



Waltham Abbey U3A Registered Charity number 1173927

## Waltham Abbey U3A Newsletter

November 2023

Next Meeting:

**Tuesday 12th December**

**Presentation by Steve Galler**

"Banjo and Humour"

**Doors open 9.50 am**

New Members always welcome

### Message from our Chairperson

We are now just a few weeks away from Christmas and this time of year is different for everybody. If you love Christmas you'll be getting excited, if you are a bah humbug you are probably dreading it, and you might be in the middle – just going through the motions and getting through it. Some will be thinking when shall I put up the tree and decorations? Shall I even bother this year? Where shall I go for Christmas dinner? Who is coming to me? Shall I buy presents? Give money? How much? It's a very busy and stressful time of year for many people. It can be a lonely time for people who have lost someone or have little or no family.

Whether you enjoy the wonder of Christmas lights and songs, singing carols, shopping, midnight mass, or maybe you don't celebrate Christmas – whatever you are doing over the festive period I hope you are happy and enjoy it and I wish you all a safe, and healthy 2024!

Just a reminder that **we do not have – and never have had – any lower age limit; the u3a is open to all that have the time to fully participate.** It is important that members of the u3a should be aware that their participation involves them contributing to the life of the u3a.

Amanda Ridgwell—Chair

[u3awalthamabbey@gmail.com](mailto:u3awalthamabbey@gmail.com)

## December Monthly Meeting



Photograph from Amanda Ridgwell

We will be entertained by Steve Geller— we may get to sing along too

We will have a bigger raffle.

We will have tables and refreshments (tea, coffee, hot chocolate and mince pies)

*We wish you all a good festive season and send out best wishes for a happy, prosperous and healthy 2024.*

## Waltham Abbey u3a will be celebrating their first 10 years in 2024

We have been putting some ideas together on some ways in which we could celebrate and would like your feedback and assistance.

Please place a tick against the suggestions you would prefer and we will use these to produce a plan of celebrations for next year.

Please send your choices to [newsletterwalthamabbeyu3a@gmail.com](mailto:newsletterwalthamabbeyu3a@gmail.com)

Please pass onto a member of the committee, or place in the box on the raffle table at the monthly meeting. Thank you.

Adopting a song e.g. Don't stop me now

Disco

Afternoon Tea

Picnic in the Park

Barn Dance

Quiz afternoon

Bingo

Other suggestion \_\_\_\_\_

I would be happy to help – (Membership Number / Name) \_\_\_\_\_

## Waltham Abbey u3a Group news

### Group changes this month

**Country Dancing**— There will be a session on Monday 11th December Please meet, Hall 3 at The Community Centre at 2.15 pm. We are moving to Hall 3 for December. Come along and have fun whilst exercising.

**Group Karaoke**— The next group Karaoke session will be on Wednesday 20th December at 1.30–3.30 pm. We will sing Christmas pop songs and carols, dance, have a few treats and enjoy ourselves.

**CHANGE OF DAY**—for 2024 the new time for group Karaoke will be the 2nd Tuesday of the month 2 pm– 3.30 pm. The first session will be on Tuesday 9th January.

2024 group Karaoke dates will be TUESDAY— January 9th; February 13th; March 12th, April 9th; May 14th; June 11th; July 9th; August 13th; September 10th; October 8th; November 12th; December 10th all 2 pm–3.30 pm.

**Loose Ladies** - as there is a waiting list for Loose Ladies at the moment we are attempting to set up a 2nd group for 2024. It will be on the 2nd Friday of the month at the Sultan pub 10.30 – 12.30. The first meeting will be 12th January. Please contact Amanda if you are interested in coming along.

**Board Games**—There will be a Board Games group on Friday 29th December at 2 pm in the Angel.

**Scrabble**—There will be Scrabble group meetings on 14th and 28th December 2 pm in the Angel.

We are still looking for people to start up a book group and a fishing group. Please let Pauline know if you wish to help us with these, or if you have an idea for another activity group.

**New Groups**—If you would like to learn something new, or are interested in sharing a skill, there is always room to start a new group. Please contact the Group Coordinators, details on the Groups and Activities List.

### Group Facilitators

If you have information about your group or would like to share a photograph of the group with Waltham Abbey u3a, newsletter please forward them to Helen via email or by hand at a monthly meeting. [newsletterwalthamabbeyu3a@gmail.com](mailto:newsletterwalthamabbeyu3a@gmail.com)

**Members please remember to take your membership cards to the groups that you are attending. Group Facilitators will be looking to check that you have your 2023–2024 green membership cards.**

### **HOLIDAY GROUP**

#### **WEEKEND AT WARNERS GUNTON HALL 22<sup>nd</sup> MARCH**

Members who have booked to come on the above holiday are reminded that the £50 per person deposit is required at or prior to the U3A monthly meeting on the 12<sup>th</sup> December . Cash or cheque payable to **WALTHAM ABBEY U3A** please. If for any reason you no longer wish to attend the break please Terry know as soon as possible as he has a waiting list of members wishing to come .

As Warners require full payment 12 weeks prior to the holiday Terry will be collecting the final payment at the January monthly meeting on the 9<sup>th</sup> January £220 per person cheque payable to **WALTHAM ABBEY TRAVEL**

### **GARDENING GROUP**

#### **VISIT TO HYDE HALL CHRISTMAS ILLUMINATIONS**

Members who have booked to attend the above trip on Wednesday 6<sup>th</sup> December are reminded to meet at Quaker Lane Bus Stop at 4.15pm so we should arrive by 5.15pm and leave by 8.45 pm. Refreshments should be available to purchase at the venue. You are advised to wear suitable clothing and footwear should the weather be wet. RHS members are reminded to bring membership card with you

If for any reason you are now unable to attend please let Terry know as soon as possible as there is a waiting list of members wishing to attend.

#### **JANUARY 2024 GARDENING MEETING**

The first meeting of the new year will be on Monday 8<sup>th</sup> January at 1.30 pm in the Community Centre Crooked Mile. Terry is pleased that Helen Lowther has agreed to give her talk on Creepy Crawlies found in your garden plus a short quiz. Refreshments will be served at the end of the meeting. If you wish to attend please let Terry know by text by Wednesday 3<sup>rd</sup> January .

### **SUNDAY LUNCH**

The December Sunday Lunch will be on the 3<sup>rd</sup> December at the Highland Restaurant Broxbourne, meeting at 12.15pm for our 12.30pm 3 course carvery lunch. As it is our last lunch before Christmas Terry considers it appropriate to include a larger tip than usual for the staff so the cost this month will be £20. If interested in joining the group please let Terry know by 30<sup>th</sup> November.

### **SATURDAY WALK**

The December walk will be on Saturday 9<sup>th</sup> meeting at Loughton Tube station at 10 am . We will go to Wharf for a short walk to The Wetherspoons The Ledger Building at West India Quay . Terry believes that Wetherspoons are this year doing a Christmas lunch so he will try to find out more details and let regular members of the group know nearer the time . If you intend joining us in December please let Terry know by Thursday 7<sup>th</sup> December.

### **EATING OUT GROUP**

#### **CHRISTMAS LUNCH AT THE QUEENS HEAD RESTAURANT**

Members are reminded that the lunch is on Wednesday 13<sup>th</sup> December meeting at 12.15 pm for the 12.30 pm lunch. To get in the Christmas spirit it is suggested we wear Christmas jumpers or hats ( Strictly Optional ) but just think it will be nice .

The cost of the meal will be £13 for two courses and £17 for three courses **CASH** as you have paid the £5 deposit . This includes the tip for the restaurant staff.

If for any reason you are unable to attend please let Terry know as soon as possible so that he can advise the Queens Head Restaurant.

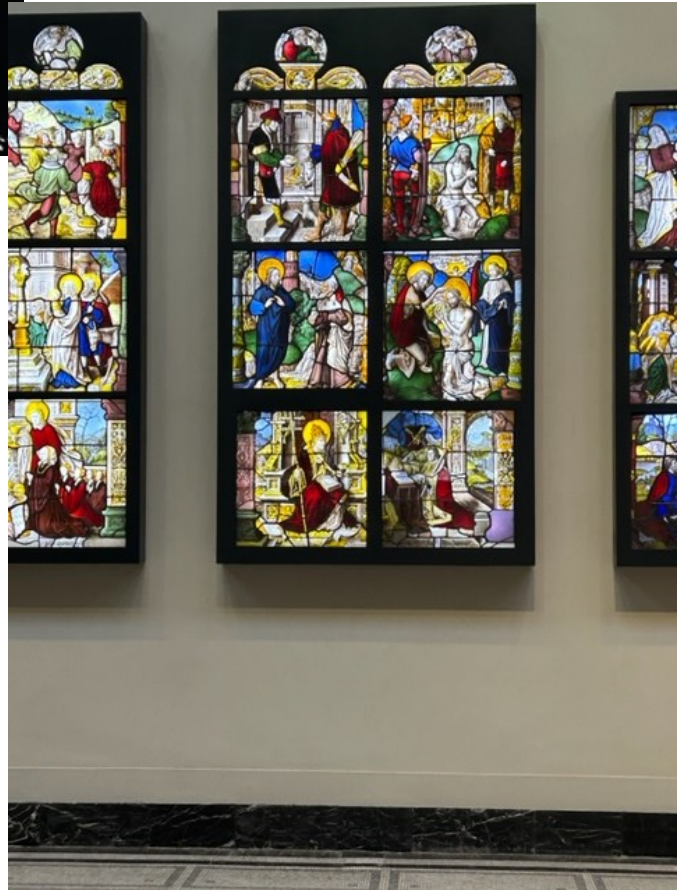


## November Saturday Walk—text and photographs from Terry Hoye

As the weather forecast was due to be very wet, I had a contingency plan so members would not get too wet. We went to South Kensington (After being diverted from Piccadilly Line as Holborn Station was flooded) to visit the Victoria and Albert Museum which was very enjoyable. On leaving South Kensington Station the sun was shining but you have to have contingency plans. Can't trust English weather forecast.



Members enjoyed looking at the Stained glass at the Victoria and Albert Museum



# The Cavalcade 24th November 2023



Singing for Fun outside the Abbey Church—photographs from John Blake



If you are on Facebook—check out the sound and vision of Singing for Fun posted by Viv Wilkinson on [u3a Waltham Abbey | Facebook](#)



Photographs from Amanda Ridgwell



## Match the song lyric on the left to its song title on the right

- |  |                                 |
|--|---------------------------------|
| 1. Now the jingle hop has begun            | A Away in a manger              |
| 2. How are thy leaves so verdant           | B Deck the Halls                |
| 3. And heaven and nature sing              | C Frosty the Snowman            |
| 4. It's the best time of the year          | D, Hark! The Herald Angels Sing |
| 5. Two eyes made out of coal               | E. Here Comes Santa Claus       |
| 6. What fun it is to laugh and sing        | F. Holly Jolly Christmas        |
| 7. I gave you my heart                     | G. Carol of the Bells           |
| 8. Bells are ringing children singing      | H. Jingle Bells                 |
| 9. The stars are brightly shining          | I. Joy to the World             |
| 10. All is calm, all is bright             | J. Let it Snow                  |
| 11. Christmas is here, bringing good cheer | K. O Holy Night                 |
| 12. They used to laugh and call him names  | L. Rudolph                      |
| 13. In the lane, snow is glistening        | M. Silent Night                 |
| 14. Glory to the newborn king              | N. Sleigh Ride                  |
| 15. Little Lord Jesus, no crying he makes  | O. 12 Days of Christmas         |
| 16. Fa la la la la la la la la             | P. Silver Bells                 |
| 17. Five Golden rings                      | Q. Jingle Bell Rick             |
| 18. Giddy yap, giddy yap, let's go         | R. Winter Wonderland            |
| 19. City Sidewalks, busy sidewalks         | S. O Christmas Tree             |
| 20. I've bought some corn for popping      | T. Last Christmas               |



## Dates for your Diaries

Date	Time	Venue	Event
23rd September—22nd December	Opening hours	Museum	'Greater in Spirit, Larger in Outlook' Exhibition
Saturday 2nd December	7.30 pm	Elphwood	Scout Quiz, £8. Please bring own drink and food.
Tuesday 9th January	10 am	Town Hall	Waltham Abbey u3a Monthly Meeting. Mel Rees 'It never gets any easier'
Monday 26th December	12 Noon 12.45 pm 1.45 pm	The Angel Market Square The Woodbine	Chingford Morrismen Boxing Day Tour
Saturday 13th January	3.30 pm—5.30 pm	Waltham Abbey Gardens	Lea Valley Parks Wassail Come and support u3a Singing for Fun.

### Events organised by Epping Forest District Council and other organisations.

Day	Venue	Event	Time
Tuesday	Waltham Abbey Leisure Centre	Drop in service for those who may have money worries and or wellbeing concerns	9.30 am to 2 pm
Wednesday	Museum, Waltham Abbey	Community Café – Dementia Friendly	12 noon—1.45 pm
Wednesday	Museum	Men's Shed	2 pm – 4 pm
Friday	Town Hall	Short Mat Bowls	9.45 am—Noon (£5.40)
Friday	Museum	Museum Movers	10.30 am—12 noon
Last Friday of each month	Waltham Abbey Baptist Church Hall	3 Memory Café 4U	2.30 pm to 4.30 pm

#### Help Please

If you have an article, a picture, a joke, a story a poem or a review that you would like to see printed in the newsletter, please send to Helen by email, using the following; [newsletterwalthamabbeyu3a@gmail.com](mailto:newsletterwalthamabbeyu3a@gmail.com) For inclusion in the January newsletter please send by Friday 29th December. The print version will not be available until January 3rd as the printer will be on holiday. Thank you.

Newsletter Circulation—Please check your spam folders—your newsletter may be there!

If you have an email address and have not received this newsletter, please email

[newsletterwalthamabbeyu3a@gmail.com](mailto:newsletterwalthamabbeyu3a@gmail.com) quoting your membership number.

If you do not have an email address, newsletters are available for collection at the monthly meeting and at the Tourist Information. and Library.



## Warm Spaces in Waltham Abbey

**Epping Forest District Museum Community Café, 39 Sun Street, Waltham Abbey EN9 1EL**

Wednesday 12 noon to 1.45pm

Call 01992 716882

Refreshments

Activities

**Waltham Abbey Leisure Centre, Hillhouse, Waltham Abbey EN9 3EL**

Monday to Friday 7am to 9pm / Saturday and Sunday 8am to 4pm

Call 01992 716733 / [email.enquiries@walthamabbeyleisurecentre.org](mailto:email.enquiries@walthamabbeyleisurecentre.org)

Refreshments – available from cafe

Activities – pay as you go for swim and gym

Wifi available

**Waltham Abbey Library, 37 Sun Street, Waltham Abbey EN9 1EL**

Monday and Tuesday 9am to 5.30pm / Wednesday 9am to 1pm / Friday 9am to 7pm / Saturday 9am to 5pm

[Email walthamabbey.library@essex.gov.uk](mailto:Email.walthamabbey.library@essex.gov.uk)

Activities – Knitting Wednesday am

Wifi available



### Epping Forest district

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**Providing places with  
respect, support and warmth**

There are warm spaces across the district—check [Warm places - Epping Forest District Council](http://warmingplaces.essex.gov.uk) ([warmingplaces.essex.gov.uk](http://warmingplaces.essex.gov.uk)) for details.

## Community Information

**citizens  
advice**

**Epping Forest  
District**

Free, impartial,  
confidential advice

**Worried  
about your  
energy  
bills?**

Offering advice on a wide range of subjects and issues, including energy, that help you find a way forward to live life well.

Call Adviceline 0808 278 7855  
Tuesday to Thursday 9.30am - 2.30pm

Drop in every Tuesday 9.30am - 2pm  
Waltham Abbey Leisure Centre

Web: [citizensadviceefd.org.uk](http://citizensadviceefd.org.uk)

**citizens  
advice**



### **Lea Valley Parks Wassailing - Free Event**

Saturday 13th January

3.30 pm—5.30 pm

Waltham Abbey Gardens

The time of year has come again where we are getting ready to bless the apple trees for the harvest ahead! This old tradition has brought the community together for some good old fashioned fun. Make sure to bring your best hat and pots ready to bang and crash those evil spirits away.



Come along early to support Singing for Fun and stay to watch Chingford Morris Men, throw a welly and Wassail the trees.

### **Tea, Walk and Talk Sessions—Free Events 8th and 16th December—Organised by Lee Valley**

Lee Valley White Water Centre 10.30—13.00

Walking is great for your physical and mental health, join us for a walk through the stunning River Lee Country Park. Followed by a chance to get some refreshments and relax whilst finding out about local health and wellbeing opportunities.

The sessions will consist of the following:

10.30—12.00: - Led walk around River Lee Country Park

12.00—13.00— Relax, chat and find out about local health and wellbeing opportunities.

Anyone is welcome to come along for all or part of the session and no need to book.

Meeting Point : Lee Valley White Water Centre Reception