



Welcome to our June 2023 Newsletter

COFFEE MORNINGS

The next Coffee Morning will be on **Monday 5th June 2023** and will be hosted by the **Wanderers Group** at the **Roundswell Community Centre** at **10:30am**. Admission £1 for coffee/tea, biscuits and a raffle ticket. We will also have our **AGM**, **SO PLEASE REMEMBER TO BRING YOUR MEMBERSHIP CARDS so that you can vote**. The Coffee Morning on **Monday 3rd July** will be hosted by the **Amblers Group**, and we will have a speaker - **Lisa Chanter** who will be speaking about the Devon dialect..



Please Welcome our New Members:

Mr Clive and Mrs Ruth Carey (Affiliated)
Mr Scott Channon
Ms Cathy Chick
Mrs Cheryl Chidrawi
Mrs Rose Harbord (Affiliated)
Mrs Sandra Madden (Affiliated)
Mrs Betty Mayne (Affiliated)
Mr Hans and Mrs Jean Muller (Affiliated)
Mrs Angela Norris (Affiliated)
Mrs Pamela Selman
Mrs Sandra Slade (Affiliated)
Mrs Brenda Stanley
Mr Brian and Mrs Linda Tancock
Mrs Maggie Thomas (Affiliated)
Ms Frances Walsh



Taw U3A Annual Day Out Wednesday 14th June 2023



The U3A will pay the cost of the bus. We will all buy our own tickets at Paignton for £31 each. This includes the steam train, ferry, and a cruise back to Totnes. **Please see the Holiday entry in Our Groups for pick-up points and times, and itinerary.**

~Lynden



POSSIBLE NEW GROUP: Chair Pilates - Taster Session

Monday 12th June 11:00am to 11:45am - Instow Village Hall, Quay Lane, Instow, EX39 4JR



Chair Pilates improves strength and flexibility. It is a low-impact workout focusing on strengthening muscles whilst improving flexibility and posture. The session is broken down as follows: warm up, middle phase (workout), stretching/cooling down and relaxation. The class will be taken by Cheryl Chidrawi, a qualified Pilates teacher.

This taster class is for U3A members to come along and try the class out and see if there is enough support to make it a regular class. The group leader is **Susie McCrum**.

The cost of the session - U3A members can make a donation and a vote will taken to which worthy charity it will be donated, non-members £5 per class.

REMINDER: If you **move house** or your **email** or **telephone number** changes *please* let **Veronica McLaughlin**, the **Membership Secretary**, know so that we can continue to keep in contact. It will also ensure you continue to receive the Newsletter by email.

ILLNESSES and BEREAVEMENTS: **Carol Griffiths** is responsible for keeping in touch with members who become ill or are taken into hospital. If you become aware of any such cases please contact her. Would Group Leaders please take responsibility for informing Carol of illnesses of their group members. Would the family, Group Leader or any other member please inform Carol of the details of names and dates of deaths. **A single line announcement will be included in the Newsletter unless the family do not want any acknowledgment.** It is for the Group Leader to notify Carol who will notify the Newsletter Editor.

EQUIPMENT MANAGER: Gordon Gregory.



Our Groups

Members are encouraged to contact the Group Leaders of groups they are interested in joining and have their names added to any waiting lists.

REMEMBER - Contact details are in the tables on the last two pages of this newsletter.

Those two pages are not available on our Website!

AFTERNOON TEA - Jill Chappell. No report this month.
~Jill

ALLOTMENT - NEW GROUP - Jackie Ward. **Allotment 21, Mill Road site, Barnstaple.** This group is up and at it, the shed and bench is on the allotment and is in a sunny place, the allotment ground has been made ready for the trays of seedlings/plants our group has been growing. There is one hour free roadside parking and a pay and display car park close by. You can come and meet us and take a look at our sunny plot before making your decision to join us. We have room for three more members. Contact Jackie Ward (see Contacts List for contact details).
~Jackie

AMBLERS - Trish Lilley, Lyn Bonewell. Our walk on the **13th June** will be around the lovely village of **Georgeham**. We will meet in the **public car park on the Glebelands** just off David Hill at **11:00am**. The walk will be along some lanes and across a couple of fields so good footwear is advised - if too wet we will of course revise the route!! Ivan and I propose going for lunch to The William Arms on route home in Braunton (Carvery £10.95 per head) and if anyone would like to join us please give us a ring by the **6th June** and we will book a table. Hope to see lots of you there.
~Pauline & Ivan

ART - Derek Seymour. The Art Group meets on the **1st and 3rd Thursday** each month from **9:30am to 12:00 noon** at the **Rhododendron Methodist Church Hall**.
~Derek

BADMINTON - Alex Ferguson, Carol Griffiths. **Tarka Leisure Centre 09:30am to 10:30am TUESDAY and 2:00pm to 3:00pm THURSDAY**. We still have vacancies for one or two players to join us on our Thursday afternoon session. Why not come along and take advantage of a free taster session before making a decision on joining. We are a friendly group of mixed abilities so why not give it a try. For further information just call Alex or Carol.
~Alex & Carol

BOOK CLUB - Barbara Vercoe. Book Club takes place on the **4th Monday of every month** at **10:30am**. At present we do not have a permanent venue.
~Barbara

BOOKWORMS - Linda Tyrrell. We meet at the **Library** on the **last Tuesday of each month** at **10:00am**. We still have space for 2 more members.
~Linda

BREAKFAST CLUB - Wendy Walmsley. This group is usually held on the **1st Wednesday of the month** at **9:15am**. The **June** meeting will be at **The Queen Anne cafe in Barnstaple** and the **July** meeting at **Harry's cafe in Bear Street, Barnstaple**. If you are **UNABLE** to attend please let Wendy know. If you would like to join this friendly group for a chat over breakfast, please contact me (see Contacts List for contact details).
~Wendy

BUS PASS - David and Jill Baker. The June trip is to **Rosemoor** on **Thursday 29th June** leaving Bus Station on Bus 315, Stand H, at **11:05am** (returning 15:41). Lunch and refreshments can be purchased from the restaurant if required. Membership cards required for entry. All names to **Sylvia Wiseman by Sunday 25th June** (see Contacts List for contact details). Please state whether you will require card sharing with RHS member.
~David & Jill

CANASTA - Linda Lee, Yvonne Geary. The **June** meeting of the Canasta group will be on the **19th** in the **Annexe of Fremington Parish Hall** at **2:00pm**. The group is full at the moment but if you are interested in playing do get in touch and we'll put you on the waiting list (see Contacts List for contact details).
~Linda & Yvonne

CHATTERBOX - Sheila Jennings. I can now offer vacancies.
~Sheila

COFFEE MUGS AND TEAPOTS - Jackie Ward. This happy chatty group meets at the **Museum Café, The Square, Barnstaple** on the **3rd Wednesday morning each month** from **10:30am to 12:00 noon**. I am look forward to meeting you there, new members welcome. Contact Jackie Ward (see Contacts List for contact details).
~Jackie

CREATIVE WRITING - Sue Boyd. I will put a notice in the Newsletter if we have any spaces available, but please do not hesitate to get in touch with me by email if you would like your name put on the waiting list.
~Sue

CRIME AND PUNISHMENT - Jane Bellworthy. Our next meeting is on **June 13th** when the topic is Murder. Please have a think about all aspects of murder from serial killers to the victims, punishments available and the effects on the community and society as a whole. Please let Jane know if you are unable to attend.
~Ann

CURRENT AFFAIRS DISCUSSION 1 - Paul Bate. The next meeting will be on **Thursday June 1st** at **10:15am** at the **Fox Inn** in **Fremington**. The group meets on the **1st Thursday in the month**. We will be discussing interesting topics which are currently in the news. Refreshments are available at the pub. There are vacancies for new members interested in joining this group.
~Paul

CURRENT AFFAIRS DISCUSSION 2 - Paul Bate. The group will next meet on **Thursday 15th June** at the **Fox Inn, Fremington** at **10:15am**. The group meets on the **3rd Thursday in the month**. We will be discussing interesting topics which are currently in the news. Refreshments are available at the pub.
~Paul

CYCLING - Steve Coppel. We aim to ride once a week, normally on a **Wednesday**, but everything depends on the

weather. We are fair weather cyclists who always stop for brunch! We usually start the rides at **10:30am**, but that too can vary. The rides start mainly from **Barnstaple**, but the **last Wednesday of every month** we depart from **Bideford**. New members are always welcome. ~Steve

DANCERSIZE - Hilary Newing, Sue Fogarty. **June 13th, 20th and 27th.** ~Hilary & Sue

DAY TRIPS BY COACH - David Baker. **Royal Cornwall Show, Saturday 10th June.**

The July trip on **Thursday 20th July** is to **Wells and the Cathedral** followed by a visit to the **Cheddar Gorge**. This should be a most interesting day out without travelling too far. There will be a coffee stop on the way to Wells and plenty of time in Wells before we move on to Cheddar.

COST: £16 for an excellent day out. Names, money and pick-up point to **David Baker** by **Friday 30th June** (see Contacts List for contact details). Cheques made out to **Taw U3A**.

Pick-up points and times: Chilpark, Fremington **8:45am**; New Inn, Fremington **8:50am**; Bus Stop by car park, Bickington **8:55am**; Bus Stop on North Walk opposite Tuly Street, Barnstaple **9:05am**; Park & Ride, Barnstaple **9:15am**. The **August** trip is on **Thursday 17th** to **Bristol** with an option to visit **SS Great Britain**. ~David

DESIGN & MAKE I & II - Jim Pinn. Meeting on **June 30th**, usual times. I have a space for the morning session. Please contact me if you are interested. ~Jim

DEVON HISTORY - Ken Bonewell. On **Thursday June 1st** we have our first field trip of the year to the **SS Freshspring** which is moored at the quay in **Bideford**. Please arrive in time for the conducted tour to start at **2:30pm**. The cost is £2.50 pp payable on entry on the day.

Our next field trip will be on **Thursday 6th July** to the **Brynsworthy Recycling Centre**. Please note that this will start at **10:30AM**. As this is a council run facility there is NO CHARGE.

Could you please let me know in good time if you intend to come on either of these visits. ~Ken

FOOD, FARM, ENVIRONMENT - David Baker. **ROYAL CORNWALL SHOW, SATURDAY 10th JUNE.** Names will be taken from those members of the group that have indicated they wish to go, then first-come-first-served. Names, money and pick-up point to **David Baker** by **Monday 5th June** (see Contacts List for contact details). Cheques made payable to **Taw U3A**.

COST: £16 plus entry to the Show on the day. This should be an excellent day out.

Pick-up points and times: Barnstaple Park & Ride **7:50am**; Town Railway Station, The Strand **8:00am**; Bus Stop by car park, Bickington **8:10am**; New Inn, Fremington **8:15am**; Chilpark, Fremington **8:20am**; Kingsley Statue, Bideford **8.30am**.

New members welcome. ~David

GARDEN DAYS - Roxanne and Graham King. **Wednesday July 26 July: Kingston Lacy, Wimborne Minster, Dorset.**

National Trust property. Lavish family home re-imagined as a Venetian Palace in rural Dorset countryside. Classic English garden: fernery, herbaceous borders, formal parterre, kitchen garden, surrounded by Japanese-inspired planting, colourful woodland, parkland.

Cost: £16.00 NT members, £31 non-NT members.

Pick-up times: Chilpark **9:30am**, New Inn **c.9:35am**, Ellerslie Road **c.9:40am**, P&R **c.9:45am**.

Booking via our email. Once place confirmed payment to our home address (see Contacts List for contact details - cheque only to **Taw U3A**) by end June, on June coach or July coffee morning. Please write trip, pick-up point, current Taw U3A membership number on back of cheque and, if we don't already have these, email address and phone number (mobile if possible) on separate paper. Last year's supporters first-come-first-served, others on waiting list (are often places).

Wednesday June 28th: Forde Abbey, Chard. A few places available at time of writing.

Cost: £27.00.

Pick-up times: Chilpark **9:30am**, New Inn **c.9:35am**, Ellerslie Road **c.9:40am**, P&R **c.9:45am**. ~Graham & Roxanne

HOLIDAYS - Lynden Davies. **Dartmouth Round Robin trip, Wednesday 14 June:** The U3A will pay the cost of the bus. We will all buy our own tickets at Paignton for £31 each. This includes the steam train, ferry, and a cruise back to Totnes.

Pick-up points and times:

New Inn, Fremington **8:15am**

Old Railway Station, Barnstaple **8:30am**

Park & Ride, Newport **8:45am**

The plan of the day is ...

11:15am steam train from Paignton to Kingswear

Short ferry from Kingswear to Dartmouth

Arrive in Dartmouth about 12:00 midday

3 hours in Dartmouth for lunch and shopping

3:00pm boat from Dartmouth to Totnes

Blakes will then pick us all up from Totnes and return to Barnstaple. ~Lynden

ITALIAN FOR BEGINNERS - *Italiano per i principianti* - Graham King. Italian for 'a bit more than' beginners.

Wednesday 14th June, 11:00am at **La Volpe**. There are a couple of places available to join the group if you've done a little Italian already. Please email me if interested (see Contacts List for contact details). ~Graham

KNITTING - Sheila Jennings. Meetings are held at **11:00am** on the **2nd Thursday** and **10:30am** on the **4th Friday** of every month in the **Museum**. **NOTE change of time for our Friday sessions.** Please come along and bring your knitting. Gentlemen would be welcome. ~Sheila

PRACTICAL GARDENING - Jackie Ward. Meeting at The **Annexe, Fremington Parish Hall**. We meet on the **2nd Thursday morning** of the month **10:30am to 12:30pm**, starting with tea, coffee and biscuits. We often have a plant sale/giveaway, exchange gardening tips and help each other with our gardening problems. We have room for two new

members. For more information contact Jackie Ward (see Contacts List for contact details). ~Jackie

PSYCHOLOGY OF EVERYDAY LIFE - Jane Bellworthy. We meet on the **4th Tuesday of each month**. At our May meeting we looked at the source of instinct. We meet at **2:00pm** at **Fremington Parish Hall Annexe**. Currently the group is full but please let me know if you would like to join our waiting list (see Contacts List for contact details). ~Jane

RAILWAY - David and Jill Baker. There is no trip in June because of the Annual Trip. New members welcomed. ~David & Jill

RAMBLING - Pauline Newbound, Barbara Hewis. **Monday June 12th**. The walk starts from **Marwood Church** at **10:30am**. Paths, tracks and quiet lanes through undulating countryside. Distance 6 miles with approximately 5 stiles. Could be muddy in places if recent rain. BYOFAD. (Marwood Gardens closed on Mondays.) **Leader: Clarice Harwood** (see Contacts List for contact details). ~Pauline & Barbara

READING SHAKESPEARE ALLOWED - Bob Godfrey. If you're reading this and are interested please don't hesitate to contact me any time. No special knowledge of Shakespeare is necessary. The group is very supportive. We meet on the **3rd Wednesday of the month, 2:00pm to 3:30pm**, at **Fremington Methodist Church, Old School Lane**. ~Bob

ROAMERS - Harriet Croft. The walk to be led by Ken Bonewell on **Monday 26th June** will start from the **layby on the B3233 near the Marine base at Instow** at **10:30am**. We will walk through lanes to Bickleton then footpaths and fields to Tarka Trail, then coast path back to start. A few ups, nothing too serious, mostly flat, maybe muddy in places. BYOFAD. ~Harriet

SHORT TENNIS - Yvonne Geary, Sue Morley. We play **every Wednesday morning** from **10:30am** until **11:30am** at the **Tarka Leisure Centre in Barnstaple**. We finish for the summer on **21st June** and start again on **18th September**. ~Yvonne & Sue

SIGHT SUPPORT - Jill Baker. The next meeting is on **Monday 12th June** in the **cafe at the Musuem** at **10:30am**. **If you have a problem reading this Newsletter let Jill know as she may be able to help**. New members with a sight problem are very welcome. Contact Jill (see Contacts List for contact details). ~Jill

SKITTLES - Julie and Patrick Kift. We had a fun evening playing skittles on 5th May. The winners were: highest gent, Patrick Kift; highest lady, Rita Drayton; Booby, Maureen Wilson, and the killer game was won by Jim Goodwin. Thank you for the raffle prizes given and to all those who set up the skittles. Our next skittle evening is on **16th June 7:30pm**. Have a nice month until we see you then. Take care. ~Patrick & Julie

STROLLERS - Maureen and Peter Penfold. **June's** walk will be arranged by Lesley Wade. We will meet in **Caen Street car park** at **12:00 noon**. After our walk we will be eating in SQ Restaurant. There are buses to Braunton. SQ is almost alongside the bus stop for your trip home. If you are **unable to come please phone Lesley** (see Contacts List for contact details). ~Maureen & Pete

SUNDAY LUNCH - Susan Covington. Next lunch will be on **Sunday 11th June** at **12:30pm** at the **Chichester Arms, Bishops Tawton**. Please let me know if you cannot attend. There is a waiting list for anyone who is interested. ~Susan

TABLE TENNIS - Janice and Bob Godfrey. **Every Thursday morning, 9:30am to 12:00 noon** at the **Tarka Centre**. Due to changes and retirements there are now some spare places in the table tennis group! To enjoy games to the full some previous experience is really necessary even if it was ?-?- years ago. Don't hesitate to contact us and arrange a free taster session. ~Janice & Bob

TEN PIN BOWLING - Brian Tilbury, Jan Hartshorne. We now meet **every Wednesday at 1:15pm inside the Bowling Alley on the Braunton Road**, except during the school holidays. Having achieved another new PB, Jayne Hartshorne was highest scorer for the ladies with 232, and for the men, Brian 'no turkey this month' Tilbury was top with 284. Congratulations do go to Ken Bonewell for getting yet another Turkey. ~Brian & Jan

TUESDAY LUNCHEON CLUB - Trish Lilley. Our next lunch at **The Royal & Fortesque Hotel** will be on the **20th June, 12 noon for 12:30** lunch. The cost will be £17 for Carvery and dessert followed by tea or coffee. Payment to be paid by cash on arrival. Bookings can be made by email or telephone by **18th June**. ~Trish

WANDERERS - Chris and Lesley Wade. Join us for a walk to **Heddon's Mouth (EX 31 4PY)** on **Tuesday June 13th**. To get to Heddon's Mouth take the A39 and keep going until you pass Parracombe. Look for the turning at Killington Cross. Turn left at the sign to Hunters Inn/Heddon's Mouth/Kittitoe (and a brown National Trust sign). Keep going for about 2 miles until you come to the National Trust car park. There is a parking charge for non-members. We will meet at **11:00am** for a walk down to the mouth of the river. Some mild to moderate inclines and rough pathways are included, and sensible walking shoes and a stick are recommended. We return to the Hunters Inn for lunch at 12:30pm. If you are planning on joining us please let **Chris and Lesley** know by **Wednesday June 7th** (see Contacts List for contact details). Further details for group members will follow. ~Chris & Lesley

WINE APPRECIATION - David Rowe. Meet **1st Friday of the month** at the **Barnstaple Library, Room 3B**. ~David

WOODCARVING - Marion Choules. **Weekly, Wednesday mornings 10:00am to 12:00 noon**. ~Marion

Members are encouraged to contact the Group Leaders of groups they are interested in joining and have their names added to any waiting lists.

CALENDAR - June/July 2023

Coffee Mornings:

Monday 5th June (Wanderers Group and AGM)	-	10:30am - Roundswell Community Hall
Monday 3rd July (Amblers Group and Speaker)	-	10:30am - Roundswell Community Hall

July Newsletter Deadline: Deadline for entry of events occurring **after Saturday 1st July - THURSDAY 15th JUNE**

Group	Day	Date		Time	Venue/Information
		June 2023	July 2023 (Subject to Change)		
Afternoon Tea	Tuesday	27	25	2:30pm	TBN
Allotment - NEW GROUP	Various	Various	Various	Various	Allotment 21, Mill Road Site, Barnstaple
Amblers	Tuesday	13		11:00am	Georgeham
			11		TBN
Art	Thursday	1; 15	6; 20	9:30am	Methodist Church Hall, Rhododendron Avenue
Badminton	Tuesday	6; 13; 20; 27	4; 11; 18	9:30am	Tarka Leisure Centre
	Thursday	8; 15; 22; 29	6; 13; 20	2:00pm	
Book Club	Monday	26	24	10:30am	TBN
Bookworms	Tuesday	27	25	10:00am	Barnstaple Library
Breakfast Club	Wednesday	7		9:15am	Queen Anne's, The Strand
			5		Harry's Cafe, Bear Street
Bus Pass	Thursday	29		11:05am	Bus Station, bus 315, stand H for Rosemoor
			27	TBN	Hartland
Canasta	Monday	19	17	2:00pm	Fremington Parish Hall Annexe
Chatterbox	Monday	19	17	11:00am	Museum Tea Rooms
Coffee Mugs and Teapots	Wednesday	21	19	10:30am	Museum Cafe, The Square, Barnstaple
Creative Writing	Thursday	8	13	10:30am	TBN
Crime and Punishment	Tuesday	13	11	2:00pm	Fremington Village Hall Annexe
Current Affairs Discussion 1	Thursday	1	6	10:15am	The Fox Inn, Fremington
Current Affairs Discussion 2		15	20		
Cycling	Wednesday	TBN	TBN	10:30am	TBN
Dancersize	Tuesday	13; 20; 27	TBN	10:00am	Church Hall, Fremington
Day Trips By Coach	Saturday	10		7:50am	Royal Cornwall Show
	Thursday		20	8:45am	Wells Cathedral and Cheddar Gorge
Design & Make I - Ladies	Friday	30	28	9:30am	Group members know venue
Design & Make II - Gents				2:00pm	
Devon History	Thursday	1		2:30pm	SS Freshspring, Bideford
			6	10:30am	Brynsworthy Recycling Centre
Food, Farm, Environment	Saturday	10		7:50am	Royal Cornwall Show
			22	TBN	Mid Devon Show, Tiverton
Garden Days	Wednesday	28		9:30am	Forde Abbey, Chard
			26		Kingston Lacy, Wimborne Minster, Dorset.
Holidays	Wednesday	14	TBN	8:15am	Paignton Round Robin
Italian for Beginners	Wednesday	14	TBN	11:00am	La Volpe
Knitting	Thursday	8	13	11:00am	The Museum, The Square, Barnstaple
	Friday	23	28	10:30am	
Practical Gardening	Thursday	8	13	10:30am	The Annexe, Fremington Parish Hall
Psychology of Everyday Life	Tuesday	27	25	2:00pm	The Annexe, Fremington Parish Hall
Railway	Wednesday	No Meeting	12	9:35am	Exmouth/Starcross
Rambling	Monday	12		10:30am	Marwood Church
			10	TBN	TBN
Reading Shakespeare Allowed	Wednesday	21	19	2:00pm	Fremington Methodist Church, Old School Lane
Roamers	Monday	26		10:30am	Layby on B3233 near Instow
			24	TBN	TBN
Short Tennis	Wednesday	7; 14; 21	No Meetings	10:30am	Tarka Leisure Centre
Sight Support	Monday	12	10	10:30am	Bromley's Cafe, Museum on The Square
Skittles	Friday	16	TBN	7:30pm	Plough Inn, Bickington
Strollers	Tuesday	6		12:00nn	Caen Street Car Park
			4	TBN	TBN
Sunday Lunch	Sunday	11		12:30pm	Chichester Arms, Bishops Tawton
			9	TBN	TBN
Table Tennis	Thursday	1; 8; 15; 22; 29	6; 13; 20; 27	9:30am	Tarka Tennis Centre, Barnstaple

CALENDAR - June/July 2023 (Continued)

Group	Day	Date		Time	Venue/Information
		June 2023	July 2023 (Subject to Change)		
Ten Pin Bowling	Wednesday	7; 14; 21; 28	5; 12; 19	1:15pm	Bowling Alley, Braunton Road, Barnstaple
Tuesday Lunch Club	Tuesday	20	18	12:00nn	Royal & Fortescue Hotel, Barnstaple
Wanderers	Tuesday	13		11:00am	Heddons Mouth (EX31 4PY)
			11	TBN	TBN
Wine Appreciation	Friday	2	7	2:00pm	Room 3B, Barnstaple Library
Woodcarving	Wednesday	7; 14; 21; 28	5; 12; 19; 26	10:00am	Fremington

The New Teacher

A new teacher is sitting with her 6th grade class for the first time. Naturally, she's keen to apply all the techniques she's learned in her teacher training, and in particular, she's keen to use what she's learned in her psychology class.

She stands in front of her class and says, "Right children, everyone who thinks they're stupid, please stand up."

Well, for a few minutes there's silence and no one stands up.

However, just then Little Johnny bravely gets to his feet. The teacher smiles and says, "Do you think you're stupid, Johnny?"

"No ma'am," Johnny responded, "but it's not fair, you standing there all on your own."

Telling The Time

Two old Army buddies, Jim and Pete, are sitting up late at night enjoying a bottle of the finest Scotch and reminiscing about old times in foreign places. They've been drinking all evening and they're starting to get a little tipsy, to say the least.

Eventually, Jim asks, "What time is it?"

To which Pete responds, "I don't know but give me your old bugle."

"Why?" Jim asks. "How can you tell the time with a bugle?"

"It's easy," says Pete. "Just watch me."

Jim passes him the bugle and Pete starts playing Reveille very, very loudly. Within seconds a voice shouts from the floor above, "Who the hell's playing the bugle at one o'clock in the morning?"

SPOTTED AT THE OLD WELL GARDEN CENTRE

Senior Moments!

When you reach a "certain age" you discover that you look at life slightly differently!

For example:

You remember today, that yesterday was your wedding anniversary.

You get winded playing chess.

You finally reach the top of the ladder and find it's leaning against the wrong wall.

You burn the midnight oil after 9:00pm.

You stop looking forward to your next birthday.

You regret all those temptations you resisted.

You just can't stand people who are intolerant.

For Women: you put your bra on backwards and it fits better.

For Men: you find that the little grey-haired old lady you help across the road is your wife.

You're 17 around the neck, 44 around the waist and 105 around the golf course.

Police Officers and Doctors look as if they should still be in school uniform.

You start a sentence but forget what you

Senior Moments are also a pre-occupation with the "hereafter"!

Wherever you are, in the kitchen, the hall, the bathroom or the bedroom, you're always asking yourself -

"What am I here after?"