

If you would like any further information about the groups below please email

[publicity@boltonu3a.org.uk](mailto:publicity@boltonu3a.org.uk)

Monday 24<sup>th</sup> November

## STRENGTH AND BALANCE

JEANNE

Formerly called Chair-based exercise, this is a class to build up your strength and balance, not much is done sitting on a chair. Meetings will be held on Mondays **3rd, 10th, 17th and 24th November** at **1430** for 1 hour at Harwood Methodist Church (old building), Longsight Lane, Harwood, Bolton BL2 3JP.

New members welcome. Free parking in the church car park. Great music and a good chat. See the video on [www.boltonu3a.org.uk/Groups-in-Action](http://www.boltonu3a.org.uk/Groups-in-Action).

Tuesday 25<sup>th</sup> November

## PHILOSOPHY

CAROLE

1400 at The Hub. The session will be taken by Nick Tyldesley and his topic will be Thomas More's 'Utopia'.

Wednesday 26<sup>th</sup> November

## BRIDGE GROUP

TONY

Meeting **every Wednesday** from 1315–1530 at St Andrew & St George Church. New players welcome - some interest in cards is useful, we will help with the rest.

Thursday 27<sup>th</sup> November

## CINEMA GROUP

CHRIS & DUNCAN

The next cinema group meeting will be on Thursday **27th November** at the Light Cinema in Bolton. Details of the film chosen and time to meet will be emailed to members the weekend before. New members wishing to join us please contact Duncan to be included in the email list.

Friday 28<sup>th</sup> November

## LANGUAGE AND COMMUNICATION

WIN

1030 at the Hub. Topic: Language and the Law. We will take a look at, '*legalise*', the frequently impenetrable style in which legal documents are written. New members welcome

## TABLE TENNIS

CHRISTINE

1030-1230 at Triangle Annex, New Church Road, Bolton, BL1 5QP. For Sat Nav use: BL1 5SH. Free car parking at Doffcocker Lodge behind the annexe. There are nearby bus stops on the 501 and 125 routes, if travelling by bus. You can come at any time during the meeting times. New members welcome. Please contact Christine if you are interested in joining the group.