



November 2021 Newsletter

Monthly Meetings

Please join us on **Tuesday 16th November** from **12 noon to 2:30pm**

Thomas Pinna from **Core Clapton** will be talking about **Managing osteoarthritis, keep moving in older age and pain management**. There will be some simple chair exercises for you to participate in at the end of the talk.

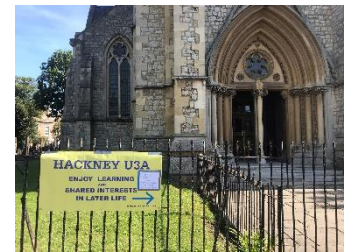
There will be coffee, tea and biscuits but no lunch this time; feel free to bring yourself a sandwich or snack if you wish.

Please join us on **Tuesday 14th December** from **12 noon to 2:30pm**

AGM and Christmas Party.

As it will be our Christmas Party, food and refreshments will be provided so no need to bring lunch unless you have special dietary requirements.

Both meetings will be held at **St. Mary's Church Hall** (at the rear of St Mary's Church), Stoke Newington Church Street, N16 9ES
Buses 73, 476 or 393 (Stoke Newington Town Hall) or buses 141 and 341 (Stoke Newington Church Street)



Other Events

Friday 12th November **Long Walks**: A SWC circular walk of 7.5 miles from Richmond station mainly in **Richmond Park**. Details have been sent out to group members and are also on our website.

Thursday 18th November **Shorter Walks**: Outing to **Surrey Docks and Wapping to City**. Details have been sent out to group members and are also on our website.

30th November **Exploring London**: Visit to the **Museum of the Home**. Details will be sent out to group members and will also be on our website.

The **Art Group** meetings will be meeting on Friday 12th November 1:30 to 2:30pm in **Clissold Park** and Friday 26th November 2 to 4pm in **Dalston Curve**.

Membership

Thank you to all of you who have paid your annual membership for the year up until 31 August 2022. If you have not yet paid, please can you do so, details on how to pay are on our website or were emailed or posted to you. Subscription rate is £12 for membership and £15 if you wish to receive the National Magazine "Third Age Matters"

Committee Vacancies

Please consider joining our Committee to help start activities and new groups. We have a vacancy for Treasurer and also need help with organising Monthly Meetings.

To contact HU3A or find out further information:

Mobile : 07526 093695, **Email :** hackneyu3a@gmail.com

Website : www.hackneyu3a.co.uk



Update on Groups currently operating

This provides information on which groups are currently operating:

Groups operating on Zoom or planning to return to meeting in person:

- French Films and Conversation
- Philosophy

A mixture of face-to-face sessions hosted by players and using online bridge websites such as BBO, Shark and Trickster:

- Bridge

Groups meeting in person and also accessible on Zoom (Hybrid meeting)

- Ukulele
- Tai chi - Since September, this class has returned to a new venue: St Michael's Hall near London Field, Lansdowne Drive, E8 3ER, at the new time of 14:00-15:00 and also continues to be hosted over Zoom

Groups alternating between Zoom and meeting in person:

- Poetry – meeting fortnightly on Wednesday alternating between once a month in Prideaux House 10:00 to 11:30 and once over Zoom 10:00-11:00

Groups meeting outside:

- Art - Re-started 9 April in member's garden and now meeting in different outdoor venues and may move to Springfield Park House
- Bird Watching - we meet on the first Monday of the month and walk the same route, so we keep up our records of birds spotted by month
- Exploring London – see Events for details of next meeting
- Long Walks - Re-started 28th May, see Events for details of next walk
- Shorter Walks – Re-started 7th October, see Events for details of next walk

Groups meeting indoors:

- Badminton NEW Britannia Leisure Centre, currently Thursdays 11:00 to 13:00
- Current Affairs: Restarted in St Joseph's Hospice, Mare Street on 27th July and have continued to meet fortnightly. The group is having its last meeting before the Christmas break on 14th December; meetings will resume in January.
- Pilates - Since September, the Monday session has returned to a new venue: St Michael's Hall near London Field, Lansdowne Drive, E8 3ER, at the new time of 12:45-13:45

Groups to hopefully re-start soon:

- Reading and Discussion Books – Over Zoom or outside
- Science Group – at the Group Leader's House

OTHER GROUPS MAY BE IN TOUCH WITH THEIR MEMBERS