

# Stanford and District u3a Advance Notice

APRIL 2023

Dear u3a members,

**We look forward to seeing you on Thursday 13<sup>th</sup> April for the monthly Meeting.**

Our speaker on Thursday 13<sup>th</sup> April 2023 is Kathy Kentish, Chief Executive, Citizens Advice, South Essex.

**Parking – please remember to park neatly in the spaces; leave the container area free of cars; if there's no room use the nearest town car park.**

## Ann's Column

It took a long time for the muse to arrive this month. My son spent the afternoon of Mothering Sunday in the garden with a pair of shears and the secateurs. Sadly, the bamboo, in a large pot, died over last summer, so that was hacked down. Apparently, they can come back, but I'm not too optimistic. The 2 hypericums are now much shorter and most of the brambles have gone. *It's almost impossible to get rid of them. Having previously said that I wouldn't be buying any/many plants this year, I went to the pansy/viola festival at Meadowcroft and came back with 3 pots of violas and a pretty pink polyanthus. Now all I need to do is deadhead them. Also, my summer jasmine doesn't seem to have any shoots. It has been beautiful the last few years, so full of scented flowers, perhaps it has exhausted itself.*

*By the time you read this Easter eggs and hot cross buns will have been demolished. I gave up chocolate, along with my cousin, for March, as it includes cake, biscuits and desserts, but not the sprinkle on my cappuccino, I think I've done quite well. Trips and holidays are off at the moment. We did have a week booked in Lincolnshire, (my Dad came from Boston), but that's on hold until the Autumn. I've had to have a bit of dental work done recently, which also involved having a crown removed and a new one in its place. While waiting for the new one, I had a temporary one, so had a lot of soup as I didn't want to dislodge it. I've rediscovered mulligatawny soup, haven't had it for years. I actually feel as if I've had an MOT, feet, hair, eyes and teeth. The major repair comes in April. Ps. I spent last Saturday evening watching The Musicals on BBC 1-what a great programme, and the enthusiasm of all the performers. I felt quite emotional particularly with the Abba music and Michael Ball's Love changes everything. I bought the single years ago, in the days of 45's and nearly wore*

it out. It's true that music has a very strong emotional effect on our lives, whatever genre of music you enjoy.

PPS.As I write this, for anyone who has read my football notes, Ipswich have just beaten Derby, and Cambridge won. One happy brother and one deflated brother. Never mind. C'est la vie.

**Sorry it's not in the Newsletter as it arrived after that had been sent to the Printing Office – so you can read it here! Chris Henderson**

### **Speaker at General Meeting Thursday 13<sup>th</sup> April 2023**

Our speaker on Thursday 13<sup>th</sup> April 2023 is Kathy Kentish, Chief Executive, Citizens Advice, South Essex.

Have you remembered to rejoin? Pick up your membership card please, you need to show it to your group leaders with your new number.

### **TRIPS**

#### **Hampton Court Palace and Gardens – Thursday 1st June '23**

***{We will have tickets available for sale at our April General Meeting}***

We are fortunate to have confirmed this trip for up to 100 of our members. Hampton Court Palace is an awe-inspiring and flamboyant showcase with its vast and never-ending vistas, courtyards, gardens and parkland along with its magnificent state apartments. It is also the famous seat of Henry VIII and his many wives. You could also perhaps try to find your way around the maze. There are refreshment facilities available on site.

The total cost per head is an all-inclusive **£45.00** and tickets will be available at the **April General Meeting**.

Please make **cheques payable to "SLH U3A"**

#### **Pick-Up Times**

Lampits Hill 8:45, Springhouse Club 8:55, The Oak 9:05

### **HOLIDAYS**

At our **April Meeting** we will be selling '**Thursford Spectacular.**'

Included will be the Coach Trip; Hotel (DBB); visit to Holkham Hall and Tickets.

On **Monday 18<sup>th</sup> December** we will travel to Pensthorpe Nature Reserve for a lunch of soup and sandwich, then on to the Thursford Spectacular three-hour show with a cast of 130 dancers, singers, and musicians. Afterwards onto the hotel (The Links just outside of Cromer) for dinner, bed and

breakfast. After breakfast on Tuesday 19<sup>th</sup> December, we go to Holkham Hall which will be dressed for Christmas.

The cost is £230 per person and £245 for a single person. £50 deposit cheques make out to SLH u3a.

**Only selling at our April meeting**

Pickup: Lampits 7.45, Springhouse 7.55. Oaks 8.10

**THEATRE TRIPS**

**New trip - Crazy For you, at the Gillian Lynne Theatre, London. A matinee on Wednesday 25th October. Cost £60 each stalls ticket, coach and tips.**

Pick up points at Lampits Hill, Springhouse, The Oaks

Tickets on sale in April

Printed copies of the monthly newsletters are available at the meeting,

OR

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