

Just a brief reminder that it is our AGM at the April Monthly meeting on the 10th with an earlier start of 1.30pm. We need 10% of membership to attend in order for it to take place, which is currently 116. Last year's AGM only took 8 minutes, so hopefully it will be similar this year too, followed by a talk on the Kray Twins.



In the next few months, our website will be changing from sitebuilder to siteworks. This new website will give greater flexibility and ease of use. If you are interested in finding out what the new website is capable of, a few u3as have already changed over to the new system. These include: Buntingford, Bristol, Chelmsford and Chesterfield among others; if you are interested, have a look at their websites. We are happy to receive feedback on the current site and will be looking for volunteers to act as part of a focus group when we get closer to publishing the new site, with all comments being sent to Sue on [web@wareu3a.co.uk](mailto:web@wareu3a.co.uk)



Come and enjoy a bit of therapeutic exercise in Fanshawe Pool on Fridays at 7.45-8.30am in our friendly **Aquafit** class. First trial session is free. If interested, contact Kathryn Pullinger via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)

**Concert** on Sunday 12th May at the Barbican at 7.00pm

Programme: Gustav Mahler Symphony no. 3

Cost £55 inclusive. Booking closes on 10th April

Concert on Sunday 23rd June at the Barbican at 7.00pm

Programme: Dmitri Shostakovich Symphony No. 3

Carl Orff Carmina Burana

Cost £55 inclusive Booking closes on 20th May

The Royal Philharmonic Orchestra are performing a number of American Classics on Wednesday 25th September at 7.30pm including Fanfare for the Common Man (Copland); Bernstein's Candide Overture and West Side Story Suite no. 1; Roger's Carousel Waltz; Barber's Adagio; Olympic Fanfare and Theme by Williams; Gershwin's Rhapsody in Blue and An American in Paris.

Cost £50 inclusive

Please contact Jeff Bergman via Pauline on [chair@wareu3a.co.uk](mailto:chair@wareu3a.co.uk)

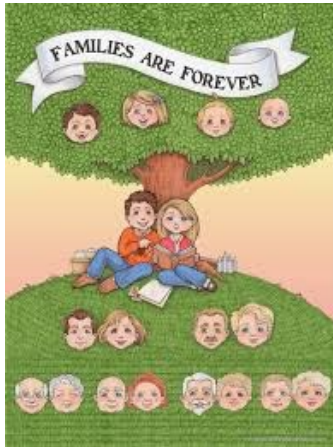
Please note that seats can only be confirmed on receipt of payment

**Creative Writing** sounds difficult, but they are a friendly group who enjoy writing something on a suggested topic at our meeting, in the afternoon of the third Monday of the month in a different member's house each time. We try to encourage each other's efforts before finishing with tea and cake. There is one vacancy at present. If interested, contact Zara via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)



**Family History** Have you ever wondered who your ancestors were?

Not just their names, but where they came from, how they lived and what jobs they did?



Perhaps you are related to someone famous (or infamous) or maybe there is a skeleton (or two) waiting to be uncovered? Using a variety of resources, the Family History Group aims to help members discover all this and more. The Group is open to those just starting to explore their family tree and the more experienced. The latter may say family history research should come with a health warning as it can quickly become addictive!

Meets: 1st Tuesdays 2.30-4.00pm at Isobel Adams Room Leaside Community Centre. Group Leaders: Michael Goodyear and John Hammond. Contact via the website.

**Food Appreciation** meet in the evenings once a month for a meal and socialising in a different restaurant or pub to enjoy a 2 or 3 course meal in friendly and hospitable surroundings. If you would like to join, contact Pat Burt via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)



If you would like to discuss French text followed by further discussion in French then why



not join the **French Literature** Group which meets on the 2nd and 4th Wednesdays from 2.30-4.00pm. Contact Vee Doran via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)

The **Recorder Group** would welcome more players, do not worry about your standard, you may be pleasantly surprised how much you remember from your schooldays. They have a few instruments if you do not have your own, and play a variety of music ranging from the 1700s to recently composed pieces using bass, tenor, treble and descant recorders. The members get great pleasure from playing together. The Group meets on the 1st and 3rd Wednesdays at 2pm. Contact Vee Doran if you would like to join via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)



**Tai Chi 2** would welcome a few more participants. They meet on Mondays 12.30-1.30pm at Wodson Park. This is a wonderful form of exercise, and calming the mind and improving balance are just a few of its benefits. Contact Dawn Cruse via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk) if you would like to join.



**Tap Dancing** Have you always wanted to be able to tap dance but never got round to it? If so then join our happy tappers on a Tuesday afternoon from 1:30 to 2:30 in the Hertford Quaker Hall! We have a few spaces and no experience necessary except a willingness to laugh - our fab and fun teacher, Jodie, can fit anyone in from beginners to those of you who have tapped in the past. Please e-mail Lesley Carter via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk) if you would like to come along and try it out for a week or two!



If you would like to pick up a tennis racquet again, then please come along and join the friendly **Tennis at Standon** Group on Wednesdays 10am or on Fridays at 1.45pm on the excellent all weather courts at Standon and Puckeridge Community Centre. The balls are provided. After the Wednesday session there is coffee and a chat. Contact Sally Bradshaw via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk) if you would like to join.



The **Thursday Simply Fit** class has spaces available. They meet at Riverside Hall at 11am every Thursday. The cost is £5 per session. Contact Annette O'Neill via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk) if you are interested in joining.

Would you like to improve your posture and increase your flexibility, reduce stress and lower your blood pressure? Then why not give **Yoga for Beginners** a try? Join the friendly Yoga class on Wednesdays 11-12 at the Isobel Adams Room at Leaside Community Centre. If interested in joining contact Heather Lovegrove via Debbie on [groups@wareu3a.co.uk](mailto:groups@wareu3a.co.uk)



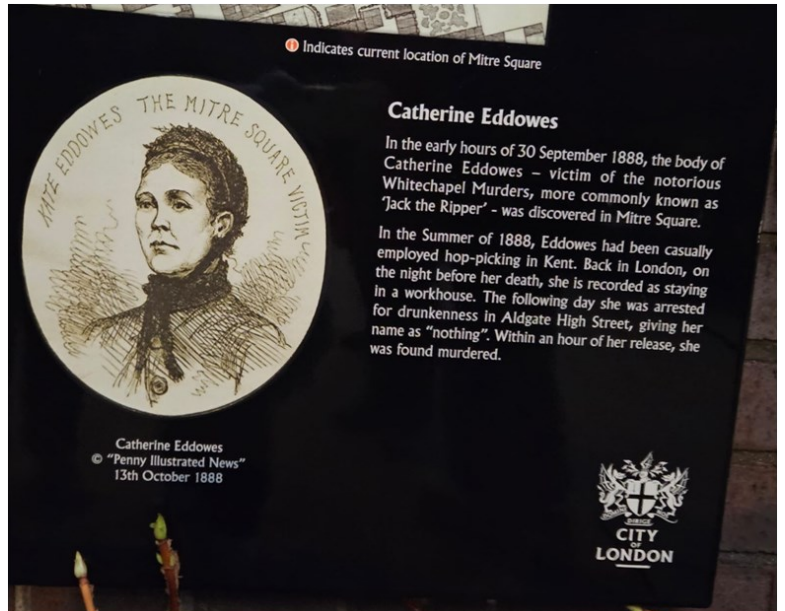
## Exploring London 6 February Walk

On 20th February we had a group tour, 'Jack the Ripper' around Shoreditch in London.

As this was an early evening walk starting at 16.45 most of us went to Eataly at Liverpool St Station for tea and cake before the walk. We started from Tower Hill tube where we met Oliver, our Blue Badge guide.

It was still light when we set off. Not for long. Darkness was approaching.

Oliver told us about the lives of poverty stricken households in the Victorian East End. We walked around Shoreditch,



huddling together as we heard the grisly details of Jack the Ripper's victims. We learnt his nickname was linked to the manner in which he dismembered his victims' bodies. We saw the locations of the murders and learned the details of the botched police investigation.

The tour ended after about 1hr 30mins in Spitalfields. We made our way back to Liverpool St Station, accompanied by Oliver and reassured by modern street lighting.

Richard Johnson & Judi Thomson

Photos by Diane Tansley

## Walking Group 2

The group has been busy out and about twice a month in the wonderful Hertfordshire countryside ever since the end of the covid restrictions. We follow a circular route, mainly on marked footpaths, for a distance of 4 to 5 miles. With the right clothing and footwear, we reckon we can cope with almost everything the weather can throw at us! On January mornings we crunch along on frozen paths, whilst admiring the frost-crusting trees. On summer days we pause to survey the crops ripening in green fields.

On windy days with fresh air on our

faces we listen to the trees whispering.

We even enjoy ourselves splashing through the puddles on rainy days and cope well (usually!) with the mud associated with the clay soil round here. The County has hundreds of miles of well-maintained paths within, say, ten miles of Ware, with great views in all seasons. We consider ourselves very fortunate and enjoy our 'close encounters' with the natural world right on our doorstep.



A coffee break on a chilly morning whilst passing through the Henry Moore Gardens at Perry Green

The members of the group are both friendly, sociable (=chat non-stop!) and supportive. Usually, we end up at a pub where the majority stay for a well-earned drink and a lunch.

Contact us via the website for more information.

Kevin Layzell



Crossing King's Weir on the River Lea for our first outing of 2024