



Coffee Grinders

Next Coffee Grinders Friday 4th August

Lambe School, Gaston Street, East Bergholt

There will be a table for anyone that would like to swap plants please bring any unwanted plants

Enid will be coming along with her repaired and recycled jewellery for sale.

Lectures for 2023

No lecture in August.

Wed 13th September

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

Wed 11th October

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

GARDEN GROUP HOLIDAY IN NORTH WALES

3RD-8TH JUNE 2024



Please find attached information and booking form for the group holiday for 2024

Please contact Doreen Bezant

doreenbezant@gmail.com

You deserve a break

As our own Euro Travel Group prepares to fly off to Spain on 2nd October, we can bring you details of a break being planned by our neighbours, Colchester u3a

COLCHESTER U3A FESTIVE FOUR NIGHT BREAK

POTTERS RESORT, HOPTON, NORFOLK – FROM 27TH NOVEMBER

Entertainment from the Potters Theatre Company & Comedy Team Including their 2023 Christmas Spectacular! Plus inclusive activities use of Sports and Leisure facilities

Full Board Meals including late night dish and inclusive drinks package

Bungalow (standard): £509 pp.

Bungalow (plus): £529pp. - slightly fresher decor and several extras*

Email: ruth.freedman@colchesteru3a.org.uk for further info

Meanwhile The Stour Valley Euro Group is preparing an offer involving the Christmas Markets in Germany. A coach tour over four days is being costed for us – about £450 – details available shortly, but dates are late November and early December, as you might expect.

GROUP NEWS



Pubs R Us

This summer, we have been exploring the River Deben as members of the Pubs R Us walking group. Having walked Martlesham Creek back in May, in July we did a stretch of the foreshore around Newbourne and ended up in the local pub "The Fox".

The third Deben based walk will be held on 20th September and will start from the Ferry Boat Inn at Felixstowe.

The pub walks are slotted into the Five Mile Walk programme and upcoming walks are on Monday 14th August and Monday 11th September. Oddly all our walks seem to have a pub option, but Mondays are more problematic.

This group has over sixty members and regularly attracts over twenty participants, so we are never short of conversation!

Visit to Rockingham Castle and Gardens

On the 16th July the Gardens Group visited the small town of Stamford followed by a visit to Rockingham Castle and Gardens. An enjoyable time was had by all.



PICKLEBALL

Our pickleball group has grown and we now regularly book all of five courts at the Sports Park every Tuesday. We held our second tournament on 24th July and it was enjoyed by all. Congratulations to our winners - Paul Lake first, Clive Munro second and Richard Starma third.

