



Coffee Grinders

Next Coffee Grinders 2nd June

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 offering her repaired and recycled jewellery for sale again. All proceeds will be donated to the Disasters Emergency Committee. You may find a nice piece, and you will be helping a worthwhile charity at the same time.

Lectures for 2023

Wed 14th June 2023

Peter Rowbottom – the Architecture and History of the Commonwealth War Graves

Wed 12th July 2023

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

Wed 13th September

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

WANTED URGENTLY

NEW SECRETARY TO JOIN THE COMMITTEE

We have been without a Secretary for six months – if you are interested in this role please contact our Chairman Paul Lake

Coronation Event

On Monday 8th May the U3A was represented at the Coronation Celebration Event by Singing for Fun and the Ukulele Groups. An enjoyable time was had by all.



SUMMER LUNCH - HINTLESHAM GOLF CLUB
WEDNESDAY 16TH AUGUST
PLEASE FIND BOOKING FORM ATTACHED

GROUP NEWS

Welcome to summer... almost...

Twenty people enjoyed an evening at Lucca to



celebrate lighter nights and have a good meal. The international Dining Group is never full.

A spin-off from the Five Mile walking Group called "Pubs R Us" enjoyed a summer stroll around Martlesham Creek as the first of three summer walks featuring the Deben. Our walking groups are never full.



Plenty of room for new members interested in current affairs and bits of philosophy. Join our "Thinking Out Loud" Group.

In the summer we can sit outside to enjoy the gardens of Old Hall and switch from coffee to squash!

Details of each of the above groups available on our website or contact Graham at: gandamanuel@gmail.com

Pétanque



The new season of Pétanque has already begun, meeting at 2.30 every Friday, weather permitting, at Linda Bestow's piste, which she kindly lends. New members are very welcome – no experience is needed and you will be able to borrow boules, if necessary. If you are interested, contact Enid through the Groups page on the Stour Valley u3a website, email her directly at joywin@mail.com, or just turn up on the day.

GARDEN VISITS



PLEASE SEE ATTACHED FLYER REGARDING BOOKING GARDEN VISITS FOR THE REMAINDER OF 2023 AS WELL AS NEWS ABOUT THE 2024 GARDEN HOLIDAY.

QUIZ GROUP

The quiz group meets once a month on the last Wednesday of the month at the Lambe School. Each month different members volunteer to lead the group. The emphasis is on fun and we all enjoy learning trivia. We have a whatsapp group that enables us to try and organise a team for any quizzes in the community. We have managed to win three times so far. If you would like any further information please email svquiz@gmail.com. We would love to hear from you. If you see any quizzes near you, please do send us details.