# **ASHINGDON & ROCHFORD**



# Newsletter

**Charity No: 1180576** 

**FEBRUARY 2024** 

The deadline for contributions to the next Newsletter is Wednesday 28 February 2024

Please send items for publication to the Newsletter Editor

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Hi everyone, hope you all recovered from Christmas celebrations, life is back to normal now, I quite like normal. It's pretty cold, but it's winter, shouldn't be surprised, but daffodils in the shops, my favourite flowers, look lovely, and spring is coming.

Those who are going to Harrogate in April need to pay this month. We have a great itinerary, all agreed by Kirbys - Harrogate, Harlow Carr on Tuesday, York on Wednesday, Rippon on Thursday, also Phil is organising walks for two days.



Our Quiz is on 22nd March £5.00 per person, please come, even if don't have a team we will sort out a team, ticket on sale February meeting. Don't forget if anyone has a good idea for a social event, please let us know. Judy had an idea for a Beetle drive, they are good fun, and we thought an afternoon would be a good time, no night driving. So it's in a planning stage.

# 1 February

Doors open at 1:15 pm Meeting starts at 1:45 pm

\*\*\*\*

#### FORTHCOMING SPEAKERS

1 February 2024 Mark Smith (Antiques road show expert)

7 March 2024 Simon Waterfield An Audience with Mr Dickens

4 April 2024 Stephanie Disch Talking about the local Dogs Trust Re-homing Centre I am looking forward to the spring. I love the garden, can't wait to be able to get outside. I am a fair-weather gardener I admit, the daffs are growing, some in bud, it's all coming to life. I personally have had a couple of nasty winter colds this year, can't wait to feel the sun on my face.

There is an urgent plea for a treasurer in this month's newsletter, a vital job, we cannot function without a treasurer, so please ask yourself could I do this, there will be help of course.

Also if you have any concerns about anything to do with u3a, please see a committee member, or myself, we of course can help you. We want you to enjoy being a member.

There is a committee meeting after general meeting

Lady Chair Beryl

# \*\*\*\*\* URGENT ANNOUNCEMENT \*\*\*\*\*

Noreen Bishop, our treasurer, is standing down from the committee this year, I need to point out that we need someone to replace her, the u3a cannot function without a treasurer, so if you feel you have the capabilities to replace her, please can you let us know, the worst result is if we do not have a treasurer we CLOSE.

# **Membership Renewals 2024/25**

Membership renewal time is drawing near. The annual subscription is £16. A Renewal Form will be sent to you shortly which should be completed and returned. If you are paying in person, please hand the completed Renewal Form in at the time or, if you are sending a cheque by post, include it in the envelope with your payment. If you are making payment by bank transfer, please post the completed form to **Pam Foster** at the address shown below or hand the form in at the monthly meeting. We will be collecting renewals at the February and March monthly meetings.

There are 3 ways to pay your membership subscription:

- 1. Payment by debit or credit card see Noreen Bishop at either of the meetings in February or March. Please remember to bring the completed Renewal Form
- 2. Bank transfer using the following details:

Account Name: Ashingdon and Rochford u3a

Sort Code: 60-17-38 Account No: 12122386

# PLEASE ENSURE YOU PUT YOUR MEMBERSHIP NUMBER AND SURNAME IN THE REFERENCE.

Please remember to hand in or mail the completed Renewal Form.

3. By cheque made payable to 'Ashingdon and Rochford u3a'.

PLEASE PUT YOUR MEMBERSHIP NUMBER ON THE BACK OF THE CHEQUE.

You can either hand your cheque to the Membership Secretaries at the February or March meetings or you can send it by post to:

#### **Pam Foster**

Please remember to hand in or mail the completed Renewal Form.

Please remember that the last date for renewal of membership is 31<sup>st</sup> March 2024. Any places not taken up by the renewal date will be offered to those on the waiting list.

Pam Foster & Val Stenson

Joint Membership Secretaries

# **Noticeboard**

# Trip to Nidd Hall April 15th.

Kirby's have agreed to the following trips for any of our group.

Tuesday April 16<sup>th</sup> - Harrogate and Harlow Carr RHS gardens. We will spend the morning in Harrogate and the afternoon at Harlow Carr.

Wednesday 17<sup>th</sup> - York.

Thursday 18th - Rippon.

We will provide a hand out of places of interest to visit in Harrogate, York and Rippon next month.

There is a bus service from Nidd Hall End to Harrogate which takes 37 mins, taxi is between £13 and £17 and takes 9 minutes for anyone wishing to travel independently.

Alternatively, there's will be an option to partake in an organised walk on Tuesday and Thursday or spend the days enjoying the facilities and grounds at Nidd Hall.

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# u3a picnic in August

We are interested to know if people would like to change the format of our summer picnic. We still intend to hold it in the field but would you like something different? Whatever you would like, please would you let us know as soon as possible. We would be very grateful.

You can contact any of the social committee members - the email addresses and phone numbers are on the end of the newsletter and their names are Beryl Horrex, Carol Edwards, Katherine Lake, Valerie Stenson, Rosemarie Barrows and Marion Cain.

They would all be interested in hearing your suggestions.

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#### Beware Scams

Please beware lots of scams about at the moment. The talk we had on this subject said just DELETE, even if you are unsure DELETE any odd emails, put the phone down on bogus calls. Just be very aware, these people are very clever.

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#### **Members' Monthly Draw**

The winner of the January Draw was

## Mary Johnston

You too can win £10! All you have to do "Just remember to SIGN IN"

## May meeting change of date

Because of forthcoming local elections in May we have had to reschedule the May 2nd u3a meeting to May 9<sup>th</sup> - *Roger Blight* 

# **Dates for your diary**

#### Serendipity Group -

Monet Immersive Experience Visit - Thursday February 15th. Entry time: 12:30.

As the exhibition is closing, our date changed to February 15<sup>t.</sup> Thank you all for your understanding. The tickets were purchased at the lower price of £14.90.

Anyone wishing to do the VR at the end, can purchase a ticket for £3 on the day. There are toilets but no refreshment facility at the venue.

We will catch the 09.56 train to Liverpool Street from Rochford, then walk for 17 minutes to Brick Lane. This allows time for a coffee at Wetherspoons Liverpool Street en route.

Anne and Rae Hill. Serendipity Visiting Coordinator's Group.

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#### Hello to all u3a Members

A coach trip has been arranged for Thursday 23 May 2024 to Cambridge for £13 each. Pick up is at 9.00am at the Ashingdon Memorial Hall, and a 2nd pick up at Hockley Spa bus stop approx. ten minutes later at 9.10am. The coach returns from Cambridge at 5.00pm.

Please note that because of the fresh air zone, the coach cannot take us to the centre to alight, however the stop will only be 400/500 yards from the centre of Cambridge. (If you use an aid to walk or have a fold-up scooter, this can be housed in the boot of the coach.)

If you would like to go, please come to the Serendipity table to place your name on the list. Payment please by cheque, bank transfer or card. Card transactions can be done at the Treasurers table or you can make a bank transfer to ARU u3a Social A/c marking the reference "Cambridge". Cheques should be made out to Ashingdon & Rochford U3A and marked "Cambridge" on the back.

Shelagh Nicholas Visiting Coordinator

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## **QUIZ NIGHT**

#### on 22nd March 2024



7:30 pm for prompt 7:45 pm start

## at Ashingdon Memorial Hall

Bring own nibbles, drink, pens and pencils



Tickets - £5 per person. Katherine Lake will be selling them at the next u3a meeting.

Please feel free to ask friends and family. If you don't have enough people to make up a **table of 8** don't worry. we'll be able to fit you in and you will still have a good evening - there are plenty of people coming in twos and threes so there's nothing to worry about.

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# Flower Arranging Demonstration

There will be a **Flower Arranging demonstration** with **Linda Kingott** the local NAFAS flower arranger and demonstrator on

Friday 22nd March 2.30pm to 4.00pm

at Stambridge Memorial Hall.



Linda will demonstrate a number designs which will then be raffled for the winners to take home.

Tickets will be on sale at the February monthly meeting - members £7.00 (guests £8.00)

This event is open to all members and guests

# THEATRE GROUP NEWS

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The Mousetrap: 70th Anniversary Tour

Wednesday 6th March 2024 2:30pm Palace Theatre - Tickets are ready for collection at the February meeting.

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#### Coming Up.....

# **Bonnie and Clyde The Musical**

Wednesday 22<sup>nd</sup> May 2024 2:30pm Cliffs Pavilion

#### One not to be missed! Winner of Best New Musical 2023.

Bonnie and Clyde; Fearless, shameless, and alluring. This award-winning production has earned a mass following, and now they are now ready to take Southend by storm. Discover the electrifying story of love, adventure and crime.

£43 - Payment at the February Meeting Please.



# Jesus Christ Superstar (Musical) Wednesday 10<sup>th</sup> July 2024 2:30pm Cliffs Pavilion

An album that inspired a revolution. A revelation that changed the world. A reinvention for this millennium. This reimagined production won the 2017 Olivier Award for Best Musical Revival, with unprecedented reviews.



£44 Payment at the May Meeting.

#### Waiting for God (Play)

Saturday 13<sup>th</sup> July 2024 2:30pm Dixon Studio, Palace Theatre
Amateur Production by the East Essex Players

Based on the BBC sitcom, Waiting for God explores the challenges that come with growing old disgracefully in the era of the "silver surfer". At Bayview Retirement Village, battle-axe extraordinaire Diana Trent conspires with new resident Tom Ballard to give the



conniving manager his comeuppance through a hilarious conspiracy with unexpectedly heart-warming results...

£16.50 Payment at the April Meeting.

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# Hairspray (Musical) Wednesday 11<sup>th</sup> September 2024 2:30pm Cliffs Pavilion

Welcome to the 60s, where everyone's grooving to a brand-new sound! Enter Tracy Turnblad, with big hair, big heart, and big dreams to dance her way onto national TV. This fun-filled, feel-good show is bursting with show-stopping numbers, dazzling costumes, and dizzying dance routines that you can't help but shimmy to!



£TBC Payment at the June Meeting.

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I aim to have a good range of shows, but if there is something you particularly wish to see, please let me know. I can't make promises as we need to have a certain number of people to qualify for group rates, however, I will always try.

Everyone is welcome to join us! The more people we have, the cheaper it is for everyone.

We are a friendly bunch, so if you wish to come alone or with a friend, you are more than welcome.

Many thanks. Claire Ham

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#### **Walks with Phil**

#### Friday 2 February

A reminder that we will be meeting at Magnolia Park car park ready to walk by 9.45 for a circular walk with some gentle ups and downs to Beckney Woods and back. Crossing Greensward Lane twice which is not too busy. Probably taking about 1 hour 45 minutes.

#### Friday 16 February

Let's meet at John Burrows car park in Hadleigh ready to walk by 9.45. We will do an anti-clockwise circuit of woods and heaths that does not involve crossing any A or B roads. Also the ups and downs are very gentle. It will take under two hours.

(John Burrows' sports ground car park is in Dawes Heath Road in Hadleigh. Coming from Southend on A127 turn left at Rayleigh Weir and then left again at the Woodmans pub. Follow the road for about 2 miles as it bends right and a mini roundabout is encountered. Go straight on at the mini roundabout and you soon will see on the right tennis courts and the park. The entrance to the free car park is just after the tennis courts. If you get to some traffic lights you have gone too far).

#### Friday 1 March

Let's meet at Clements Hall by the entrance to the sports hall by 9.45. We will cross Rectory Road and follow Ironwell Lane as it transmogrifies into a tree lined track nearly as far as Rochford. Eventually we will turn sharp left along the path towards St Marys church in Hawkwell. When we get there, we will go under the railway bridge, and into and through Magnolia Park, before returning to Clements Hall via footpaths and the White Hart Lane bridge over the railway. Again, the ups and downs will be gentle. It will take under two hours.

All members with a reasonable level of walking fitness and sturdy footwear are very welcome to come on any or all of these walks. Just turn up. But any concerns at all please ring or text me

Hoping to see you on one or more of these walks. Phil Kelly

#### **Monday Health Walks**

Rae, Anne and Richard invite any of our u3a members to join us on our weekly, Monday walks from Magnolia Park. We start walking at 10.am so meet at 9.45.am to allow time to put on boots etc., to enable a prompt departure at 10 am. Walk distance is about 2 to 3 miles at a pace to suit the ability of the slowest walker. Please use suitable foot wear for unmade sometimes muddy footpaths and bring suitable rainwear etc for our changeable weather.

Richard Paternoster

# **Group News Roundup**

#### **Cross Stitch session**

Our first short course at trying our hand at making cross stitch samples for Easter cards and completing a long-term picture was held today. Lots of chat, a cuppa and of course a cake or two. We are learning as we go and looking forward to completing our cards. The next date is Feb 6th at 10-30 until noon.

Anne Hilll

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#### **Calligraphy Group**

I have four new members join the Group last Monday which completes the amount of people I can accommodate, making a total of seven.

Their first time was a trial run and they all seemed to enjoy it, surprised it was not as easy as they thought, but I'm sure they will be fine, and with practise will turn into good calligraphy writers.

I have one lady on the waiting list who will be able to join when and if a place becomes available. It is difficult when no one wants to leave and it is only when they find they no longer wish to carry on I can take on another person.

Hopefully everyone is happy with the lessons and will continue to come along on a monthly basis.

Barbara Baker

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#### I.T. Group

Our meetings continue to cover a wide variety of IT topics embracing phones, tablets and computers.

Recently we looked at how to find out who is sending you spam emails, checking for fake news, the future of Windows 10 and its implications for users, alternatives to Windows, and working with folders in Outlook.

It's time for a change so I will be stepping down as Group Leader at the end of February but I am pleased to announce that Robert Nickless will take over as Group Leader.

We will be opening up the group to new members and although we have had a couple of names on a waiting list if you are interested in joining, please contact one of the Group Co-ordinators (Rae Hill and Carole Edwards).

Dave Pointer

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#### **Theatre Group**

We had a fabulous time at Six the Musical, such an uplifting show. Five hundred years of "herstorical" heartbreak packed into 75 minutes of girl power.

Claire Ham

#### **Bird Watchers**

Due to illness the January outing was cancelled, also we will not be meeting in February. Our next meeting will hopefully be on Monday March 11th venue yet to be decided.

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Paul Nice

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#### **Local History 2**

Our group met in Ashingdon Church Hall where we watched a film 'Rochford Past and Present' by Peter Whittingham, which Dave Pointer had found on the internet. We were joined by David and Val Whittingham who had not seen it before.



We could see how country lanes had become the streets that we are familiar with today. We saw the cattle market in the Square and many of our members remembered the shops.

It was a very interesting afternoon.



Carol Collins



# U3A Photo Group Jan 2024 A Stormy Start to the Year



January in England can be a challenging time for photographers due to the weather. The month is characterised by short days, long nights, and unpredictable weather patterns. The weather can change rapidly, with sunny skies quickly giving way to rain and overcast conditions. This can make it difficult to capture the perfect shot, especially when the lighting is not ideal. Moreover, the cold temperatures can make it uncomfortable for photographers to spend long hours outside.

In addition to the usual challenges, England has experienced severe storms in January 2024. These storms have caused widespread flooding and damage across the country, making it difficult for people to access certain areas. The high winds and heavy rain have also made it challenging to take photos outdoors. The storms have caused power outages and travel disruptions, which can make it difficult for the poor traveller to reach their desired locations.

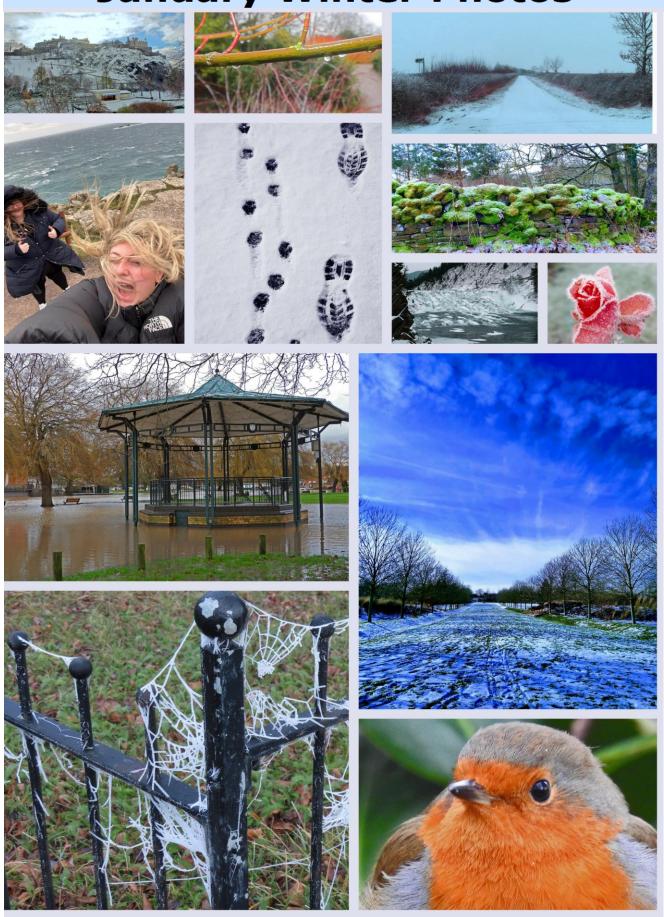
Despite these challenges, photographers can still find opportunities to take beautiful photos in England during January. For example, the storms can create dramatic and moody images, especially when the clouds break and the sun shines through. The flooding can also provide unique opportunities to capture the beauty of water and reflections. But news Photos can also show the misery and devastation of the people's homes caught by the encroaching flood water!

Photographers can take advantage of the low light conditions during sunrise & sunset plus exploit the winter conditions nature throws at us in January to create interesting images.

Here is a collage of winter photo taken by our photographers

Roger Young

# **U3A Photo Group 2023 January Winter Photos**



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#### **Gardening club**

The January meeting was well attended with a question and answer session run by Paul. Topics covered; how to use old potting compost, fruit trees, planting at this time of year and pruning. We also had a very useful seed swop.

Next meeting is on 8th February at 2pm and is an interesting presentation about "Do you know what you grow in your garden"

Marion Cain

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### All at Sea - Alan Perkins

In 1963, when I first moved to this area to take up my post as a Probation Officer, I found that one of my colleagues, roughly the same age as myself, was a chap named Norton Payne. I also discovered that Norton owned a sailing dinghy and that he sailed most weekends.

In my early teens, I had done a lot of rowing round the boating lake at Valentines Park, Ilford, but I had never done any sailing. Perhaps, inspired by the thought of Musto and Morgan - members of Thorpe Bay Yacht Club who gained a silver medal in one of the sailing categories at the 1964 Olympics, and as I was now living and working so close to the sea, I thought I would like to give it a try. After I had known him for some time, I therefore asked Norton, that if he had room one weekend when he was sailing, would he consider letting me accompany him. "Of course", he replied, "meet me next Sunday at Thorpe Bay Yacht Club at 9.30am." He went on to tell me what to bring with me; some sandwiches, drink, etc. and probably some advice about clothing.

The following Sunday was a bright, sunny, but rather blowy, summer's day. At 9.30am, there I was, in position, ready and waiting ... no Norton! 10.00am .... no Norton! Never mind, nice day, I'll just sit and enjoy the sunshine. 10.30am .... no Norton! Well It is Sunday morning and perhaps he had a late night last night? ... 11.00am. - give up!

But no, here comes Norton's car — "I was just about to give up" I say. "Sorry" says Norton "I forgot you were coming! It's not too late though, we can soon get going". Needless to say, it was not as easy as that. The dinghy had to be hauled from its mooring place to the slipway. Then there was a lot of faffing about with ropes and sails, but eventually I was shown my seat on one side of the boat while Norton, with ropes in his hand, sat on the other. Before I knew it, with a stiff breeze behind us, we were off.

Norton let sails on either side of us out fully and in no time at all we were scudding across the water at considerable speed. I was given to understand that we were heading towards the Isle of Sheppey, on the other side of the estuary, with a view to having our lunch on the cliffs there. Before that, however, we were making such good progress, that Norton decided to take us round the wartime forts situated in the estuary a little beyond Shoebury. Having done so, we then headed towards Sheppey.

At a spot below the cliffs we pulled the boat up on to the sand just beyond the water and climbed up on to the cliffs and sat there in the sunshine enjoying our lunch. After a short stretch out on the grass, we then made our way down the cliff and back to the dinghy. In the meantime the water had receded and was now about 30 yards away, so we dragged the boat across the sands to meet it and climbed in. It was probably at about this stage that I realised that the journey back was going to be different to the outward one! The wind which had

been behind us was now blowing strongly against us and I was told that as a consequence we would have to deploy a tactic called 'tacking' which meant sailing into the wind, but at crisscrossing angles so as to keep the wind in our sails and provide forward motion.

Norton sat down and gathered up ropes (which he now referred to as sheets), instructing me to sit opposite, no longer on the seat, but on the edge with my feet tucked under something at the bottom and holding on to a rope. And then we were off, at a considerable angle, the sails brushing the water on one side and me hung out over the other to counter-balance, hanging on to my rope for dear life. Every so often a wave would break over me, leaving me spluttering, gasping and soaking wet. Every time I thought I could slide back in, Norton would pull on his 'sheet' and I would have to fling myself backwards again. At one stage, out of a clear blue sky, a cloud appeared above and it started raining. This coincided with the appearance of a motorised pleasure vessel, bathed in sunshine, going the other way, whose passengers kindly waved to us. I was too preoccupied with staying alive at the time to respond.

Eventually, with every muscle in my body hurting, we made it back to the Yacht Club. I found then that my ordeal was not quite over. Norton insisted that we had to remove all the salt water from the dinghy by hosing it down with fresh water before it was moored away!

Finally I took my battered body in to the club house for a hot shower before I went home. As I was drying, a man I vaguely knew came in and declared himself to be the club captain. "What have you been up to today?" he asked. So I told him. "Oh no", he said, "no one has been out today, that wind was far too dangerous". To add insult to injury he refused to take my word that he was wrong ...which he was!

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# **Committee Members Contact Details**

Lady Chair	Beryl Horrex	
Vice Chairman	Marion Cain	
Business Secretary	Carol Collins	
Hon. Treasurer	Noreen Bishop	
Joint Membership Sec.	Val Stenson	
Joint Membership Sec./Beacon Admin	Pam Foster	
Joint Group Coordinator	Carole Edwards	
Joint Group Coordinator	Rae Hill	
Committee member	Phil Kelly	
Committee member	Anne Hill	
Committee member	Roger Blight	
Committee member	Ann O'Brien	
Committee member	Wendy Paternoster	
ExOfficio/Minutes Sec	Janet Berry	

GROUP MEETINGS CALENDAR					
MONDAYS					
Walking	Weekly	9.45	Richard Paternoster, Anne and Ray Hill		
Are you Curious	4 <sup>th</sup> Monday of month	2:00 - 4:00	Dave Lazell & Graham Collins		

Beer Appreciation	2 <sup>nd</sup> Monday of month	2:00 - 4:00	Terry Lake		
Bird Watching	2 <sup>nd</sup> Monday of the month	TBA	Paul Nice		
Calligraphy Group	2 <sup>nd</sup> Monday of the month	10:30 am	Barbara Baker		
Card and Paper Craft	3 <sup>rd</sup> Monday of month	1:30 pm	Wendy Paternoster		
Discussion	3 <sup>rd</sup> Monday of month	2:30 - 4:30	David & Barbara Hine		
Knit and Chat	4 <sup>th</sup> Monday of month	2:30 - 4:30	Barbara Hine		
Petanque (Boules)	2 <sup>nd</sup> and 4 <sup>th</sup> Monday of month	10:00	Linda Deadman		
Rummikub	Weekly	2:00 - 4:00	Pam Leys		
Supper Club	1st Monday of month	6:00 pm	Val Stenson		
TUESDAYS					
Book Club (2)	3 <sup>rd</sup> Tuesday of month	10:30	Maureen Pointer		
French Conversation	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month	2:30 - 4:00	Sue Horncastle		
Local History (2)	2nd Tuesday of the month	2:00	Graham Collins & Carol Collins		
Petanque (Boules)	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of month	2:00 - 4:00	Beryl Horrex/Janet Toms		
Short Mat Bowls	Every other Tuesday	2:00 - 4:00	John Stenson		
Ten Pin Bowling	Fortnightly	11:00	Jacqui & Keith Baker		
		NESDAYS			
Knitting & Sewing	4th Wednesday of month	2:00 - 4:00	Katherine Lake		
Line Dancing	2 <sup>nd</sup> and 4 <sup>th</sup> Wed of the	2:00 - 3:00	Jill Nettleship		
Local History (1)	2 <sup>nd</sup> Wednesday of month	p.m.	Sandra Dawson		
Table Tennis	Weekly	7:30	John Owen		
Table Tellins	•	IRSDAYS	Joint Gwen		
Cribbage (cards)	4 <sup>th</sup> Thursday in month	10:00 - 12:00	Keith Baker		
Gardening Group	2nd Thursday of month	2:00 - 4:00	Paul Nice & Marion Cain		
Knitting (2)	Fortnightly	2:00 - 4:00	Sue Dodkin		
Serendipity	Monthly (Normally a	All day	Various		
Snooker	2nd Thursday of month	11:00 - 1:00	David Lazell		
Snooker (2)	3rd Thursday of the month	11:00 - 1:00	Peter Saville		
SHOOKEI (2)	•	RIDAYS	Feter Saville		
Canasta	2nd Friday of the month	2:30 - 4:30	Ian Foster		
Book Club (1)	2 <sup>nd</sup> Friday of month	1:30	Wendy Paternoster		
Flower Arranging	4 <sup>th</sup> Friday of month	2:00 - 3:30	Maureen Pointer		
I.T.	4 <sup>th</sup> Friday of month	2:00 - 3:30			
Local History (3)	1 <sup>st</sup> Friday of month	10:00	Dave Pointer Sue Morris. Sue Mitchell & Karen Hunter		
Local History (3)	1 Triday of month	10.00	Sue Morris. Sue Mitteneil & Karen Hunter		
Photography	2 <sup>nd</sup> Friday of month	2:30 - 4:30			
тносовгарну	Inside	2:00 - 4:00	B V		
			Roger Young		
	Outside				
Solo/canasta	4 <sup>th</sup> Friday of the month	7:00 - 9:00	Ian Foster		
Walking	2 Fridays per month	Mid	Phil Kelly		
		URDAY			
Petanque (Boules)	2 <sup>nd</sup> & 4 <sup>th</sup> Saturday of month	10:00 - 12:00	Rosemarie Barrows		
SUNDAY					
Sunday Lunch Club	Monthly, various dates	1:00 - 3:00	Carol Collins		
Other Various Dates					
Garden Visits			Janet Arrowsmith		
Theatre Trips			Claire Ham		
- 			Ciail & Fiaili		