the same - we could to start one up again if enough people were interested. Just let us know.

And as always, for just one annual membership fee, you can join as many groups as you can fit into your week. Check our website or -

email: basingstokeu3aenquiries@gmail.com

If you're not on-line

and would like a paper copy of all our current activities

phone: 07787 520 281