



## Coffee Grinders

**Next Coffee Grinders 7<sup>th</sup> July**

**Lambe School, Gaston Street, East Bergholt**

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

## Lectures for 2023

The talk on the 14th June on the subject of the Commonwealth War Graves Commission was well received. For those members who wish to make contact, the email address of one of the speakers Barrie Sears, is [bazsears@hotmail.com](mailto:bazsears@hotmail.com) and he will be delighted to hear from you with any questions or comments.

In February we had a speaker from the Co-Op Estate Planning Department who gave a good talk on wills, inheritance tax, lasting power of attorney etc. A free 2 hour home visit was offered so that personal issues could be discussed. Several members have since asked for the contact which is – Jackie Reeve 07702 602082 [jackie.reeve@coop.co.uk](mailto:jackie.reeve@coop.co.uk)

### Wed 12th July 2023

Tania Harrington returns to give a talk “Selfie Power” a history of miniature portraiture

### Wed 13<sup>th</sup> September

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

**SUMMER LUNCH - HINTLESHAM GOLF CLUB**  
**WEDNESDAY 16<sup>TH</sup> AUGUST**  
**PLEASE FIND BOOKING FORM ATTACHED**



**GARDEN GROUP HOLIDAY IN NORTH WALES**  
**3<sup>RD</sup>-8<sup>TH</sup> JUNE 2024**



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

Please contact Doreen Bezant  
[doreenbezant@gmail.com](mailto:doreenbezant@gmail.com)

## GROUP NEWS



### Calling all Book Worms

Stour Valley U3A currently only has one book-group which is unable to take on more members.

I have begun to build a list of avid readers keen to join a second book-reading group.

I could list all the benefits of being in a book group such as:

It encourages us to actually read and often we develop new friendships.

It gives us a different perspective on what we have read.

Discussing what we've read can challenge our understanding, and may help us make new connections that we may not have thought about before, etc.

However, according to a recent study published in the British Medical Journal, belonging to a book club that meets regularly for social interaction can reduce our risk of premature death after retirement, so, don't waste any time, make contact with Doreen Bezant to be added to the list and become a member of a second group.

Doreen Bezant

doreenbezant@gmail.com

### ANYONE FOR GOLF

If anyone would like to play golf with other U3A members please contact Duncan Russell who is interested in forming a new group.

Telephone 07972868272 email dfrussell\_2000@yahoo.com

