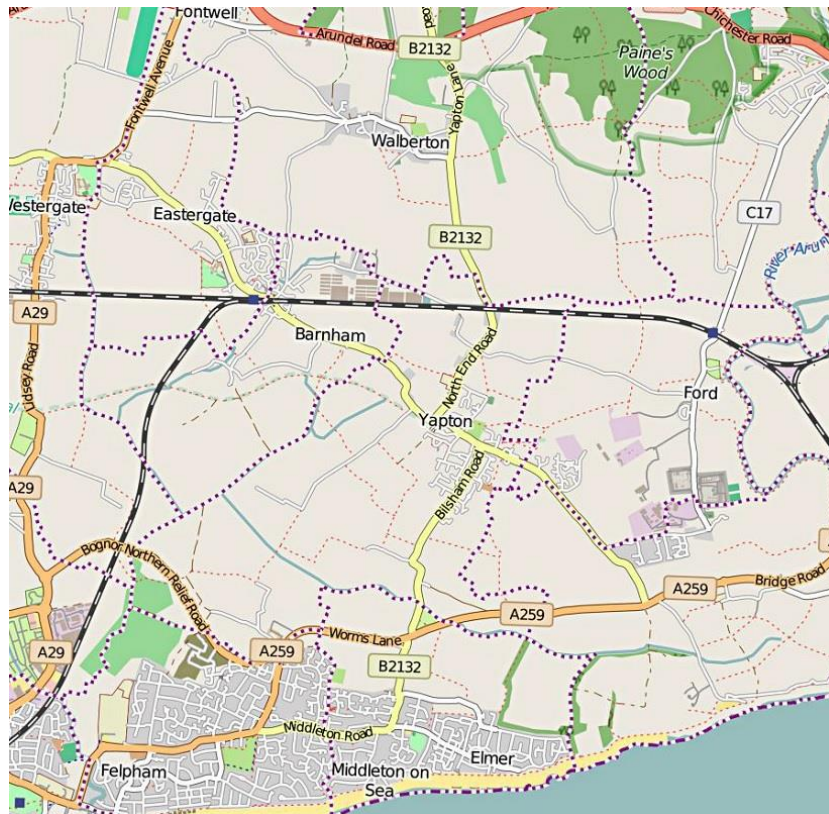


ARUN WEST



THE UNIVERSITY OF THE THIRD AGE

Our Book of Limericks



Area covered by Arun West U3A

When George Eld and I were planning the last issue of Lively Minds, I suggested using some limericks as a filler.

So, I advertised in the Bulletin, with the theme being Arun West U3A. In the past when we have asked for articles or photos, there has been very little response.

But this challenge really roused some interest!

And what a brilliant lot you are!

So, I have made all the entries into this booklet.

All money raised after printing costs will go to the fund for the local Family Refuge which our Coffee Mornings sales have been supporting this year.

Masha

The motto of the U3A is

Learn, Laugh, Live!

(And that's what we do at Arun West U3A!)

First of all, Teresa Gess's poem, about the consequences of joining Arun West U3A.

On Wednesday she's joining current affairs
Next week she's making currant eclairs.

Tomorrow it's Pilates, expanding her leisure
And Thursday? Film Club just for pleasure.

Her years of teaching came to good use
Run the History group? She had no excuse!

Country Walks - Yes, they go near and far
Oh, mustn't forget crafts for the next bazaar.

Tai Chi? Learning to improve her maneuvres.
Sprechen Sie Deutsch? Nein, Italian Improvers.

Aviation history - hmm, not quite learning to fly
Bird watching - robin, blackbird or large magpie?

She's learnt and she's taught; new friends has found -
What did she do before Arun West U3A was around???

Teresa Gess



There once was a lady called Jane
She got older, began to complain
But she joined U3A
Now she laughs every day
And thinks life is wonderful again



Angela Keight

There was a bored woman called
Karen
Who found life exceedingly barren
She went down to the coast,
Found U3As with the most -
And has recently moved down to
Arun.



Masha White

The garden group of U3A
Has the best leader we all say!
You'll learn there's a difference
Between a flower and a weed -
This group will blossom and stay.



Jo Lark

There once was a lady called Carol
Whose shape, it resembled a barrel
So she joined U3A
Many sports learned to play
And now she looks more like a
sparrow!

Nicola Taylor



There once was a lady called Sue
Who retired, so what could she do?
U3A filled the bill
And it gave her a thrill
To meet people and learn something new.



Jan Crockett

You can see birds, plants and planes
Or just wander through local lanes
Even learn how to cook -
Or just read a book.
So much to stimulate our brains.



Edna Zammit

There once was a lady so funny
She bought lots of bees to make honey
Then she joined U3A
For to find out the way
And now she makes oodles of money



Nicola Taylor

There once was a chappie called Mack
Who in everyday life felt a lack,
He joined French U3A
Now he parleys all day
And so all of his friends call him Jacques.



Masha White

His name was Bond (well really it was Dennis) -
A quiet sort of chap, unlike his namesake Menace,
Arun West he did broach
To become a sports coach
And now? He's in charge of table tennis.



Teresa Gess

The U of 3A Arun West
Holds talks that are simply the best.
The one on mobility
Enhanced my agility:
I now run to the shops in my vest.



Janis Bryan

When you join the wine group at the U3A
You can tell your Pinot from your Chardonnay!
There are other groups, too
Which will interest you
And you'll learn something new every day!



Lindy O'Mullane

Lucija was a very proud Croatian
Who worked many years in Conservation
Joining the Beach Cleaning group
She collected plastic & poop
Her team is an asset to the nation!



Teresa Gess

**A series of 3 linked limericks!
(How clever!)**

There was a young man, 68,
Who had felt rather lonely of late
Since he'd retired
He'd felt uninspired
So needed some new sort of date.

?

Boredom should not be his fate,
- after all, he was just 68.
He felt his faculties wane,
He wasn't using his brain
This all made him rather irate.

68

He needed to reactivate
Old knowledge forgotten of late
He renewed his quest
And found Arun West
And now has no spare Diary date.



Teresa Gess

U3A is a great place to meet
Folks you might pass in the street
There are classes galore -
Gardening, knitting and more
Come along - you'll be in for a treat.



Jo Lark

There was a young lady called Sue
Who really had nothing to do.
Friends said "Don't be a fool!
Join U3A Pool
All that you need is a cue!"



George Eld

On Mondays we come with our mat
To Pilates - no, not just to chat!
We do Starfish and Saw,
Lizard, Mermaid and more
And end up with a stretch like a cat.



Heather Perrott

There was once a woman called Sue
Who felt she had nothing to do
She joined Tuesday Walks
And with friends she now talks
About books and history too.



Angela Keight

On joining Arun West U3A
Pitch and Putt and Table Tennis I'd
play
But my Back gave me Gyp
And so did my Hip
So it looks like it's Chess and Crochet.

(Nothing wrong with crochet!)



John Taylor

Columbus was a man, a high flyer,
He was also the local town crier
He joined Arun West
Pumped out his chest
Became loud in the "Sing For Joy"
Choir.



Teresa Gess

A U3A member named Fred
Had no sooner got out of bed
When he said with a whoop
I'll start a new Group
And teach how to stand on your
head!



Derek Waite

A middle aged lady from
Goring
Found life had become rather boring
But, when googling one day
Came across U3A
And is now spoilt for choice every
morning.

ARUN WEST



Lynne Collins

There once was an oldie called Guy
Who thought he would give bridge a try
He made a bad start
By losing his heart
But no worries! His wedding is nigh.



Heather Perrott

Middleton Scout Hut's the venue,
You go there each Friday and then you
Manipulate tiles
In a room full of smiles
With biscuits and tea on the menu.



Mike Miller

*Sylvia was born in Hong Kong
And wanted to learn Mah Jong.
She joined Arun West
And was taught by the best
And now happily plays all day long!*



Masha White

If Mah Jong isn't your game;
Of Canasta you feel the same
Don't join U3A -
You'll spend every day
Looking for someone to blame.



Peter Algar

Marjong is the name of the
game
Each Friday at too it's the
same.
Wiv each wind 'n' dragon
Me brain soon starts flaggin'.
It's masher 'n' glin wot's ter
blame.



Mike Miller

Mah Jong played on Friday's an art.
Only ladies and gents may take part.
So should one in the crowd
Make a noise somewhat loud
Whilst discarding South Wind – that's
not smart.

(NO PIC AVAILABLE!)

Mike Miller

*There was a Welsh biddy called
Masha
Whose countenance was much like Old
Gnasher.
She'd dictate where we play -
(At Mahjong that's to say) -
And given the chance I will thrash her!*

!

Peter Algar

Arun West was where he lived.
Paramour bought him a gift –
Membership of U3A
Now he's out at play
All day.



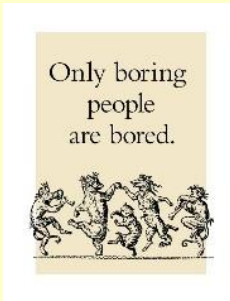
Lindy O'Mullane

Freddy lived in Arun West
Spent each day lying round in his
vest
Then he found U3A
Now he's busy all day
Playing Bridge, Mah Jong and the
rest!



Masha White

If you're alone with nothing to do
Your local U3A will help you.
There hobbies abound
With new friends you have found
Just call them, they know what to do.



Jo Lark

*There was a young girl from
Kilbriet
Whose voice was
exceedingly quiet
Then one day
It faded away....*

Peter Algar

Montgomery was a man who needed
consoling
For he soon fell foul of heavy ball
rolling
When joining Arun West
With a great deal of Zest -
Discovered he was useless at bowling!



Teresa Gess

What does she mean?

There once was a man called Glyn
Who was never particularly slim
But he led Arun West
To be one of the best
So Glyn, please don't pack it in!



Angela Keight

This acrostic poem shows a couple thinking about changing their lives – and joining a local U3A!

The Sun Shone Brightly, a Fine Day

A bright sunny day, you closed the curtains,
Running across the room to turn on the set -
Ualmost tripped to get the best seat, I bet.
No more fighting for the best view, my wife stated,
Will we see our friends again before it's belated
Either: I've seen this club or we just watch the tele -
Sorry dear what did you say? - You listen, lazy Sir,
Tomorrow Wednesday there is a meeting of the
U3A, they meet in Barnham in the afternoon
3or is it 2pm? Go online, get the details soon
A club with small groups of interests different -
Sounds great we will go tomorrow, no argument
Arun West, Bognor Regis & Littlehampton too
All in our area, let's go and meet friends new!

Denis Lindsell

Learn, Laugh, Live!

Here is the list our current groups. More are in the pipeline!
If you have an idea for a group, contact us!

Art Workshop	Fri
Aviation History	Varies
Bird Watching	Thu
Bread making – 5 Week Course	Varies
Bridge, Duplicate	Tue
Bridge, Friendly	Thu
Calligraphy	Varies
Canasta	Mon
Cinema Group	Wed/Thurs
Crafts for Charity	Thu
Current Affairs	1 st /3 rd Wed
Darts	Alt Wed/Thurs
Explore Your Sewing Machine, one to one	Varies
French Conversation	Mon
Gentle Walking Group	Tue
German Conversation	Tue
History	Wed
History Too	Wed
Intermediate Walking Group	Thu
Italian Improvers	Thu
Italian Intermediate	Tue
Keep Fit	Mon
Local History	Tue
Luncheon Club	Thu
Mah Jong	Fri
Meet and Eat	Varies
Munch Bunch	Weds
Parliamo Italiano	Thu
Philosophy	Fri
Pilates	Mon
Plants & Gardens	Wed
Play reading	Wed
Pool	Mon
Recorder Players	Thu
Rummikub	Wed
Scrabble	Mon
Snap Happy!	
Sunday Lunchers	Sun
Study Days SUN	Sat
Thursday Readers	Thu
Vol 3 Reading Group	Thu
Wednesday Readers	Wed
Wine Tasting	Fri
Writing for Fun	Tue

ARUN WEST



THE UNIVERSITY OF THE THIRD AGE

Arun West U3A is a lively place to be!

We have interesting Monthly Talks from outside speakers at Yapton Village Hall on the 2nd Wednesday of each month. See our website for a list of next year's talks.

We have a monthly Coffee Morning at the St Mary's Centre in Felpham on the first Thursday of each month starting 3rd January.

*Good coffee, nice biscuits, great company!
£1.50 and a free refill!*

There is also a Coffee Morning at The Wilkes Head in Eastergate on the third Monday of the month.

Come and join us! We welcome visitors and guarantee you free smiles!

We also have over 40 interest groups. Because we are in a network with Littlehampton U3A, we also have free access to their more than 60 groups.

All this for £10 a year!

Look at our website. Just Google Arun West U3A.

