



Waltham Abbey U3A Registered Charity number 1173927

## Waltham Abbey U3A Newsletter

January 2024

Next Meeting:

**Tuesday 9th January**

**Presentation by Mel Rees**

**"It never gets any easier"**

**Doors open 9.50 am**

New Members always welcome

### **Message from our Chairperson**

And so, a new year dawns! I hope that you all enjoyed the various u3a Christmas lunches and buffets and of course your own Christmas lunches and New Year celebrations. Have any of you made a new year's resolution for 2024? I gave up on all that some years back. Keeping in good health is my main priority now.

There is lots to look forward to with u3a for 2024: wassailing; swap shop/membership renewal; u3a holidays; our 10 year anniversary celebrations (don't forget to vote for your favourites), as well as our regular activity groups and monthly meetings.

We are keeping our membership renewal cost the same as last year, plus this year you can pay by bank transfer as well as cash or cheque. If you are a taxpayer, you can also gift aid to us so that we can claim 25p from the government for every £1 which will add to our funds.

Some of you may have noticed that I have changed my name. I am reverting back to my old name and will now be known as Mrs Amanda Miles. This is purely for family and practical reasons.

I wish you all a fantastic start to 2024, and hope good health and happiness are yours for another year.

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

## Members News

### New Members Meeting

There will be a new members meeting in the Library at 1.30 pm on Tuesday 6th February. Come along for a coffee and a chat.

### Membership Renewal / swap shop

Membership renewal / swap shop will be on Wednesday 21st February at 1.30 pm. Come along and renew your membership. You can bring along an unwanted gift or item with you to swap for something else. This has been very popular in past years. There will be more information and details in the February newsletter.

### Ping Pong Poll at the December meeting

Thank you for all who voted using the ping pong balls at the December meeting, There will be another opportunity to vote at the January monthly meeting. The other suggestions that you gave to us will be discussed at the next committee meeting and we hope to feedback the outcomes at the February Monthly meeting.

## 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. The poll will close at the end of January 2024.

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 8th December Please meet, Hall 3 at The Community Centre at 2.15 pm. The cost will now be £2.50. Come along and have fun whilst exercising.

**Group Karaoke**— Reminder that Group Karaoke will be on 9<sup>th</sup> January 2024 2pm – 3.30pm in the Town Hall .

2024 group Karaoke dates will be TUESDAY— 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** - New Loose Ladies group run by Sylvia Bird 07840282014 will start on Friday 12<sup>th</sup> January 2024 in the Sultan Pub 10.30 am

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

**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 **Pauline Woods** 07935 723079

### 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)

Group Facilitators should have received an email concerning a meeting on Thursday 25th January at 11.30 am in the Community Centre, if you did not receive the email, please contact Helen through the newsletter email address.

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

Members are reminded that the final payment of £220 per person is required at the January monthly meeting on Tuesday 9<sup>th</sup> January. Cheques payable to Waltham Abbey Travel please ,or Waltham Abbey Gift vouchers are acceptable . Any problem please contact Terry to discuss.

### **GARDENING GROUP**

The first gardening group meeting of 2024 will be held on Monday 8<sup>th</sup> January in room 1 at the Community Centre on the Crooked Mile at 1.30pm. Helen Lowther will give a talk about creepy crawlies in the garden including a short quiz. Tea and biscuits will be served but please bring your own mug . Please advise Terry by text if you wish to attend. New members are welcome

### **EATING OUT GROUP**

The January lunch will be at Brewers Fayre The Royal Forest Hotel Chingford on Wednesday 17<sup>th</sup> January at 12.15 pm If you wish to join us please let Terry know at the January monthly meeting on Tuesday 9<sup>th</sup> January so he is able to make the booking .

### **SUNDAY LUNCH**

The January Sunday Lunch will be on Sunday 14<sup>th</sup> January at the Highland Restaurant Broxbourne at 12.15 pm for 12.30 pm three course carvery lunch for £18 . If interested please let Terry know by Thursday 11<sup>th</sup> January so he can advise the Restaurant. New members are welcome to join the group.

### **SATURDAY WALK**

The next walk will be on Saturday 13<sup>th</sup> January meeting at Loughton Tube Station at 10am. Please advise Terry prior to the walk if you will be joining the group this month.

May I thank all members who contributed to my lovely Christmas gift which was most appreciated.

## Photographs from the u3a visit to the Christmas Lights at RHS Hyde Hall

Sent in by Terry Hoyer



It was a wonderful evening that I thoroughly enjoyed, following the pathways around the different light displays.. It may have been cold, but the warm café at the end was very welcome. Thank you Terry for the organisation.

Helen

## December Meeting—pictures from Terry Hoye



Enjoying Steve Galler's banjo performance

## Christmas Line Dancing photographs from Amanda Miles



Dancing and a buffet. I hope that you all had a wonderful time.



# Eating out Christmas Meal at the Queen's Head.



Photographs from Ann Wraith— who says that a great time was had by all, and Happy Birthday was sung by all for Dennis who was celebrating his 96th Birthday!



Photographs sent to the newsletter email by Marlene

## Karaoke December Meeting



Photographs from Ann Wraith



## Loose Ladies Christmas Meal—Photographs from Marlene





## Dates for your Diaries

Date	Time	Venue	Event
Saturday 13th January	3.30 pm—5.30 pm	Waltham Abbey Gardens	Lea Valley Parks Wassail Come and support u3a Singing for Fun.
Thursday 25th January	11.30 am	Community Centre	Facilitators Meeting
Tuesday 6th February	1.30 pm	Library	New Members Meeting
Tuesday 13th February	10 am	Town Hall	Waltham Abbey u3a Monthly Meeting. Howard Slater 'The Good old Days 40s and 50s'
Wednesday 21st February	1.30 pm	Town Hall	Membership renewal and swap shop

### 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—First session 12th January	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 February newsletter please send by Friday 26th January. 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.

## Community Information

### 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.

### A winter trail in the north of the Forest

Sunday 14th January 2024 - 10am to 2.30pm

**Pay as you feel donation tickets:** Suggested donation £5, minimum £1.

A longer walk with Neal Glucksmann-Smith to explore Great Monk Wood, St Thomas' Quarters and more. The route will include **Ambresbury Banks**, one of two Iron Age earthworks in Epping Forest.



Please bring some snacks with you and walking poles if you like. End time shown is the maximum time, the walk is likely to finish a little earlier.

This walk isn't really suitable for children.

**Meet:** Epping Forest Visitor Centre at High Beach, Paul's Nursery Road, High Beach, Loughton, IG10 4AF. Grid Ref: TQ413982

### Waltham Abbey

Leisure Centre

Library

(During opening hours)

Museum—

Wednesday

Community Cafe



### Epping Forest district



Providing places with  
respect, support and warmth