

BEESTON



THE UNIVERSITY OF THE THIRD AGE
Registered Charity No. 1152882



INTERIM NEWS – JULY 2014

MEMORY COURSE



In conjunction with a U3A National initiative, Beeston U3A are presenting a **MEMORY COURSE** for our members.

The aims of the course are as follows

To understand, prevent and manage everyday memory problems.

To give information on how to prevent vascular dementia.

To give information that will help reduce the impact of Alzheimer's dementia.

To reduce anxiety about memory problems.

There will be a Seminar on Friday July 25th at 10am at the Chilwell Road Methodist Church. The purpose of the seminar is to explain the content of the course so that you can decide if you'd like to participate. Only people who have attended the Seminar will be considered for one of the 12 places available on the course, which will be on:

Friday August 29th from 9.30 – 1 pm and

Wednesday 3rd September from 9.30 – 1pm

If you are interested please come along to the seminar on July 25th. If successful the seminar/course will be repeated.

MACMILLAN COFFEE AFTERNOON

Friday 26th September at 2pm at Chilwell Road
Methodist Church



Just a reminder that we are asking for donations to make this event a great success.

Collection Boxes will be put in the foyer at the monthly meeting so please donate whatever you can for our Book Stall, Scarf Swap, Cake Stall and Tombola Stall. **We urgently need:-**

Good Quality Scarves, Costume Jewellery, Books, Toiletries, Unwanted Gifts etc. Cakes, either homemade or bought can be brought to the church from 12.30pm on the day of the sale

Do bring along your friends and family to this event and let's raise a lot of money for the Macmillan Cause.



SIXTIES EVENING AND FISH AND CHIP SUPPER on



Saturday 22nd November 2014 7.30 - 11pm
Attenborough Village Hall
Bring your own drinks - Sixties Dress Optional

Tickets, £10 per person, including supper, will be on sale at the monthly meetings up to November. You can also obtain tickets by phoning or emailing Sue Blackley Tel. 01159250235 susanblackley@hotmail.com