

Cascade

Social Group

February 2012

www.cascadesocialgroup.co.uk



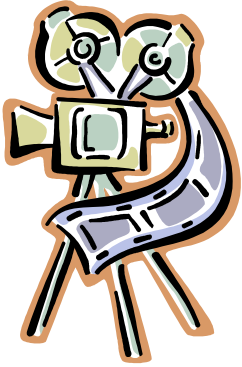
Diary Synopsis

February	Event	
Thursday 2 nd	Cinema Morning, Trafford Centre	
Friday 3 rd	Ten Pin Bowling, Parrs Wood	Cut off 1 Feb
Saturday 4 th	Spice Tower, Stockport	Cut off 2 Feb
Sunday 5 th	Redesmere Walk, Cheshire	Easyish
Friday 10 th	Charity Quiz, Navigation Road	
Saturday 11 th	Sing Live Choir, Bridgewater Hall City Centre	
Saturday 11 th	Alfie Bolton Octagon	Cut off 10 January
Sunday 12 th	Hebden Bridge Walk, Yorkshire	Moderately Strenuous
Monday 13 th	Reading Group	
Friday 17 th	Ten Pin Bowling Trafford Centre	Cut off 14 Feb
Friday 17 th	3 Day Coach trip to Market Bosworth	
Saturday 18 th	Carvery & Chat Night, High Lane	
Sunday 19 th	Mersey Valley Walk, Chorlton	Easyish
Tuesday 21 st	Music Evening, Gatley	
Friday 24 th	Cinema Nite, Parrs Wood	
Saturday 25 th	Rozafa Greek Taverna, Stockport	Cut off 22 Feb
Sunday 26 th	Win Hill Pike & Crook Hill Walk Derbyshire	Moderately Strenuous
Wednesday 29 th	The Comedy of Errors, Corner House, City Centre	Cut off 22 Feb
March	Event	
Friday 2 nd	Royal Exchange Theatre, City Centre	Cut off 15 Jan
Saturday 3 rd	We'll always have Paris Poynton Players	Cut off 3 Feb Singles Only
Saturday 3 rd	Manchester Histories Festival	
Sunday 4 th	Woodford Wander	Easy
Friday 9 th - Sunday 11 th March	Glasgow Weekend	Balance by 3 Feb
Friday 9 th		
Saturday 10 th	Junior Concert RNCM & lunch	
Sunday 11 th		
Monday 12 th	Reading Group	
Friday 16 th	Breakfast at Tiffany's, Sale Waterside Theatre	Cut off 2 March
Saturday 17 th		
Mothers Day Sunday 18 th		
Friday 23 rd	Cinema Evening, Parrs Wood	
Saturday 24 th		
Sunday 25 th		
Friday 30 th		

March continued	Event	
Saturday 31 st	Canal Cruise, Castlefield	Cut off 17 Feb
Diary Dates		
Saturday 14 th April	Wonderful Town Musical The Lowry, Salford Quays	Fully Booked
Friday 20 th April	Cinema Evening, Parrs Wood	Details to follow
Saturday 21 st April	Quiz and Buffet at Moorfields Sale	Details to follow
Monday 23 rd April	Walk Leaders Meeting	Details to follow
Saturday 28 th April	Guided Tour Underground Manchester	Details to follow
Saturday 28 th April	Little Moreton Hall Congleton	Details to follow
Sunday 29 th April	Ministry of Burlesque, The Lowry, Salford Quays	
Sat 9 th - Sat 16 th June	Austria Holiday	Balance by 3 March
Friday 14 th to Tuesday 18 th September	Scotland Long Weekend	Fully Booked
Friday 21 st to Monday 24 th September	Llangollen Long Weekend	Fully Booked
Friday 5 th to Sunday 7 th October	York Long Weekend	Cut off 5 June

Regular Events Every Thursday: Jive Club Mottram St Andrew
or Cinnamon Club Bowdon

Thursday
2 February



Trafford Centre Movies in the morning

Cost £6 concession
£7.50 normal

Put down your duster and join me for a morning at the cinema we can choose the film when we get together but I was thinking perhaps most people would like to see War Horse but there will be other films to choose from. You can check the website Odeon cinema@Trafford centre for times and whats on.

We can then go on to have lunch in one of the many eating places

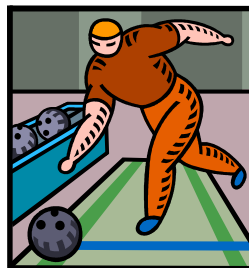
Friday
3 February

Ten Pin Bowling

Parrs Wood Entertainment Centre
Wilmslow Road, M20 5PG
Cost: £13.99 for 2 games

We'll enjoy a couple of hours bowling, then round the evening off with a drink.

<http://www.parrswoodmanchester.co.uk/visitor-information>



Saturday
4 February



**Curry Night at the Spice Tower
Stockport**

www.spicetower.co.uk

Cost: £ 13.95

Situated in a former pub, the Spice Tower has had some excellent reviews, and was recommended to me by a work colleague. For simplicity I've selected

a set menu comprising of

Appetisers: Popadoms and chutneys

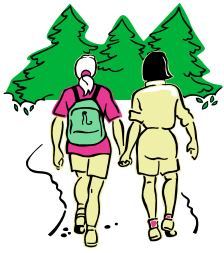
Starters: Onion Bhaji, Seek Kebab & Chicken
Pakora

Main Course: Any dish from the menu (except King
Prawn)

Sundries: Pilau Rice, Boiled Rice, Chips or Any
Naan.

There are alternatives available for any
vegetarians - please advise when booking

Sunday
5 February



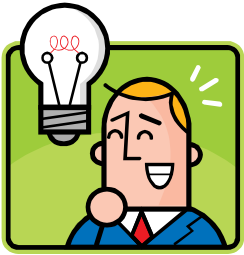
Redesmere Rendezvous Easyish

This walk around Siddington and Capesthorpe starts at Redesmere Lake. As you get out of your car, the vociferous clamour of many different bird species will greet you. The first part of the route takes us through the fertile dairy-farming land so characteristic of this part of Cheshire. The gentle pastoral scene is set against the background of the East Cheshire hills and Peak District, which define the horizon to the west. We soon reach the medieval timber-framed church at Siddington, now partly built of red brick, and nestling among trees young and old. (*this prose is so good, I'm aghast at the quality of my writing*)

Please come along with boots and protective clothing, together with a snack and a drink.

We'll be having lunch at The Red Lion, Siddington which is about a couple of miles away. This is a Robinson's Pub, built in 1896 by land workers using clay from the nearby fields. Early landlords combined farming with the job of selling beer to the locals

Friday
10 February



Charity Quiz Night
Supporting Stroke Association/Parkinsons UK/
Trafford Carers Centre/
£5:00

Altrincham Railway Club, Navigation Road.

Saturday
11 February



Sporting Anthems

Sing Live Choir at

The Bridgewater Hall Manchester

Including Proud - the official theme for our Olympic Bid, Barcelona from the 1992 Olympics and Amigos Para Siempre from the same games. Dare to Dream from Sydney in 2000, The Power of the Dream from Atlanta 1996, and World in Union. Plus Take That's Shine and Tina Turner's Simply the Best.

Tickets available from the Sing Live Ticket Line 01609 780 315, www.singliveuk.com or The Bridgewater Hall 0161 907 9000, www.bridgewater-hall.co.uk

Saturday
11 February

Alfie at Bolton Octagon

£8.50 (for a party of 10 or more)

Most of us are familiar with the play written by Bolton's own Billington, the lovable 60[s Don Juan made famous in the films starring Michael Caine and later, Jude Law. For those of you who saw Romeo and Juliet last year, Romeo will be Alfie in this production

After the play, those that wish may join me at the all you can eat Chinese Buffet approx. £7 only 5 mins. walk from the theatre

The Octagon is in a central location and easy walking distance from both railway and bus station

Sunday
12 February

Hardcastle Crag & Crimsworth Dean

Hebden Bridge,
Grade 5 - Moderately Strenuous
(Approx 9 miles - 5 hours)



Leaving the car park, we walk into the town & climb up to Heptonstall. From here, we follow paths down into & along Hebden Dale to Hardcastle Crag. The route is then up out of the Dale to Walshaw & across open country to reach Crimsworth Dean. Turning south we take a waymarked path along the Dean which leads down to New Bridge. The final part of the walk is alongside Hebden Water back into Hebden Bridge.

Bring liquid refreshments and a packed lunch. Waterproofs and walking boots are essential. A walking pole would also be handy. After the walk we will assuage our hunger & slake our thirst at a walkers' pub in the town where there is a selection of dishes at very reasonable prices.

Monday
13 February



Reading Group Meeting

Cost: 50p

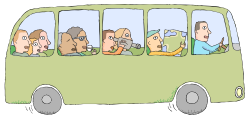
This month's book is **Birds Without Wings** by **Louis de Bernieres**

The Reading Group is at full capacity but we are always interested in hearing from people who want to join and will do our best to assist the setting up of a second group.

Meetings are on **Mondays** (usually on the 2nd Monday on the month). Titles, as they are chosen, will be featured in the newsletter.

There a few used copies around in second hand bookshops, libraries and on Amazon for 1p plus £2.80 p&p.

Friday 17 to
Sunday 19
February



3 day coach trip

staying in Bosworth Hall, Warwickshire

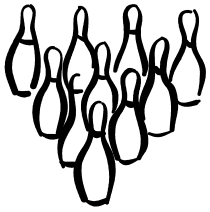
£89 pp Twin/Double

Single Rooms Fully Booked

- ❖ Coach travel throughout with reserved seating
- ❖ 2 nights Dinner, Bed and Breakfast at Bosworth Hall Hotel in Market Bosworth
- ❖ All bedrooms with en suite facilities
- ❖ Leisure Suite with Indoor Heated Pool
- ❖ 3 Hours free bar each evening with choice of beers, wines, spirits and soft drinks
- ❖ Visit to Stratford upon Avon
- ❖ Chance to enjoy the delights of Bakewell and Matlock Bath
- ❖ Visit lovely Stamford with its traditional market



Friday
17 February



Tenpin Bowling in the Afternoon

The Trafford Centre,
Cost: £10:50 for 2 games

Tenpin bowling for pleasure and light exercise

Saturday
18 February



Carvery and Chat Night

The Dog and Partridge
High Lane

Cost: £3.89 for carvery: £3-£5:00 vegetarian.

This event was such a lot of fun last time ! Join me for a carvery whilst you catch up on all the latest news of Cascade events and plan future ones, plus it saves cooking. If you are a new or potential member you will be made very welcome

Sunday
19 February

The Mersey Valley Walk

Chorlton Water Park,

Grade: Easy 4-5 miles or Easyish! 8-9 miles



From Chorlton Water Park we will explore some of the many paths in the Mersey valley on our way to Fletcher Moss Gardens Didsbury, via Kenworthy and Stenner woods.

When we reach Fletcher Moss the choice is yours, either visit the Café or Pub for a drink.

Your next decision is either to catch the bus back to Maitland Avenue or walk back via a different route.

Waterproofs and walking boots/shoes are recommended, plus bring a drink and something to eat.

Tuesday
21 February

Music at St James' Church Gatley Green

Cost £8 a ticket including interval refreshments

A glass of wine or tea or coffee

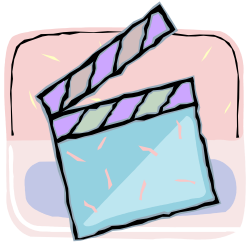
New World Ensemble

Join me at another friendly and informal concert at St James Church with music for clarinet, viola and piano, including Brahms, Debussy and Bach.

ROSA CAMPOS (clarinet), Tom Beer (viola),
and PAUL JANES (piano)



Friday
24 February



Cinema Nite

Cineworld, Parrs Wood, Didsbury M20 5PG

www.cineworld.co.uk/cinemas/18

Why not enjoy a good film tonight together with good company?

Choose one by looking at the web-site (from Tues. eve.), giving me a ring or just choosing on the night.

Don't forget some ID if you're above a certain age!

Give me a ring if you would like to see how to get there or look at the web-site.

Saturday
25 February



Rozafa Greek Taverna

Stockport

EARLY DOOR MENU - 2 COURSES FOR £10:00

New members especially welcome!

A return visit to this cosy restaurant where the food has always been delicious.

There is a good selection of dishes to choose from & the staff are friendly & helpful.

Sunday
26 February



Win Hill Pike & Crook Hill
Grade 5 (9 miles & 5 ½ hours)

This is a wonderful walk, starting from Ladybower reservoir, crossing the dam and climbing up in stages through the pine forest, and then up to the rocky summit of Win Hill Pike. Once on the summit, we take in the fabulous views, and then down to the roman road and Hope Cross. We continue down an ancient track leading to the Snake Pass and cross the River Ashop. We now continue uphill to Hagg Farm via steep switchbacks, to reach the long ridge that will take us to the bridleway and more fabulous views of the viaduct and the surrounding countryside, and then down hill and back to the reservoir, for a well earned rest and meal at the Ladybower Inn.

Waterproofs Poles and walking boots are required, and a snack/sandwiches and drink to keep you going.

Wednesday
29 February



Shakespeare

National Theatre Live at The Cornerhouse
Manchester
Cost: £15:00

The Comedy of Errors by William Shakespeare,
starring Lenny Henry

Two sets of twins, separated at birth, meet in later life with multiple mistaken identities and confusion on a grand scale - a furiously paced comedy.

Friday
2 March



Saturday Night and Sunday Morning
By Alan Sillitoe at The Royal Exchange

Cost-£14.25

Alan Sillitoe's iconic novel is transformed into a spectacular new stage version by Matthew Dunster.

Rebellious young factory worker Arthur Seaton has reasons to drink, reasons to fight and several girls on the go. But when the fun and risk of Saturday night turns to the hangover and bruises of Sunday morning, Arthur starts to understand the real meaning of love.

By turns heart-warming, ferocious and comic, Saturday Night and Sunday Morning won huge acclaim for its brutally honest portrayal of life in Nottingham in the 50s.

Saturday
3 March



Poynton Players - We'll Always Have Paris
Poynton Players Amateur Dramatic Society,
A comedy by Jill Hyem

Cost £7.50

SINGLES ONLY PLEASE!

A feel-good play, with laughter and tears. Three women "of a certain age" gravitate to Paris. There's Nancy, a retired headmistress determined to throw off her shackles, Anna, recently widowed and Raquel, a divorcee in search of eternal youth and a new toy boy.

Saturday
3 March

See also ASAP
the full 10-day
programme
from 24th Feb-
4th March.



**Manchester Histories Festival -
Celebration Day 2012**

www.manchesterhistoriesfestival.org.uk

!!!! -----FREE events -----!!!!

After the success of the 2-day festival in 2009,
this has now been developed into a ten-day
celebration of Manchester's rich histories. (24th
February-4th March). There will be workshops, film
screenings, gaming events, a museum sleepover (?),
debates and plays.

On the key Celebration Day on Sat 3rd March,
there will be exhibitions, tours and demonstrations
in Manchester Town Hall, top historians giving 1st
class talks, a historical family bike ride, walking
tours and events in museums, galleries and libraries
across the city.

From previous experience, everything was booked
very quickly, mostly online. It was all free last
time. The full programme is due to be published
shortly*, so go on line, register for quick
information, and book as soon as you can.

Don't wait!

Sunday
4 March



The Woodford Wander and the Vulcan Bomber.

Grade 2 walk-easy 5 miles

Walk route:

No ascents. See Alderley Edge, the transmitter south of Macclesfield, the White Nancy at Bollington, the Cage at Lyme Park and the Pennines - what truly lovely countryside.

Waterproofs, poles and walking boots are recommended, snack and a drink are suggested before lunch at the Unicorn.

Friday
9 March
to
Sunday
11 March



Glasgow Winter Weekend

A two night stay at the Jury's Inn Hotel in the centre of Glasgow close to station, shops and places of interest. There are numerous museums and art galleries, Pollok House and Country Park, the National Piping Centre, Glengoyne Distillery (50 mins by bus), bus trips to places such as Loch Lomond; shops, theatres and lots more.

The hotel will cost £48 per person per night for dinner, bed and breakfast, based on two sharing a twin room. You will need to add on to that the cost of lunches and snacks and any travel etc within Glasgow that you may choose to make.

Saturday
10 March






RNCM Junior Concert

Royal Northern College, Oxford Road, Manchester.

Free Event.

Concert lasts approx 1 hour, following the Concert we can go for lunch at The 8th Day Vegetarian Cafe which is just a short walk from the RNCM.

<p>Monday 12 March</p> 	<p>Reading Group Meeting</p> <p>Cost 50p</p> <p>This month's book is <i>The Elephant to Hollywood</i> by <i>Michael Caine</i>.</p>
<p>Friday 16 March</p>	<p>"Breakfast at Tiffany's" Charity Film Premier Robert Bolt Theatre, Waterside, Sale</p> <p>Supporting Stroke Association/Parkinsons UK/ Trafford Carers Centre</p> <p>£10 or £8 concessions</p> 
<p>Friday 23 March</p> 	<p>Cinema Evening Cineworld, Parrs Wood, Didsbury M20 5PG www.cineworld.co.uk/cinemas/18</p> <p>Enjoy a visit to the cinema Choose a film by looking at the web-site, giving me a ring, or just choosing on the night. Don't forget some ID if you're above a certain age! Give me a ring if you would like to know how to get there or look at the web-site.</p>

Saturday
31 March

Manchester Canal Cruise with Commentary

£15 including tea/coffee and commentary

Join me for another fascinating exploration of hidden Manchester on this canal cruise from Castlefield. The cruise takes about 3 hours and travels down the Bridgewater Canal, the Manchester Ship Canal and the River Irwell to Salford Quays and returns the same way. Our tour guide will regale us with stories about the history of the area as we pass by and going by previous tours it will be very interesting - for example, what do you know about the Pomona Pleasure Gardens?

Nothing? Me neither!!

Booking has to be made well in advance as the number of seats on the boat is limited so please note early cut off date.

Tea/coffee included but bring your own packed lunch to eat on the boat.

Please note this cruise is part of the Manchester walks and tours programme and not exclusive to Cascade.

Saturday
14 April

Wonderful Town

The Lowry Theatre, Salford Quays

£ 21.60 (special group rate reduced from £24)

Featuring a superb score by legendary American composer Leonard Bernstein accolades including the prestigious Tony Award for Best Musical.

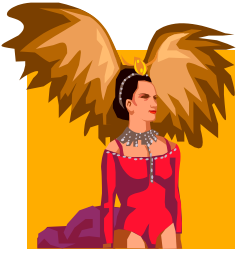
A touring musical production with spectacular sets, dazzling choreography and the Halle orchestra.

Please note: Don't be disappointed if Connie Fisher is not in this performance as theatres very often 'rest' the star for the matinees.

The Lowry is easily accessed by car or Metrolink (Media City tram stop).



Sunday
29 April



Ministry of Burlesque
at The Lowry, Salford Quays
£14:00

This uproarious revue of razor-wit and frisky antics showcases the very best of true burlesque - a provocative blend of new variety, historical chic and contemporary cabaret. Dazzling and beguiling, expect scantily attired showgirls, whimsical visual satirists, the sultriest of sirens, the edgiest musical-comedy masters, unexpected marvels and a feast of topical puns.

Saturday
9 June to
Saturday
16 June

Walking Holiday to Austria
Summer 2012

Sporthotel Talschnebrunn - 4 star

- ❖ Direct Flight
- ❖ B & B Course evening meal, Packed Lunches
- ❖ Swimming Pool, Gym, Spa
- ❖ Free Daily Walks
- ❖ Sightseeing Coach Trips

Final balance payable by 3rd March 2012



Friday 14 to
Tuesday 18
September



A Walking 4 Night Holiday for Food Lovers in Southern Scotland.

Total Cost of Accommodation is **£85.00** per person for **four nights** in superb self catering cottages.

Gelston Castle Courtyard cottages in the County of Dumfries and Galloway, 3 miles south of Castle Douglas, the most wooded area in the UK.

The programme includes local walks and visits to local attractions such as BT gardens, Castle, Red Kite Centre, Ice Cream Factory, Forest, dining locally (excluding Friday evening). You can explore the lovely grounds of this working farm estate.

Bring breakfasts and snacks, wine, etc., (and whatever you need for the Friday night meal.)

Accommodation.

There are four cottages around the courtyard. Each cottage is furnished to an exceptionally high standard. Bed linen is provided and beds are made up, towels and tea towels provided.

Friday 21 to
Monday 24
September

Llangollen Weekend

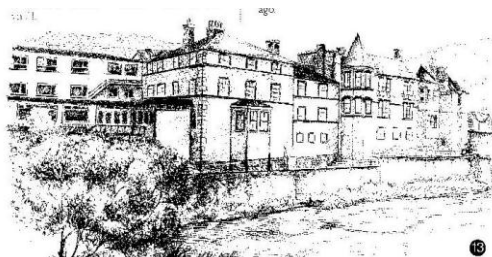
The Royal Hotel, Bridge Street, Llangollen
LL20 8PG

Three night stay at the Royal Hotel right in the centre of Llangollen next to the river and very handy for shops, cafes etc.

Twin and double rooms £47.95 per person per night for dinner, bed and breakfast (as on a three night stay).

Some single occupancy rooms are also available with a supplement of £10 per night.

We hope to organise some walks and a trip on the canal across the Pontcysyllte Aqueduct. Worth a visit are the Great Central Railway to Carrog (30 minute journey), Chirk Castle (National Trust), Plas Newydd (home of the ladies of Llangollen), Welshpool and Powys Castle, the Horseshoe Falls, Valle Crucis Abbey, horse drawn canal trips and lots of lovely scenery. Bike hire is available from Llangollen for those of an energetic disposition!



Friday 5 to
Sunday 7
October



Singles Only Weekend in York-2 nights

We had such a good time last year in a very friendly, central hotel and York has so much to offer, that a further weekend is planned.

Slight increase in price- £52.50 per night for dinner, bed & breakfast for single room. Limited number of single rooms - first come, first served. Twin rooms also available at £48.50 per person.

Thursdays

7.45pm to
10.30pm



Dancing at the Cinnamon Club

The Firs, Bowdon, Altrincham WA14 2TQ

Cost £6.00 concessions £7.00 normal

If you want to learn modern jive with experienced teachers and have a fun night this is for you. There is a half hour for beginners you don't need a partner then there is some freestyle dancing then an intermediate class for half an hour where if you are a beginner you will have more tuition in a separate room, there is taxi dancers on hand to help new dancers in a friendly and relaxed atmosphere and you will be with dancers of varying abilities. There is a licensed bar and free parking.

Directions:

Join the A56 either from the M60 Streford/Sale go through Sale, Timperley, Altrincham. When you reach St Margaret's Church on the right turn left down St Margaret's Road at the T Jct. turn right onto The Firs and about 200 yds. on left is the club. Can also be reached from Jct 7 off the M56. website www.thecinnamonclub.net for maps and information.

Thursdays

7.30pm to
11.00pm



Learn to Dance at Mottram Jive Club

The Village Hall, Mottram St Andrews, SK10 4QP

Cost: £6.00 Guests, £5.00 Members

It's the ideal place to enjoy a full evening of dancing to music played by either resident or guest DJ's. The evening includes two varied lessons, one to suit beginners & the other for more experienced jivers ... and you don't necessarily need your own dance partner. The lessons are designed in such a way that you will dance with a range of dance partners of varied abilities. We will make you feel welcome, ensure you learn the dance moves and have fun jiving in totally relaxed and friendly surroundings.

Experienced teachers, demonstrators and taxi-dancers are on hand to help new dancers in a hall that is air-conditioned, with a well-sprung dance-floor. There is also a licensed bar and free parking

You'll be surprised that within a few weeks you will be able to dance a few basic steps, and then quickly gain confidence to master even more moves.

Directions:

Take the B538, the Wilmslow to Prestbury Road. After approximately 2 miles from Wilmslow, look out for a diagonal road to the right (as the B538 bends left) which takes you up a hill and into the village of Mottram St Andrews. The Village Hall is on the right, as you pass through the village.

A local map and postcode can be found on the official website at www.mottramjiveclub.org.uk

RAMBLE/WALK GRADING GUIDE

GRADE NO	WALK TYPE	DESCRIPTION
1	Stroll	Classed as a very easy walk on the level & usually based around a beauty spot, up to 3 miles in distance.
2	Easy	A walk-taking place on level paths and up to 5 miles in distance.
3	Easyish	A walk-taking place on lower hill slopes, valley tracks and paths, and occasionally a bit of rough terrain and up to 6 miles in distance.
4	Moderate	Energetic walking over less difficult hills and moors following tracks and paths and up to 7½ miles in distance.
5	Moderately Strenuous	Energetic walking over less difficult hills and moors following tracks and paths and up to 9½ miles in distance.
6	Strenuous	Mountain & hill walking normally on distinct paths. There are likely to be some steep ascents/descents and usually between 6-9 miles in distance.
7	Very Strenuous	High-level mountain walking and hill climbing, often on indistinct paths, with steep ascents/descents and usually between 6-9 miles in distance.

BASIC RULES TO BE OBSERVED BY ALL WALK PARTICIPANTS:

1. Always book at least two days before the event to avoid disappointment. Walks numbers may be limited for safety reasons or be cancelled due to inadequate numbers booking the walk.
2. Please be prompt, its not much fun standing around waiting especially in inclement weather. Walks will leave no later than ten minutes after the stated start time.
3. Walking boots should be worn unless otherwise stated on the event publicity.
4. Appropriate clothing should be worn, waterproofs and spare clothing carried.
5. Always carry a drink and a nibble. The need for packed lunches etc will be advised in the event publicity.
6. Walk leaders may have to cancel an event due to inclement weather, etc.
7. They may also have to refuse to take someone because of inappropriate clothing or inadequate experience.
8. Our walks are free and the leaders are volunteers. Please respect their judgement and comply with their requests. They have your safety and that of the group in mind.
9. If you have any doubt about your abilities, or the suitability of your walking gear, please call the leader before booking the event, they will be pleased to offer friendly advice.
10. Please consult with the walk leader first if you wish to bring a dog, or children.
11. Wherever possible, please try and share transport to the walks.