



October
2023



Coffee Grinders

Next Coffee Grinders Friday 3rd November

10.00-12.00

Lambe School, Gaston Street, East Bergholt

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Friday 1st December

When Coffee Grinders meets Christmas, we'll have a ball.

Get into the swing with coffee, mince pies and crafts.
If you're a crafter, bring along suitable items for the Sale Table.
If you're a member, bring some small amounts of cash to buy a unique Christmas present that will be "just the thing."
Run by our members, for our members on a not-for-profit basis.
To book table space get hold of Graham on 07743 941557



LECTURES

Lectures are held at the Constable Hall, East Bergholt at 2.15 pm

Wed 8th November – The AGM will now be held in November before the lecture
Steve Lester "Insights of a Provincial Auctioneer"

MEMBERSHIP RENEWAL

IMPORTANT REMINDER

If you wish to renew your membership before it lapses on 31st October - payment details are as follows:

Bank transfers should be made to: 20-22-67 10066850 The Stour Valley University of the Third Age including your SURNAME and initial for reference.

Cheques should be made payable to: The Stour Valley U3A and sent to: u3a Stour Valley Membership Secretary, 8 Merriam Close, Brantham, CO11 1RY (including your NAME on the back).

Membership Rates: Full £15 / Associate £10 (if you are a full member of another u3a Group) / Free if you are aged 90 and over



**CHRISTMAS LUNCH – WEDNESDAY 6th DECEMBER
HINTLESHAM GOLF CLUB**

**PLEASE CONTACT SUE BASTED FOR FURTHER
DETAILS susanbasted10@gmail.com or 07922481507**

Last date for booking Friday 17th November

GROUP NEWS

EUROPEAN GROUP TRAVEL

On 2nd October, twenty-two members of the European Travel Group set off at the crack of dawn (well before dawn really) to travel to Stansted. We boarded a Jet2 flight to Malaga and a bus took us to our accommodation in the hilly countryside north of Granada. This would be our base for six days during which time we explored the ancient cities of Andalusia - Granada, Cordoba and Seville. We were also taken to a couple of small mountain top towns and visited an olive oil production site where 9,000,000 litres of oil are stored in bright, stainless-steel tanks. Temperatures reached 32 degrees by mid afternoon but we all managed to deal with this issue. Very well organised by a company called "The Hidden Corners of Spain". Planning for our next adventure is underway.



New Group – Camera Group



Tricia Nolan would like to set up a new group for camera enthusiasts who are interested in meeting like-minded people with a view to improving their photographic skills.

If you are interested please go along at 10.00 am every Tuesday morning to the National Trust café at Flatford where Trish will be pleased to meet you and discuss how to take the group further. She will give you her contact details then.

PREGO!



NEW Italian Conversation Group – any level – join us for a chat fortnightly 2 pm on the 1st and 3rd Wednesdays of the month.

Email or phone Clare

Clairelyes1@hotmail.com 07751 804195 for more details or to register an interest.