



Coffee Grinders

Next Coffee Grinders Friday 1st September

10.00-12.00

Lambe School, Gaston Street, East Bergholt

From the Enid's jewellery sale during August £36 was raised which has been sent to the Disasters Emergency Committee, where it will be used to help with the floods in Pakistan.

Lectures for 2023

Wed 13th September

Michael Grillo: Two kinds of teardrops. The stories of Roy Orbison and Del Shannon.

Wed 11th October – AGM

Ray Simmons "The trumpet shall sound: recollections of a life in music". For 19 years Ray was principal trumpeter with the Royal Philharmonic Orchestra.

Wed 8th November

Steve Lester "Insights of a Provincial Auctioneer"

SUMMER LUNCH

A group of 80 people enjoyed a summer lunch on Wednesday 16th August at Hintlesham Golf Club. A good time was had by all who attended.



AUTUMN QUIZ

The Autumn quiz will take place on Saturday 14th October 6.45 for 7.00 pm please bring your own drinks and nibbles. Teams of 6.

If you are interested in attending please contact Sue Basted on 07922 481507 email susanbasted10@gmail.com

GARDEN VISITS

- The Oxburgh Hall Trip on the 21st September is fully booked
- Cambridge Botanic Gardens on 26th October has places
- North Wales Holiday 3-8th June – all single rooms taken, there are 5 twin/double rooms available. Booking form is on the website or via Val Pretty at the September lecture.

MEMBERSHIP RENEWAL

We hope you are enjoying your u3a Stour Valley membership - It's now time to renew for another year (to 31st August 2024)

Full membership £15

Associate membership £10 (if you are a full member of another u3a Group)

Membership is free if you are aged 90 and over

You will shortly receive a personalised email with information on how to pay.
Members who are not on email will receive a renewal form with this newsletter.

Please note that members who joined in June, July or August 2023, do not need to renew

Renew your membership and enjoy another year of lectures, interest groups and social activities with your u3a Stour Valley Group – we look forward to seeing you.