

MONTHLY WALK

Our first walk of the year was in January, we were blessed with a fine day, although it was a tad cold and rather misty we all enjoyed getting out and stretching our legs – all 6 of us. We set off from Rowlands Gill caravan park along the old railway track, now part of the red kite trail, although on this occasion we didn't get to see the Red Kites, possibly because of the mist. We followed the track to Lintzford Garden Centre for our well deserved lunch break, After being fed and watered and putting the world to rights we made our way back to Rowlands Gill, about 6 miles in all. *Ken and Shirley.*



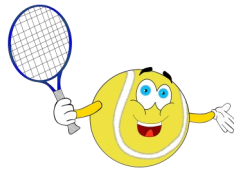
To-day: Annie Murphy – Scam prevention
March: Martin Peagem – Hearing dogs for the deaf
April – to be announced
May – Squadron Leader David Shields – Growing up in Washington

Our next **Chatterbox Lunch** will be on Friday 27 th March at 12 noon at Woodridge Gardens. These lunches provide us with an informal session to share lunch, witeveryone bringing a contribution, have a good chat and have fun with a quiz and bingo. Tea and coffee are provided at a small charge of £2 to cover this and the rental of the room. We don't need definite numbers, but please sign up at the back ofthe hall to give an idea of how many to expect.



Proposed Visit to the Himalayan Gardens Friday 8th May. At the last Holiday Group meeting, we planned a visit to the Himalayan Gardens in North Yorkshire. They are at their best at this time of the year with rhododendronsand there are also sculptures throughout the garden and a café. The entrance fee is £16. We would do a car share to travel there. We already have a list of people intending to go at the back of the hall, please add your name and indicate whetheryou can take a car.

Anyone for Tennis?



Two years ago we started our Walking Tennis Group, funded by Sunderland's initiative "Everyone Active". We have enjoyed weekly sessions at the newly refurbished courts in Usworth Park in Concord, throughout the summer months. Use of the courts is free, equipment has been provided and we have even had the services of a tennis coach, a delightful young lady called Ashleigh. Now we are able to continue improving our tennis skills throughout the year with the use of the indoorcourts at Silksworth Tennis Centre with a once a month session on the third Thursday at 11am to 12 noon. Unfortunately, this month's session has had to be cancelled as the venue is hosting a tournament. New members are welcome. If you are interested please speak to Sandra, the group leader. (More details below).

We also have a Table Tennis Group which meets on the first Monday of the month at 11.15 am at The Millennium Centre. A small charge is made for this to cover rental.

*Again new members are welcome. If you are interested please speak to **Brian**, the group leader.*

*The object of all these sessions is to keep fit and have fun. None of us are experts! **Diana***

Walking Tennis (Indoors)

The walking tennis group have now started playing at The Puma Centre, Silksworth in Sunderland. We meet at St Andrew's to car share to the centre. Court booked from 11:00 until 12:00. We meet once a month on the third Thursday. Our next meeting is March 19th. Any one wanting to join us is welcome. Just contact me. **Sandra Cullen**

Quiz answers

1. Apples 2. Chickpeas 3. Japan 4. Finland 5. Rome 6. Red wine 7. Worcestershire 8. Guinness 9. Cognac is from the Cognac region of France 10. Marscapone cheese

STROLLS



Tuesday 20th January

The Strollers Group visited Sunderland Museum to view the much heralded 'Going back to Brokens' Exhibition. We travelled to Sunderland by bus from St. Andrews on a cold miserable kind of January day. The journey was slow and unsteady on a bus which seemed to roll side to side as much as it went forward causing some members to grumble about Bus travel. The Exhibition was also disappointing to most people in the group, who did not seem to appreciate or really understand the whole point of the paintings and their titles. We did not dwell too long on this, and moved on to enjoy a short walk in the adjacent park area entertaining ourselves with viewing the various statues and general look of the park in winter. A bit of fresh air and exercise was welcome to everyone. We made the journey back to Washington again by another 56 Bus which was very much the same as the first one for keeping you on your toes.

A nice afternoon out for everyone with a disappointing Exhibition, challenging bus journeys and a nice walk in the Park. The Café was quite good, although a bit slow and expensive, which seems to be quite normal for our Strolls. **Colin.**



Eleven of us went to Beamish Museum on Saturday 17th January, oh yes we did! This was a deviation from our usual Tuesday stroll, but it was to see the pantomime Dick Whittington. It was acted out in the 50's Welfare Hall in authentic 50's style. We had an enjoyable afternoon out, although the general opinion was that last year's Jack and the Beanstalk was better. **Diana**

Our first february stroll went well. Starting at Biddick Arts Centre we strolled along the old rail track to the Table cafe at St. Georges Church Fatfield, where we stopped for refreshments and we were priviledged with a private room, staying for quite some time before heading back to Biddick. 14 went out and 14 came back, enjoyed by all (we hope).



Food Quiz

1. Pink Ladies are what types of fruit?
2. What is the main ingredient in hummus?
3. Where did sushi originate?
4. Which country drinks the most coffee per capita?
5. 'Cacio e pepe' is a staple of what Italian city's cuisine?
6. What is a Beaujolais?
7. Which of the following sauces is NOT traditionally vegan: hoisin, Worcestershire, mustard, or wasabi?
8. What is the world's best-selling stout beer?
9. What is the difference between brandy and cognac?
10. What is the primary ingredient in the Italian dessert tiramisu

CURRENT ACTIVITIES

Local History <i>Woodridge Gardens</i>	Wednesday 10:00 am 3rd in month - Shirley Talbot	Film Club <i>Woodridge Gardens</i>	Friday 2pm <i>dates and time vary</i> - David Taylor
Day Outings	As and when	Dominoes <i>Woodridge Gardens</i>	Monday 2 p.m. Alternate weeks - Diana Clark
Holiday Group <i>Peacehaven Court</i>	Thursday 10.30 a.m Last in month	Lunch - variable	Friday last in month (variable time and place) - Elvira Pirozzi
Monthly Meeting <i>St. Andrews Church Hall</i>	Tuesday 10 a.m. 2nd in month	Photography <i>Millennium Centre</i>	Thursday 10 a.m. 1st in month - Keith Allison
Quiz Group <i>Millennium Centre</i>	Thursday 2 p.m. 2nd in month - Shirley Talbot	Strollers <i>Meet St Andrews</i>	Tuesday 12:30 pm - can vary - Diana Clark
Walking <i>Meet St Andrews</i>	Wednesday 9.30 a.m. last in month - Brian Wilkinson	Whist <i>Woodridge Gardens</i>	Monday 2 p.m. Alternate weeks - Diana Clark
Walking Tennis <i>Usworth Park</i>	Wednesday 11:00 am Summer only - Sandra Cullen	Croquet <i>Cleadon Croquet Club</i>	Tuesday 1:00 pm Summer only some dates - Ann Thomley
Indoor Walking Tennis <i>Silksworth Tennis Centre</i>	Thursday 3rd in month 11:00 a.m. - Sandra Cullen		

CONTACTS: Chair: Diana Clark Treasurer: Colin Hughes Secretary: Elvira Pirozzi

Tel: 07351 975027

If you wish to contact a group leader or other official please visit our website where you can email contacts securely on the Contacts page.