



Waltham Abbey U3A Registered Charity number 1173927

Waltham Abbey U3A Newsletter

November 2023

Next Meeting:

Tuesday 14th November

Presentation by Charlie Haylock

“The History of Spoken English”

Doors open 9.50 am

New Members always welcome

Message from our Chairperson

Well the summer holidays are well and truly over now, and the nights are drawing in as we enter the autumn months with Halloween and bonfire night in the next week or so, We will all need our u3a activity groups even more now to encourage us to go out. There is still lots for you to do , but if you have an idea for a new group please let myself, Pauline or Helen or any committee member know.

We are still looking for people to join our committee or help the current committee members with their duties. If anyone would like to find out more please contact me, and new members—please don't be afraid to step forward. We will help you in any way we can.

Peter Clear has now stepped down as group leader of the Local Ambles, so sadly this group is no longer available. We would like to thank Peter for his time in running this group for many years.

If anyone would like to continue with this group, or start up a walking group please let me, Paulie or a member of the committee know.

Amanda Ridgwell—Chair

u3awalthamabbey@gmail.com

Waltham Abbey u3a Group news

Group changes this month

Singing for Fun— Will be performing, before the Cavalcade of Lights of Friday November the 24th.. They will be performing at about 6,45 pm in the area between the Town Hall and the Abbey Church. Please support them..

Country Dancing— There will also be a session on Monday 9h November Please meet, Hall 1 at The Community Centre at 2.15 pm. Come along and have fun whilst exercising.

Backgammon. . We introduced Backgammon at the October meeting of Board Games, where we reminded ourselves of how to play the game.

Board Games—The November group meeting will have a quiz based board game as well as more strategy based board games.

Line dancing—There will be no Line Dancing on either the 1st or the 8th of November.

Group Karaoke—Owing to the Singing for Fun Christmas meal on 29th November, Group Karaoke will be cancelled on that day.. Owing to the Line Dancing Christmas buffet on 20th December, the Group Karaoke will be cancelled on that day.. Replacement dates for Group Karaoke will be arranged. (Likely to be 22nd November and 13th December)

Card Making and Paper Craft—The group was featured in the latest TAM magazine, congratulations to Marlene and the group.

We have been asked to start up a **Fishing** group and a **Book** group. If you are interested please contact Amanda or Pauline if you are interested in either or both of these activities .

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

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.

GARDENING GROUP :

MONTHLY MEETING

The November meeting will be held on Monday 6th November at the Community Centre on Crooked Mile at 1.30 pm to 3pm. The speaker is Helen Lowther who will speak about the walled garden at Copped Hall.

As the room has limited space Terry needs to know if you wish to attend as early as possible as he doesn't want to turn members away on the afternoon.

VISIT TO CHRISTMAS ILLUMINATIONS AT HYDE HALL

Members are reminded to meet the coach at 4.15pm at Quaker Lane Bus Stop on Wednesday 6th December . We should return between 9 & 9.30 pm depending on the weather

(Fingers crossed it is better weather than last year at Kew) . If for any reason you are unable to attend please let Terry know as he has members wishing to attend.

EATING OUT GROUP :

The next meal is on Wednesday 8th November at The Maze Restaurant and Grill in the Market Square at 12 noon . As Terry has to let the restaurant know numbers and requirements by Wednesday 1st November please let him know asap if you would like to attend.

SUNDAY LUNCH

The November lunch is on the 5th November at The Highland Restaurant Broxbourne meeting at 12.15 pm ready for 12.30pm .The three course lunch cost is £18 which include a tip for staff. New members are welcome so if you would like to join the group for this meal please contact Terry no later than Thursday 3rd November so he can advise the restaurant.

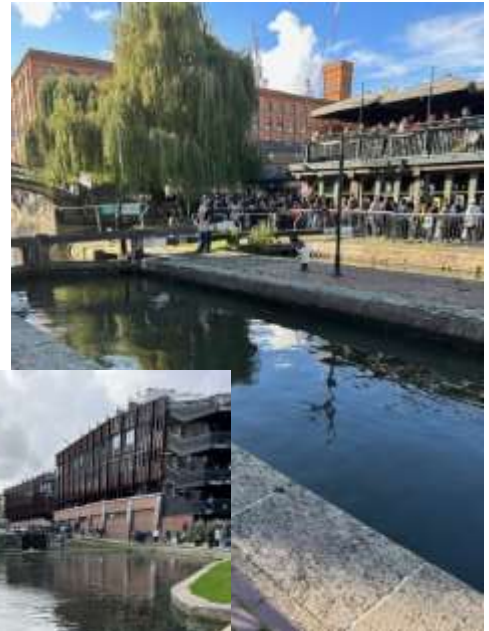
SATURDAY WALK

The November walk will be on 4th November meeting at Loughton Tube Station at 10 am. Terry is not sure at the moment as it depends on the weather forecast but he is sure it will be a good day. Please let him know if you will be attending by Friday 3rd November so no one is left behind.

DATE FOR YOUR DIARY. MONDAY 2nd SEPTEMBER – FRIDAY 6th SEPT

The second U3A holiday for 2024 will be on the above date but Terry will not be taking names or disclosing the venue until the February meeting as he has to get the March holiday completed first

October Saturday Walk



Saturday Walk by Camden Lock— photographs from Terry Hoye.

Looks like a good day by the water.



Post Box Toppers spotted by Jean Berry on the u3a Southend trip.

Thanks Jean - have you spotted any in Waltham Abbey?!

Visit to Wisley October 3rd



Photos from Terry Hoyer

Disco 21st October—Information and photographs from Amanda

The u3a disco held on Saturday 21st October was a great evening. Thank you to Ann Wraith who provided the food, Colin the DJ who played great music and kept us dancing all night long until midnight! Unfortunately we did not cover our costs for this and incurred a loss of £100.



Dates for your Diaries

Date	Time	Venue	Event
23rd September—22nd December	Opening hours	Museum	'Greater in Spirit, Larger in Outlook' Exhibition
Saturday 4th November	From 10 am	Town Hall	Macmillan Coffee Morning
Tuesday 14th November	10 am	Town Hall	Waltham Abbey u3a Monthly Meeting. Eugene Matthias 'The Ugly Duckling and Magic Wand'
Friday 24th November	From 5 pm	Waltham Abbey	Cavalcade of Light
Saturday 2nd December	7.30 pm	Elphwood	Scout Quiz, £8. Please bring own drink and food.
Wednesday 6th December	10.30 am—2 pm	Epping and Ongar Railway	Christmas Memory Train. For residents in the district with dementia or mild cognitive impairment and a friend, family member or carer.01992 564226

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 For inclusion in the November newsletter please send by Friday 24th November. 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 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 Events.

It's time for Coffee Morning and you're invited



Welcome to the
Iceni Sisters
William Abbot W.I.

Let's do whatever it takes
to support people living
with cancer.

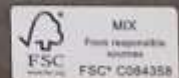
Place: W/A TOWN HALL
Date: SAT 4th NOVEMBER
Time: 10AM UNTIL 1:30PM
Contact: W/ ABBEY W.I. REP
NICOLA 07908681922
OR EVENTS MANAGER
OF THE TOWN HALL



Simply scan this QR code with your phone
to donate to your host's Coffee Morning.

It's easy, quick and secure.

Thank you.



Headline Partners:



Official Sponsor



Community Events.



St Thomas'



CHRISTMAS FAYRE

18TH NOVEMBER 2023

10.30AM-2.30PM

AT

UPSHIRE VILLAGE HALL

EN9 3SP



**Everyone welcome, so do come along and
join us.**

**Take a look at the lovely items on sale,
stalls inc. Cakes, Pickles and Jams, Hand-
made Bags, Handmade Cards, Jewellery,
Raffle, Tombola, Plants and more....**



Refreshments available



u3a and Community Information

Cavalcade Night 24th November

The Museum will be open from 5 pm to 7 pm for refreshments and live entertainment. The Library will be open until 7 pm and there will be some craft activities for children. The Tourist Information will be open from 6–7.30 pm serving mulled wine, hot chocolate and mince tarts. The Abbey Church will be open from 6 pm with Christmas stalls and refreshments. There will be live music and performances, including **u3a Singing for Fun** outside the Town Hall from 6.30 pm. The Christmas lights will be lit about 7.30 pm.

Waltham Abbey Flower Club

Tuesday 28th November 1.30 pm

Waltham Abbey Community Centre

Demonstration by Morag Bennett

'It's Nearly Christmas'

Members £4, Visitors £8

Refreshments, raffle and sales table

Waltham Abbey Church Music for Lunch

12.30 pm

7th Saturday 4th November—Like Terrell—Guitar

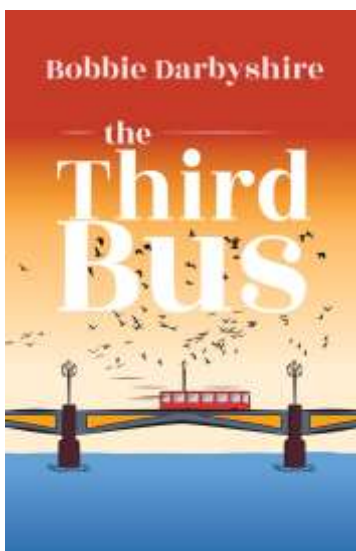
Saturday 11th November—Choir 18

Saturday 18th November—Richard Prince Baritone and Huw Jenkins Piano

Saturday 25th November—Michal Szostak – Organ

Saturday 11th November—10 am–12 noon Town Councillors Surgery, Markey Square

Monday 20th November—Coffee with cops Waltham Abbey Leisure Centre 12 noon–1.30 pm



A previous speaker has published a new book. An unappreciated man walks out of his dispiriting 42 year marriage with no destination in mind. At Victoria Coach Station he boards a coach to Norwich in search of a new start. A late-life coming of age story, missing humour and sorrow, hope and regret.