



February
2024

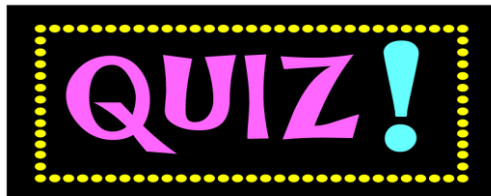


Monthly Coffee Morning

1st March 2024

10.00-12.00

Lambe School, Gaston Street, East Bergholt Come along and meet new people and members of the Committee
Enid will be at the Coffee Morning with her repaired and recycled jewellery being sold for charity.



QUIZ NIGHT FRIDAY 22ND MARCH 2024

CONSTABLE HALL, EAST BERGHOLT

TEAMS OF SIX – BRING YOUR OWN DRINKS AND NIBBLES

ANYONE INTERESTED IN ATTENDING PLEASE CONTACT

SUE BASTED ON susanbasted10@gmail.com 07922 481507

LECTURES 2024

Held at Constable Hall, East Bergholt

2.15 pm

We're sorry that the speaker, Tobias Capwell, was unable to reach us on the 14th February. This was due to the Orwell Bridge and slip roads being closed in both directions for several hours following " a police incident ". Toby has been rebooked for 10th April following Jenny Malin having to cancel.

March 13th - Bonny Williams (from PACE) your individual footprint and why it matters.

April 10th – Tobias Capwell curator of armoury at the Wallace Collection.

May 8th – Peter Halliday “A history of Suffolk Gravestones”.

GROUP NEWS

Look at our website - u3asites.org.uk/stourvalley/

It has news and information about all our Interest Groups.

Colchester U3A have organised a mid-week festive break from Monday 25th. November – Friday 29th. November at Potters Resort in Norfolk and have asked if any of our members would like to join them.

The cost is £519pp in a bungalow or £589pp in a hotel premier room (based on 2 people sharing)inclusive of full board meals and drinks, entertainment from Potter's theatre company and comedy team, their Christmas Spectacular plus pool and spa facilities. For single rooms add £20 pp per night.

Coach travel cost is £20-£25 pp return.

Contact Ruth Freedman for more information

email: ruth.freedman@colchesteru3a.org.uk

Telephone 07850 024224

YOU'VE GOT FRIENDS



All members should by now have received the February issue of Third Age Matters. On page 7 there is an excellent article about the launch of the countrywide U3A Friends Newsletter.

The scheme includes:

- Regular and special issues of the online national U3A Friends Newsletter, filled with news from u3as across the country, plus fantastic offers and services
- Information about nationwide U3A events and national initiatives
- Access to learning opportunities
- Coming soon: the opportunity to sign up to U3A Friends Extra benefits scheme which includes Click and Save

To join go to u3a.org.uk/newsletter