



RAYLEIGH GRANGE u3a

Newsletter - Edition No. 186 2026



Welcome to the October Newsletter

Our next monthly meeting at the Grange is on
WEDNESDAY 7th October at 2.00 p.m.

SPEAKER: Lindsay Whitehouse

My life in Prison

A Governor's view of prison life.

What does a Governor really do? What kept me awake at night?



FROM THE CHAIRMAN

Dear Members

As we are now in meteorological autumn, with the daylight hours receding, it is time to think about how to enjoy the likelihood of more time at home indoors.

At our Rayleigh Grange u3a monthly meetings we have a selection of 'pre-loved' books and puzzles available – organised by Peta and her enthusiastic helpers.

Books are 30p each or 4 for a £1

Jigsaw Puzzles are 50p each

Funds raised each month are in the region of £10 - £12.00.

You are welcome to donate books and puzzles (no hardback books please).

Just bring them to our monthly meeting!

We always have a good attendance at our monthly meetings, however, it would be great to see more members attend – **I THINK IF YOU DO NOT NORMALLY ATTEND YOU ARE MISSING OUT ON AN ENTERTAINING AFTERNOON.**

Our meetings are always held at the Grange Community Centre, where there is plenty of free parking.

Members start to arrive for our 2.00 pm meeting from around 1.30 pm. This allows plenty of time to engage with other members or talk to our Social Secretary, Group Leaders or Committee members or browse the books and puzzles on offer.

Our speakers usually entertain us for about an hour this is followed by tea, coffee and biscuits which are available in the smaller meeting room. Again, a time to chat with fellow members.

Recently we have changed the layout of the chairs in the main hall into more of a 'fan shape' to improve the vision so that members can see our speaker more easily. We have invested in new cordless microphones to improve the quality of the projection of the speaker's voice. If you are at the monthly meeting and cannot see or hear please let me know, I don't want members to go home disappointed.

Forthcoming Monthly Meetings:

4th November 2026 – Jane Piper

Weird Christmas – Join Mrs Claus and meet some of the more bizarre characters who appear during the Christmas season. We travel around Europe encountering dangerous trolls, scary scarecrows and demons.

2nd December 2026 – Music by Raffles

We will be entertained by a duo called “Raffles” with festive music and cheer followed by delicious mince pies with our tea/coffee.

Edward Byford
Chairman



WEDNESDAY BADMINTON GROUP

Badminton is a fun sport and a great way to keep fit. It's also very sociable and our Wednesday Badminton group is looking for new members.

We are a friendly group who just play for fun once a fortnight at the Rayleigh Sports Centre. It's a good way to meet people whilst getting some exercise in a non-competitive environment.

If you think you might be interested please contact Carol Bright our Group Co-ordinator.

Geoff Pearce
Group Leader



THE BOOK/JIGSAW TABLE

The Book Table (with the later addition of a Jigsaw Table) was the idea of our first (and very talented) Chair Woman Lillah Ackerman. Lillah transported everything to each meeting, stored it and brought it back the following month. When, sadly, Lillah was forced to stand down the Book Table fortunately continued. It was then run by Val and Alan Robson. They too found the energy to transport everything (books and jigsaws) to each meeting and they did this for a number of years.

Sadly, both Val and Alan became ill and have since passed away, but it was felt that we had to maintain the sale to continue their good work.

We find that we don't get a lot of money from this, but it goes towards expenses (like refreshments at monthly meetings). Any books that have been there for at least 3 months are donated to a local charity shop.

There are now six u3a members manning the stall on a rota. The support provided by those of you helping by transporting and storing books for us is essential – a big thank you to them!!

Thanks also to all who donate books and jigsaws (although hardback books are really too heavy in large numbers to transport).

Also, NO pennies in payment please!!

Peta Turner



RUMMIKUB GROUP

There are places available in the Rummikub Group which meets once a month on a Monday afternoon at Rayleigh Holy Trinity Church hall.

Please contact our Group Co-ordinator, Carol Bright, if you are interested in joining us.

Lynda Rooke
Group Leader



QUIZ – KNIGHTS

1. In Star Wars what is the weapon of choice of a Jedi Knight?	2. According to Arthurian legend who is the father of Sir Galahad?
3. Who was the first professional footballer to be knighted?	4. Who wrote about the knight Sir Ivanhoe?
5. In which film would you find the knights who say “ni”?	6. Who was knighted first – Mick Jagger or Paul McCartney?
7. Who played King Arthur in the 1995 film First Knight?	8. Who played Batman in the 2008 film Dark Knight?
9. In the novel by Cervantes what is the name of the squire of Spanish knight Don Quixote?	10. In medieval suits of armour what covered the knight’s hands?

Answers on page 18

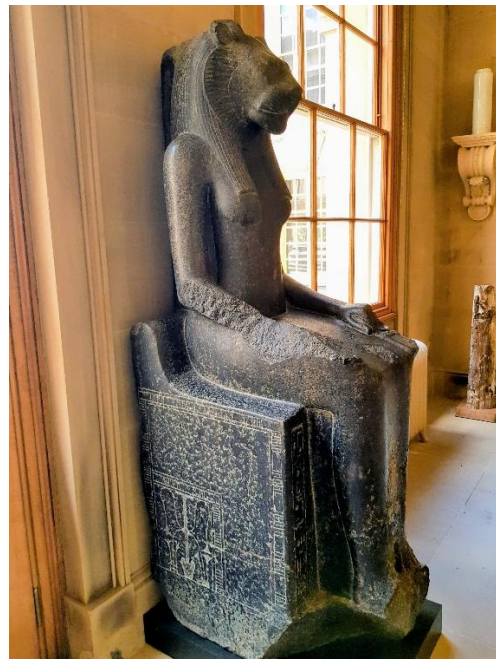
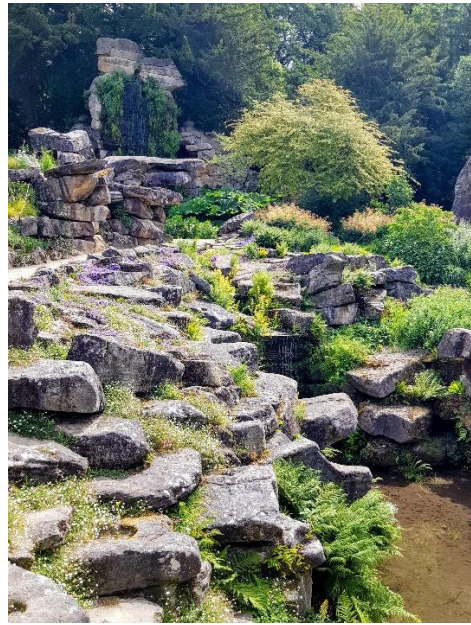
DERBYSHIRE AND THE PEAK DISTRICT HOLIDAY 2026

Our u3a group enjoyed a varied holiday in the Peak District, combining grand houses, beautiful landscapes, fascinating transport history and time to explore some of Derbyshire's best-known towns. Each day brought something different, from remarkable art and architecture to vintage trams and a famous local pudding.

Tuesday: Chatsworth and Bakewell

We spent most of Tuesday at Chatsworth House and Gardens, the magnificent Derbyshire home of the Devonshire family since the 1550's. The house contains more than 25 rooms open to visitors and an art collection spanning thousands of years, while the 105-acre garden reflects nearly five centuries of careful development, with fountains, sculptures, an arboretum and a celebrated rock garden. The grounds have many carefully constructed long vistas and water features many of them designed by Capability Brown at great expense. There was plenty for us to admire both indoors and out before we continued to Bakewell.





In Bakewell, we had time for a stroll around the attractive market town, which stands beside the River Wye. Naturally, several members took the opportunity to sample the town's famous Bakewell pudding — a delicious local speciality with a pastry base, jam and an almond-flavoured filling.

Wednesday: Crich and Matlock Bath

Wednesday began at the National Tramway Museum at Crich, an open-air museum that has occupied its Derbyshire site for more than 60 years. Its recreated period street, indoor exhibitions and working tramway trace the development of horse, steam and electric trams. Vintage vehicles carried us from the cobbled village street into the surrounding countryside, with wide views across the Derwent Valley. Our tram conductors took us through the history of the tram and of the surrounding landscape.



Later, we visited Matlock Bath, set dramatically in the steep-sided gorge of the River Derwent. The village developed as a spa resort and remains known for its riverside setting, wooded limestone cliffs and characterful promenade. It was an enjoyable contrast to the morning's transport heritage.

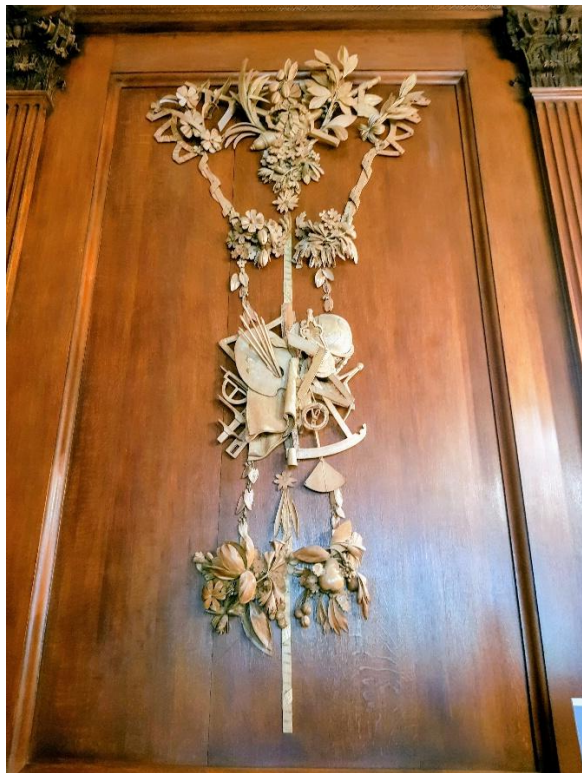
Thursday: Lyme Park and Buxton

On our final day, we explored Lyme Park, the National Trust estate near Disley. The estate belonged to the Legh family from 1398 until it was given to the National Trust in 1947 and its house, gardens and parkland reveal more than six centuries of change. From its beginnings as a hunting lodge, Lyme developed into a grand country house surrounded by formal gardens and more than 1,400 acres of historic parkland, where deer remain an important part of the landscape. There were lots of guides in the rooms who were very knowledgeable and keen to share information on the house and its history with us. We saw beautiful and detailed wood carvings on many of the rooms which are attributed to Grinling Gibbons. There was also conservation work going on while we visited and we were able to see the level of care and attention to detail they put into restoring some of the tapestries.

Many of the rooms had a recurring image of an arm which it was explained resulted in the family being given the house. The severed arm represents Sir Thomas D'Anyers, who rescued the Black Prince's standard at the Battle of Crécy (1346) by recovering it from a fallen French knight whose arm had been cut off while still gripping the flag. This act of bravery earned D'Anyers the land that later became Lyme Park. The Legh family, who inherited the estate, incorporated the severed arm clutching the English standard into their coat of arms.







We rounded off the holiday in Buxton, the elegant spa town high in the Peak District. At around 1,000 feet above sea level, it is one of England's highest market towns and is celebrated for its natural thermal spring water and fine Georgian and Victorian architecture.

The following day we began our journey home with many happy memories of an interesting and sociable u3a break.

Jackie Dillnutt
Social Secretary



QUIZ – HISTORY

1. For what event in history is baker Thomas Farynor known?	2. What nationality was Christopher Columbus?
3. When women first got the vote in Britain in 1918 how old did they have to be?	4. Who in 1961 made the first space flight?
5. Who was the American President when the Berlin Wall was constructed?	6. What was the Roman name for Scotland?
7. For how many years did Louis XIV of France reign?	8. What famous building did John Nash rebuild in 1825?
9. Who was the first American president to resign from office?	10. Which country has the world's oldest flag?

Answers on page 28

TRIP TO LULLINGSTONE WORLD GARDEN AND CASTLE

Our group enjoyed a memorable day at Lullingstone, combining history, good company and the beauty of one of Kent's most distinctive gardens.

The visit began with a blue badge guided tour of Lullingstone Castle and its historic church. Tom Hart Dyke's mother was there to welcome us to her home and answer our questions about the history of the house and the family. Although called a castle, the house is a manor whose present form began in 1497 under Sir John Peché; its surviving red-brick gatehouse is a striking reminder of its Tudor origins. The estate passed by marriage in 1543 to Sir Percyvall Hart, a courtier who served four Tudor monarchs, and members of the Hart Dyke family have occupied the house for some twenty generations. Our guide brought this long family story to life, including the later remodelling that gave the house much of its eighteenth-century appearance.



Standing on the castle lawn, St Botolph's is not a private chapel, but an ancient parish church. Built largely of flint around 1349, it contains a sixteenth-century north chapel and the richly carved tomb of Sir John Peché. Its rood screen is decorated with Tudor roses and the pomegranate emblem of Katherine of Aragon, while its stained glass ranges from the fourteenth to the eighteenth centuries. The church also preserves monuments to generations of the Peché, Hart and Hart Dyke families, making it an intimate record of the estate's history.



After the morning tour we relaxed over lunch in the marquee where sandwiches and cake provided a welcome opportunity to chat and enjoy one another's company.



The afternoon concluded with a tour of the World Garden led by one of the gardeners. Its creator, Tom Hart Dyke, is a modern-day plant hunter whose travels in search of rare species have taken him to places including Tasmania, South-East Asia, Morocco and South America. In 2000, while hunting orchids in the Darién Gap, he and his companion were kidnapped and held captive for nine months. During that ordeal Tom sketched the idea for a garden in which plants from around the globe would be arranged according to their continents of origin. After returning to Lullingstone he transformed the historic walled garden into this living map of the world incorporating plants and seeds gathered on his expeditions. The World Garden opened to the public in 2005 and has continued to develop with rare and important specimens added to its remarkable collection. Our tour introduced us to some of these plants and their cultivation and care.





Before leaving we enjoyed browsing the plant shop where many of the plants reflected the unusual and varied character of the World Garden. Tom had been busy all day restoring the cactus house, but he put in an appearance at the shop and was able to advise us about the plants and their cultivation needs. Several members were tempted by the selection and bought plants to take home—a lasting reminder of a fascinating and enjoyable visit.

Jackie Dillnutt
Social Secretary



Some Chuckles from Steve Rix

I was at the local garden centre with a large bag of multi-purpose compost and went up to the manager. I said, 'Excuse me, I'm going to put most of this on my plant, can you tell me the other uses?'

I brought my wife a brand new car last week and she phoned me up and said, "There's water in the carburettor." I said, "Where is it?" She said, "It's in the river."

Yesterday I accidentally drank a bottle of invisible ink. I spent all night at the hospital waiting to be seen.

I just found out I'm colour blind, that news really came out of the purple.

If you can't think of a word, say; 'I forgot the English word for it.' That way people will think you're bilingual instead of an idiot.

I'm at a stage in my life where errands are starting to count as going out.



ANSWERS – KNIGHTS

1. Light sabre	2. Sir Lancelot
3. Sir Stanley Matthews	4. Sir Walter Scott
5. Monty Python and the Holy Grail	6. Sir Paul McCartney in 1997 – (Mick Jagger 2003)
7. Sir Sean Connery	8. Christian Bale
9. Sancho Panza	10. Gauntlets



Brown Hare “Chilling Out” at RHS Hyde Hall

Photograph: Steve Rix

NEWS FROM THE GROUPS

ALL THINGS CRAFTY



At our September meeting we carried on making bird related decorations for the Holy Trinity Church Christmas Tree Festival. We now have nearly enough decorations, but any contributions will still be very gratefully received.

Please remember to go to see the trees and hopefully vote for ours at the turning on of the lights in November.



Editor's Note: TreeFest26 - Thursday 26th to Sunday 29th November



SUNDAY LUNCH GROUP **REVIEW**

On Sunday 20th September 13 of us went to “Lux & Lush” a Turkish restaurant in Wickford. We were welcomed and shown to our table. We were the only diners at the time, but it filled up later. Margaret bought us bottles of wine as it was her birthday (they brought an ice cream dessert and we all sang Happy Birthday).

We had free hummus and dips while we made our choices: Starters Calamari (best ever) Mushrooms (very nice) Prawns (excellent). Many of us went for Moussaka for mains which was very tasty and not stodgy. Sea bass, Salmon and Seafood Casserole were very generous and good quality. Lamb Ribs alright, but not the best. Lamb Beyti (very tasty).

Service was attentive throughout. I was disappointed that all the desserts were very sweet, but others revelled in Baklava and Tiramisu.

The bill was moderate, averaging £30 for three courses (but if you go mid-week for lunch it is £9.95!).

To summarize – I would recommend this restaurant for good well-cooked food, excellent service and good value for money.

Susan Neil
Group Leader

OUT AND ABOUT GROUP 1

VISIT TO LLOYD'S OF LONDON



Amazingly, it is almost 6 months since our first visit to the iconic Lloyd's institution which moved to its present location 40 years ago.

Once again, we were greeted by Ian our guide and, as with the first tour, we went in the first instance to the Garden at 120. A magnificent rooftop garden and how lovely it was to see it at a different season of the year. Some of our group had visited Hyde Hall the previous day and had suffered a soaking (an understatement I am given to understand). Our day was blessed with beautiful sunshine and showed the garden off to perfection. Ann and I had been on the first tour and we were amazed to see a huge new development adjacent to the Lloyd's building, it had risen in the interim. Encased in a plastic coat it looked almost eerie. This, I understand, is to be known as "1 London", what an address! It is set to become the capital's joint tallest building when it is completed in 2033.



Our group then divided as before. We were both treated to an excellent insight into the workings of this famous old institution. Ian has been associated with the insurance world all his working life. He has a unique and entertaining way of passing on all the salient points interspersed with many anecdotes and references to sections that have been portrayed in numerous films and TV programmes.



Mingling on 'the floor', while the working day was in progress, we saw the Lutine Bell and the loss book which was introduced in 1774 to formally record marine incidents. All entries are beautifully recorded by hand, but have progressed from the use of the quill pen!

As per our previous visit we were entertained with a delicious lunch at a nearby wine bar at the conclusion of which Ian guided us to St. Dunstan in the East, a medieval parish church with no roof. It has been transformed into a public space showing a unique mix of Gothic architecture and an overgrown garden. It was so quiet, hard to imagine we were in the centre of our capital city.





At the conclusion of the day wholehearted thanks were given to our host who had looked after us so well by sharing his enthusiasm and affection for Lloyd's and for answering all our questions so patiently.

Once again, a day that certainly did not disappoint.

Gillian Lilleker

With thanks to Ann Clarke-Overy for the photographs.

BIRDWATCHING GROUP
CHAFFORD GORGE – AUGUST

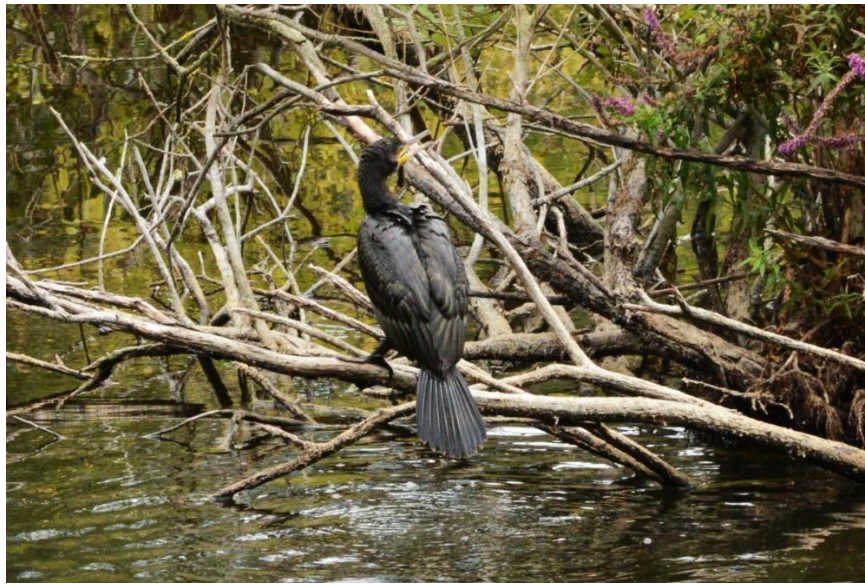


Canada Geese

A small group of us visited Chafford Gorge in Thurrock for our monthly outing. The weather turned out to be very kind despite heavy rain as we left the Grange. To ensure the rain had stopped completely, we decided that we'd have coffee in the delightfully named 'Angel Cafe' before setting off to the Gorge. For those of you that have never been to Chafford Gorge, it is a redundant 200-acre chalk quarry in the middle of Chafford Hundred that is now managed by Essex Wildlife Trust. There are always a lot of resident ducks and waders to be seen and, at certain times, Kingfishers and Long-Tailed Tits are amongst some of the more bashful species that frequent the Gorge.



Coot



Cormorant

Anyway, we set off into the Gorge and I very quickly realised there were rather a lot of midges. In retrospect I shouldn't have been surprised as it was a day of very high humidity, recent rainfall, lakes and 'that time of the year.' Now midges and me don't get along as they give me a 'bite' which reacts quite badly with me. I did manage to kill a few of the blighters during our visit but at the end of the day Kim counted over 50 bites!



Mallard

We worked our way around the Gorge and between us identified about 12 different species including Cormorant, Great Crested Grebe, Moorhen, and Coot.

We revisited the Angel Cafe for a lovely lunch before returning to the Grange.

A night of misery followed due to my 50 bites.

Steve Rix
Group Leader

GARDEN GROUP VISIT TO HYDE HALL



Six optimistic members of the group met at the café at Hyde Hall on an extremely wet Tuesday in September. We decided to have drink before either abandoning or getting wet.



We put our umbrellas up and headed into the garden where we spent a happy couple of hours exploring the colourful and full cottage garden, the hillside borders, the dry(!) garden, the greenhouse with its many tomatoes, squash, peppers and melons, the floral fantasia area with beautiful dahlias and alstroemeria, and the large pond with many water lilies.



We also looked out for the Lego models of garden creatures as we walked around. We gave some areas a miss as we were very wet, finally ending up back at the café where 5 very large chilli jacket potatoes and 1 soup were ordered and enjoyed. Our coats and bags dripped on to the floor, but we all agreed that it was a friendly way to spend a morning.





Ann Clarke-Overy

ANSWERS – HISTORY

1. The Great Fire of London	2. Italian
3. 30	4. Yuri Gagarin
5. John F Kennedy	6. Caledonia
7. 72	8. Buckingham Palace
9. Richard Nixon	10. Denmark

FRIDAY PHOTOGRAPHY GROUP
TRIP TO HEYBRIDGE BASIN & OSEA HUTS





Maureen Cheesewright
Group Leader

OUT & ABOUT GROUP 2

LITTLE VENICE, REGENT'S CANAL & CAMDEN



We enjoyed an excellent day out on Tuesday 22nd September, travelling from Little Venice to Camden on Jason's Trip boat. The weather was kind, the company was lively and the canal offered a wonderfully peaceful contrast to the bustle of London.

Little Venice & Coffee on the Water

After arriving at Little Venice we made a very welcome coffee stop at a narrowboat café moored beside Browning's Pool. The coffee was excellent and the setting couldn't have been lovelier. While there we met an Australian lady who was visiting London on her own — she was staying on a narrowboat while exploring the city and she was delighted to chat with our group. It was one of those unexpected encounters that adds a little extra charm to a day out.



Jason's Trip – Down Regent's Canal

We boarded Jason's Trip and were greeted by Sara, our guide, whose running commentary kept us entertained throughout the journey. Every so often she'd call out "Look to the right... now!" or "Left... now!" — prompting a gentle wave of head-turning that felt rather like watching a tennis match. Her enthusiasm for canal history was infectious.



We learned how shire horses once walked the towpath pulling barges through the tunnels. Sara pointed out the rope marks still visible on the brickwork — a small but striking reminder of the hard physical work involved in moving goods along the waterways.

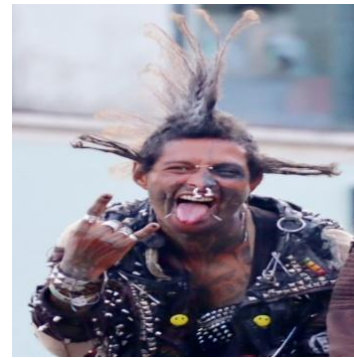
As we passed London Zoo Sara explained how canal families transported goods up and down the canal and how they were once considered too poor to mix with local residents. High walls were built to hide them from view. Many of those walls have now been removed giving us splendid glimpses into gardens, homes and the life that thrives along the water today.

Camden Lock, Lunch & Towpath Walk

We all departed Sara and Jason's boat at Camden Lock ready for the next part of the day. Everyone enjoyed some free time — some headed straight for lunch (with a well-earned glass of wine) while others explored the colourful bustle of Camden Market.



After lunch several of us regrouped for the gentle walk along the towpath to the London Canal Museum. The weather was perfect: warm sunshine, bright skies and that lovely early-autumn feeling. We met a few interesting characters along the way all happy to chat as we passed.



A particular highlight was seeing the three striking cast-iron gasholders beside the canal. These are **Gasholders 10, 11 and 12**, built in the **1860s** for the old **Pancras Gasworks** near St Pancras Station. During the King's Cross redevelopment they were carefully dismantled, restored in Yorkshire and reassembled in their new position overlooking the canal. Two now contain luxury circular apartments while the third has become **Gasholder Park** a peaceful public garden. Although someone mentioned they came from Southend all official records confirm they are **London originals** simply moved a short distance from their original site.



London Canal Museum

We arrived at the London Canal Museum in good spirits ready to learn more about the history of the waterways we had just travelled along. It was the perfect ending to a relaxed, informative and thoroughly enjoyable day.



Our Paparazzi!

A **great big thank you** to our paparazzi for the day — **John Oakshot** and **Maureen Cheesewright** — who captured the spirit of the trip with some excellent photos. Their pictures really bring the outing to life and are very much appreciated.

Julie and Christine would like to say a big thank you to all of the group whose enthusiasm, good humour and friendship made this trip extra special.

Julie Witt & Christine Wilson
Group Leaders



FROM THE EDITOR

The evenings are certainly drawing in fast now and I understand it gets dark earlier by five minutes each day. The weather is now thankfully quite pleasant for our groups to enjoy their adventures (apart from just one day of rain which didn't prevent our intrepid Garden Group members from enjoying Hyde Hall). Those sweltering days of late summer are becoming a distant memory and how quickly our own gardens are recovering but, of course, we still need more rain.

Thank you to all our group leaders for their contributions and photographs to the newsletter. Its good to have a new feature with the "Lunch Group Restaurant Review".

Contributions to the newsletter are always welcome – you don't have to be a group leader so if you have something of interest to share – possibly a recipe or anecdote do send it in.

The deadline for receiving articles for the November 2026 Newsletter is

Sunday 25th October 2026

rgu3newsletter@gmail.com

Newsletter Editor

NOVEMBER MEETING

WEDNESDAY 4th AT 2.00 PM

SPEAKER: Jane Piper

Weird Christmas

Join Mrs Claus and meet some of the more bizarre characters who appear during the Christmas season.

We will travel around Europe, encountering dangerous trolls, scary scarecrows, demons, witches, and all manner of odd characters whose job is to terrify children into being good if they want to receive their presents.

But fear not, we will meet some benevolent characters along the way too!

GROUP CALENDAR

If you are interested in joining any of these Groups please contact the Group Co-ordinator

GROUP	DAY	TIME	GROUP LEADER
AD HOC HISTORY	To be advised		Donna & Steve Lowe
ALL THINGS CRAFTY	2 nd Tuesday	2.00 – 4.00 pm	Sarah Kay
ARCHAEOLOGY	2 nd Thursday	2.00 – 4.00 pm	Ian Haynes
ART APPRECIATION	3 rd Wednesday	2.00 – 4.30 pm	Pat Shephard
BADMINTON 1	Thursday – Fortnightly	10.00 am	Jacqui Butcher
BADMINTON 2	Wednesday – Fortnightly	10.00 – 12.00 pm	Geoff Pearce
BIRD WATCHING	4 th Thursday	10.00 am	Steve Rix
BOOK GROUP	Last Thursday	3.00 pm	Jackie Dillnutt
BRIDGE	As agreed	Various	Mark Wiseman
BRIDGE BEGINNERS	1 st /3 rd Friday	2.00 – 4.00 pm	Mark Wiseman & Ken Paton
CANASTA 1	2 nd Monday	2.30 – 4.30 pm	Doreen Brown
CANASTA 2	3 rd Monday	2.00 – 4.00 pm	Edna Webb
CANASTA BEGINNERS 1	3 rd Wednesday	2.00 – 4.00 pm	Ann Clarke-Overy
CANASTA BEGINNERS 2	2 nd Wednesday	2.30 – 4.30 pm	Jane Gee
COFFEE & CONVERSATION	4 th Wednesday	10.30 – 12.30	Barbara Oliver
CHESS	Last Monday	10.00 – 12.00 pm	Darren Blair
CINEMA	Wednesday (various)	Morning	Christine Shaw
CRIBBAGE	4 th Thursday	10.00 – 12.00 pm	Susan Neil
DARTS	Thursday – Fortnightly	11.00 – 1.00 pm	Ray & Maureen Saveall
DISCUSSION	3 rd Thursday	10.00 – 12.00 pm	Doreen Brown
FAMILY HISTORY 1	1 st Monday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 2	1 st Tuesday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 3	2 nd Wednesday	2.00 – 4.00 pm	Ann Rawlinson
FAMILY HISTORY 4	4 th Wednesday	2.00 – 4.00 pm	Ann Rawlinson
FILM APPRECIATION	3 rd Monday		Joan Hanscomb
GARDEN GROUP	Various		Ann Clark-Overy Susan Neil
JAZZ APPRECIATION	Wednesday (various)		Dave Westall
JUST SEW & SEW	1 st /3 rd Friday	2.00 – 4.00 pm	Chris Roffey
KNIT & NATTER 1	2 nd Thursday	10.00 – 12.00 pm	Ann Clarke-Overy
KNIT & NATTER 2	4 th Thursday	10.00 – 12.00 pm	Sarah Kay
LUNCH SUNDAY	3 rd Sunday		Susan Neil
LUNCH WEEKDAY	2 nd Wednesday		Edna Webb

MAHJONG	Tuesday – Fortnightly	10.00 – 12.00 pm	Ann Clarke-Overy
MARITIME HISTORY	1st Monday	2.30 – 4.30 pm	Sue Howarth-Reading
MINDFULNESS/MEDITATION	4th Monday	2.00 – 4.00 pm	Carol Bright
OUT AND ABOUT 1	Various Days		Ann Clarke-Overy
OUT AND ABOUT 2	Various Days		Julie Witts & Christine Wilson
PETANQUE	1st/3rd Monday	10.00 – 12.00 pm	Margaret Cudby & Theresa McAninch
PHOTOGRAPHY MONDAY	Various		Geoff Kittle
PHOTOGRAPHY FRIDAY	3rd Friday	10.00 – 12.00 pm	Maureen Cheesewright
POETRY APPRECIATION	3rd Thursday	2.00 – 4.00 pm	Ann Rawlinson
PSYCHOLOGY	2nd Monday	1.30 – 3.00 pm	Jean Thraves
PUDDY GALORE	4th Tuesday	4.00 pm	Anne Berry
RUMMIKUB 1	1st Monday	2.00 – 4.00 pm	Lynda Rooke
RUMMIKUB 2	2nd Thursday	2.00 – 4.00 pm	Pam Green
SAMBA CANASTA	1st/3rd Thursday	10.00 – 12.00 pm	Jane Gee & Deborah Blair
SCRABBLE	3rd Monday	2.00 – 4.00 pm	Wendy Bedwell
SHAKESPEARE APPRECIATION	3rd Friday	10.30 – 12.30 pm	Paula Whittle
SHORT MAT BOWLS	Tuesday – Fortnightly	2.00 – 4.00 pm	Susan Neil
SINGING FOR PLEASURE	1st/3rd Tuesday	10.30 – 12.30 pm	Joan Wayman
SOLO WHIST	2nd Monday	10.00 – 12.00	David Lobley
TABLE TENNIS	1st/3rd Friday	1.30 – 3.00 pm	Maureen Saveall
TENPIN BOWLING	Tuesday – Fortnightly	11.00 – 3.00 pm	Jacqui Butcher
THEATRE/EVENTS	Various times & days		Doreen Brown Edna Webb Susan Neil Ann Clarke-Overy
TRIVIAL PURSUIT	4th Tuesday	2.00 – 4.00 pm	Steve Barns
u3a BAND	Various – Cedar Centre		Steve Lowe
WALKING MIDWEEK	3rd Monday		Gwen Bushell
WALKING SUNDAY	Last Sunday	10.30 – 12.30 pm	Christine Shaw
WINE THURSDAY	Various	7.00 pm	Susan Neil Ann Newman
WINE FRIDAY	Various	7.00 pm	Susan Neil Ann Newman
WOMEN IN HISTORY	Last Friday	2.30 – 4.30 pm	Lynda Rooke
u3a MONTHLY MEETING	1st Wednesday	1.30 – 4 .00 pm	Various Speakers

For specific dates please liaise with your Group Leader.