



QR CODE for the WEBSITE: <https://u3asites.org.uk/chinnor>



Thank you for the welcome and all the positive comments. Please do come and have a chat when you see me around. This month Janet is having a well-earned rest and so in her absence I have put together this quick KiT to provide you with some key information and a few reminders. I hope this 'hits the spot', normal service will resume next month. The next speaker marks the beginning of a health and wellbeing theme. Did you know that socialising and mobilizing has been found to reduce risk of dementia? There are already groups encouraging activity (e.g., walking for all tastes and abilities) and this year we plan to introduce a number of other events to encourage healthy living. Finally, we are reviewing how we communicate with you and, as part of this, if possible, you are encouraged to use the website as a source for information. The QR code above should make it easier to log on

## MONTHLY MEETINGS

PLEASE REMEMBER TO BRING A CUP  
TO SPEAKER MEETINGS

**3rd Thursday 14:30** Chinnor Village Hall

**16 February 2023** Strength Training & Healthy Ageing Speaker: Karl Alexander

**23 February 2023** ANNUAL LECTURE Online safety  
Speaker: Shayne Green

**16 March 2023** Wendover Canal Trust Speaker: Clive Johnson

## BRING A FRIEND

### INFORMAL COFFEE MORNINGS

at the **VILLAGE CENTRE**

in the Chiltern Room

(2nd Friday)

**10 February 1030**



## OUTINGS & HOLIDAYS

website: 'Outings Hols'

Contact: Paul DeJongh

[outchinnoru3a@gmail.com](mailto:outchinnoru3a@gmail.com)

07885 270390

## NEW INTEREST GROUPS

**NATURAL HISTORY** Peter Hetherington 07767647714

**3 February** - Visit to Natural History Museum)

**19 February** 1400 Aston Rowant Church 'Snowdrops, duck racing & tea'

**3 March** Inaugural meeting 1030 Chinnor Village Centre

**FAMILY HISTORY GROUP** Barbara & Sue:

[groups@chinnoru3a.com](mailto:groups@chinnoru3a.com) 01844 351877

**MECCANO** Chas [chas@chas-large.co.uk](mailto:chas@chas-large.co.uk) 07730 538697

**THE COMPUTER GROUP:** Please look out for the survey to find out what support you need to use computer/electronic devices

## NEW AGE KURLING:

**14 March** 1400 Reading Room Margaret Lambert

[buschinnoru3a@gmail.com](mailto:buschinnoru3a@gmail.com) 07831406877



**20-24 March** Warners Bembridge Coast, Isle of Wight  
£457 pp

**12 April** CLAY PIGEON SHOOTING,  
Waterperry, £65pp (inc refreshments)

**16-20 October** Dovedale walking holiday  
(Waiting list only). Contact Peter Lambert  
[trchinnoru3a@gmail.com](mailto:trchinnoru3a@gmail.com) 01844  
352617

Thanks to all those who volunteered for  
'HELP FOR HEMPTON' 12 members  
recruited