

u3a **learn, laugh, live**

Maldon and District
Newsletter



Membership Subscription Renewals are now due
please see page 5 for details.

August 2023

www.maldonu3a.co.uk

Registered Charity 1086182

FROM THE CHAIR



Our July monthly meeting proved to be highly entertaining. The subject was ***Fakes and Forgeries*** and our speaker spoke without slides and with few, if any, notes. He told a story about a forger and, although we knew what the ending would be, he had our full attention. In terms of presentation this is one of the best speakers I have heard – and I rather liked the subject matter as well.

At our next meeting we will be learning about life in a Turkish village and there will be some Turkish products for sale including pashminas and handbags. Perhaps there will also be some Turkish Delight or wallets for those of us who do not need the pashminas or handbags – we hope to see many of you there. Don't forget to bring your cash!

Since I became Chairman, I have found my main role is to read the safety announcement at the monthly meetings. I take this seriously as I have, on a very few occasions, been at meetings or events when someone has fallen or fainted. Fainting is rather difficult to deal with as the cause is not known and we cannot ask who should be contacted among their friends or family.

There is, however, a facility on Mobile Phones called **ICE** (In Case of Emergency) which can be used to give contact details for emergencies and, if you wish, medical information, and our Editor has kindly written an article explaining this on page.20.



My other main role is to try and get volunteers for the Committee. We still need one or more new Committee members and urgently need a new Secretary and a new Treasurer before October. If we cannot recruit to the Committee, then the continuation of our u3a is in peril. Our organisation cannot continue without a Secretary and Treasurer.

Ken Hazell

FROM THE EDITOR

Thank you for all your contributions to the newsletter, please keep them coming. Don't forget to send your photographs. Please note the early deadline for September's edition as I will be on holiday from 5th September and cannot guarantee inclusion on articles received after this date. Our website has updates of events in-between newsletters.

Kris Taylor



The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. 0800 4 70 80 90 www.thesilverline.org.uk

WELCOME

We are pleased to welcome the following new members:

Carol Plato

David Bruce

URGENT – Maldon u3a Committee Vacancies

Our Treasurer and Secretary complete their 3 year term at the AGM in October 2023 and we are looking for new members to join the committee in these key roles.

From the Treasurer, Geoff Cory:

In October this year my 3 year term as Treasurer finishes, consequently a replacement is needed to step up and take over this essential function to ensure the continued future of the Maldon u3a.

A finance or accounting background is definitely not required, just a willingness to help.

Please contact Geoff Cory if you feel you can help your u3a.

Carol Bates, our Secretary, is also standing down at the AGM.

Please contact Carol for more details of what is involved.

u3a 2024 diaries will be available at September's monthly meeting.

They will be £4.00 each and the layout is week to view with note space.

Maldon & District u3a
1st September 2023 to 31st August 2024
Membership Subscription Renewals

Subscriptions are due by no later than 31st August 2023

Please use our web site maldonu3a.co.uk and complete the forms under "Membership Renewal". If you are unable to do this then renewal forms are available from the Membership Secretary. Each member must complete a separate form.

Annual subscription is £20.00 per person, which can be paid by bank transfer into Barclays Bank. Account name – Maldon U3A; sort code 20-54-30; Account number 53198995, the reference you use MUST be your forename and surname – with no space e.g., johnsmith; or if you wish, you can still pay by cheque which should be made payable to Maldon & District u3a..

Using the web site and paying by bank transfer is the preferred way.

The completed form(s) together with your payment must be made before the 31st August 2023. We do not accept cash. The forms, together with your cheque (if paying by cheque), MUST be returned to the Membership Secretary

Data Protection Law and Data Base: The renewal forms are used to check our database, please indicate on the form if your details are unchanged from your original renewal. Any changes then please advise the Membership Secretary.

Emergency Contact: Where couples are both members, please avoid using each other as emergency contacts. Please also ensure that you have the consent to use the name and telephone number of the person/s named as your emergency contact.

Gift Aid: Please indicate on the form "I want to Gift Aid" if you able to gift aid your subscription.

DO IT NOW: You do not have to wait until the end of August.

Membership cards have already been sent to you (white plastic bar coded credit card size) in May 2020 or when you joined if after this date.

MONTHLY MEETING

Monday 18th September 2023

Wickham Bishops Hall Doors open at 1:30 for 1:45 start. Tea & coffee are available prior to the start of the meeting.

Speaker: Cherith Lowry

The Gibberd Garden

Sir Frederick Gibberd was an Architect, Town Planner and Landscape Architect.

His projects included Liverpool Catholic Cathedral, Heathrow Airport terminals 1, 2 and 3, the Central Mosque in Regents Park and the buildings for three power stations (Hinkley Point, Didcot and Sizewell A). He also landscaped three reservoirs, including Kielder, and his design for a prefabricated council house, BISF, was widely adopted in post-war Britain.

In 1946 he was appointed master-planner for Harlow New Town and his original plan for the town is regarded by many as his greatest achievement.

The Gibberd Garden is an inspirational and fascinating Grade II listed garden created between 1957 and 1984, and is acknowledged to be one of the most important 20th century gardens in the country .

Our speaker, Cherith Lowry, has been involved with the Garden for over 20 years. She began as a volunteer, progressed to gardener and is now responsible for visits and talks. She has recently become a Trustee.

Please remember your Membership Card

MONTHLY SPEAKER SCHEDULE 2023

<p>16th October</p> <p>AGM</p>	<p>Julie Miller</p>	<p>The Combined Military Services Museum – One man’s obsession</p> <p>Curator and historian Julie will be giving a talk on the background of the creation of the Combined Military Services Museum in Maldon, and taking a look at some of the special pieces from the collection. A journey covering 1000 years of history through objects ranging from a Viking sword, to Jacobean armour and the gadgets of Cold War spies</p>
<p>20th November</p>	<p>Patrick Forsyth</p>	<p>Unaccustomed as I Am . . .</p> <p>Patrick has spoken widely on the pitfalls and (occasional) joys of public speaking. Standing up to speak in public can be difficult, challenging, maybe even frightening, yet with a few tricks of the trade it can be fun too, or should that be funny?</p>
<p>18th December</p>	<p>Christmas festivities</p>	<p>tba</p>

If you know of any speakers that you can recommend please contact the Speaker Secretary. Theresa Byles

Maldon u3a Open Day

Our first Open Day in over 8 years was held in Maldon Town Hall on



Thursday 15th June. The day proved to be one of the hottest in June and the air-conditioning within the hall was most welcome by both our coordinators and the visiting public, as were the refreshments.

Some 20 group coordinators provided excellent displays that detailed when and where they meet, places visited, photos of their activities, explanations of what the group does, even down to how long the groups have been active. Plus several of the groups had practical displays such as Mahjong, Bridge, Just Jazz and Wine tasting to name but a few.

The Mayor of Maldon paid us a visit and was shown around the displays by our Vice Chairman, Theresa Byles. He showed a very keen interest in all our displays, and our u3a in general, and spent some two hours talking to the group coordinators.



Although the number of visitors was a little disappointing, all who visited said how professional and informative the displays were and how friendly and welcoming all of our members were. Most importantly they all expressed an interest in what our u3a does, and to date 14 new members have joined, which made it a worthwhile effort.

Overall an excellent day and our thanks to all who took part and helped.

A small selection of the many displays and their coordinators







AVIATION GROUP

At our Open Day in June what struck me was the number of aviation anecdotes that people wanted to relate to me in response to the cutaway drawings of vintage and modern aircraft I had on display.



For example: parties given by the young American flyers from Wormingfold for the village children; counting the aircraft out in the early morning and back again (not always) in the afternoon from Ridgewell; the US servicemen throwing out oranges from the supply trucks on the way to North Pickenham; the joy rides given to youngsters by bored young pilots.

These comments came from fellow members, other coordinators and “people off the street.”

These are part of our history here in Essex, there must be more, and I would like to record these memories for the future. So please email me with you or your family’s memories of that time.

Our June meeting was delayed until 7th July, when we visited the De Havilland Museum at Salisbury Hall near Hatfield. An excellent museum, helpful volunteer staff and beautiful weather!!



Our minibus transport was provided by Community 360 Transport piloted by fellow member, David Gillespie, in comfort and safety. An excellent service, thank you David.

Our Concorde film showing on the 28th July was well attended and we welcomed new and past members.

The content of the film was most interesting and I for one added to my knowledge of the programme . On a lighter note, who knew that the Flight Test crew of Serial Number 002 played cricket in the aisle between the seats over the Bay of Biscay at Mach 2 and 55000 ft!!??"

STOP PRESS---August update Although we hadn't planned a meeting in August, with the assistance of Tony Groves, I will try and show the wonders of the latest Flight Simulation, available to the wannabee flyer!

This will be experimental, via Zoom, to the Aviation group members, but if it all works out, I will extend it during the winter months and we can go fly to exotic places like Uluru (Ayers Rock) National Park in Australia.

Our first flight will be from Southend, over the estuary, the Dengie, Blackwater estuary, Maldon town, Stow Maries Great War Aerodrome and back to the general aircraft parking at Southend.

Date and time TBA.

The programme for the remainder of this year is:

Friday 29th September Visit to Stow Maries Great War Aerodrome. Independent travel to SM and meet in the car park at 10.30. There is an entry fee of £7 per person. Guided tour starts at 11.00. Refreshments available on site.

Friday 27th October Danbury Cricket Pavilion - illustrated talk by fellow member David Gillespie on his flight of a lifetime in the restored Canadian Lancaster

Friday 24th November Grand film event. Tom Cruise in *Maverick*.
Popcorn and ice cream served in the interval!!

Friday 15th December End of year social lunch at the Airmen's Mess
Cafe, Stow Maries Great War Aerodrome., meet in the Stow car park at
11.30.

Chris Samson

ART APPRECIATION GROUP

In July, nine of us watched the film *Close To Vermeer*, which gave a fascinating insight in to how the blockbuster Rijksmuseum exhibition was put together, and how 28 of Johannes Vermeer's stunning works were gathered from around the world's museums. Today 34 paintings are firmly attributed to him, with questions marks over a further three .

On 16th August we will be revisiting the Fry Gallery in picturesque Saffron Walden to view many of the Bardfield Group paintings by artists such as Eric Ravilious and Edward Bawden



On 13th September we will be indoors again to see a film from the
Great Courses collection.

Please let Judith or myself know if you wish to attend.

Andy

MARITIME GROUP

The group's next meeting is on Monday 4th September starting at 10am at The Blackwater Sailing Club, Basin Road, Heybridge Basin CM9 4SD.

This talk by Simon Gregor will take us on a virtual stroll along the Thames from Vauxhall to Westminster, uncovering some of London's rich history along the way.



Sometimes on the embankment, and sometimes diving into quaint side streets, this talk will explore not only big sights like the Palace of Westminster and the Tate Britain gallery, but also some of the less well-known history lurking in the back streets, with the Thames itself providing a constantly flowing thread linking the city together.



Simon currently lives in Detroit so this talk will be via Zoom and projected on to the screen at the Blackwater Sailing Club.

All u3a members are very welcome to join the meeting.

Malcolm Case

MARITIME GROUP Programme 2023

- Mon 2nd October **Talk** and updates by John Rayment on the Restoration of the Sailing Barge “Pudge”.
- Mon 6th November **Talk** by John Pomfrett on the City of Lakes and Rivers: waterways in and around Berlin. Following a brief introduction to the early, largely natural, river navigations that served Berlin from its founding in the 13th century, this talk traces the development of the canals and river navigations around Berlin, from the early canals of the 17th century, through the peak of expansion in the late 19th and early 20th centuries, to the final completion of the Mittellandkanal in 2003, following the reunification of Germany. Having set the scene, we then take a tour along the present day waterway system, starting with the complex network of waterways within the city, then looking at the links to the Baltic, the Elbe and the Rhein and upstream to the unique waterways of the Spreewald. We will see ports and palaces, locks, lakes and a lido, old and new boat lifts and many other points of interest in and around this fascinating city.
- Mon 4th December **Talk** by Simon Stephens of the National Maritime Museum, Greenwich on model boat building for the Museum. Followed by discussions on our 2024 programme and some Christmas cheer.

STROLLERS SUNDAY

The Strollers walk on Sunday 17th September will take place at Tollesbury.

This is an easy walk of approximately 3.5 miles, which takes us past the sail lofts, towards the sea wall with panoramic views (weather permitting!) across the Saltings and the Blackwater.

Please meet in the Woodroffe Green Car park at 10.00 for a 10.30 start. Lunch is available.



Please let me know whether you are coming by 9th September.

Gill Stone

BIRD WATCHING GROUP

August	No meeting	
9th September	Bradwell	Meet in St Peter's Chapel car park
8th October	Walton on the Naze	Meet in Naze Tower car park
4th November	Two Tree Island, Leigh-on-Sea	Meet in car park
3rd December	Maldon promenade	Meet by Rossi's ice cream kiosk

All rendezvous times 10.00 unless otherwise stated.

For full locations details or car share requests please contact:

Peter Gaywood

Michael Bagshaw

FILM GROUP

Two successful films this time.

The ***African Queen*** received very good reviews from all, despite its age. The excellent acting by Humphrey Bogart and Katherine Hepburn make this an all time classic. Their on screen chemistry depicting a couple from differing social levels falling in love, facing and overcoming all odds to achieve their goal of blowing up a German warship show acting at its best. And, of course, everyone loves a happy ending! Obviously, compared to films made now the scenery shots seemed somewhat tame and artificial but, nonetheless, certainly one of the greatest films ever made. **Score: 8**

In the Heart of the Sea was also generally well received. I don't think it will become classic like the ***African Queen***, but it does have exciting scenes when the ship is at sea during storms and whale hunting. Some scenes were maybe a bit slow but the storyline of Herbert Melville seeking out a survivor of the ill-fated ship, *Essex*, as the basis for writing Moby Dick was interesting. Good acting by the cast overall. It also gave a glimpse of how horrendous whaling was – three cheers to the whale for sinking the boat. **Score: 7**

Next time:

Mr. Jones A 2019 biographical thriller starring James Norton, Vanessa Kirby and Peter Sarsgaard. The film loosely tells the story of Gareth Jones who, in 1933, travels to the Soviet Union and uncovers the truth about the Holodomor, the devastating man-made famine in Ukraine in which millions died.

12 Monkeys is a 1995 American science fiction film directed by Terry Gilliam and starring Bruce Willis, Madeleine Stowe and Brad Pitt, with Christopher Plummer and David Morse in supporting roles. Set in a post-apocalyptic future devastated by an unknown disease, a convict (Willis) is sent back in time to investigate its origin.

Both films are showing on BBC iPlayer for over a year.

Please note there will be no meeting in August. Our next meeting is Wednesday 27th September. If you would like to join please get in touch.

Shirley Macro,

POETRY GROUP

The next meeting of the group is on Thursday 7th September, starting at 2:00 pm at a members house.

The poet for discussion is Matthew Arnold (24 December 1822 – 15 April 1888). An English poet and cultural critic who worked as an inspector of schools, he was the son of Thomas Arnold, the celebrated headmaster of Rugby School, and brother to both Tom Arnold, literary professor, and William Delafield Arnold, novelist and colonial administrator.

Jo Robson



THE BIG BALTI

The next curry night will be held on Monday 25th September at the Bulti Bhujon restaurant, Mill Road, Maldon. 6.30ish start.

To add your name to the list please contact:

Graham Evans

Bob Gowers

In Case of Emergency numbers—ICE

Have you thought about adding an In Case of Emergency telephone number to your mobile phone? Should a need arise to contact your nearest and dearest these emergency numbers can be accessed even on a locked phone.

It is an easy process to set up on both iPhones and Android phones.

On your iPhone, go to the Health app, then Medical ID. You can now add as much or as little medical information as you wish. Then scroll down to Emergency Contacts and add the numbers you wish to use and follow the instructions, ensuring you turn on Show When Locked.

On Android phones, either go to the Personal Safety app, or on older models, go to Settings, Contacts, select the Groups tab and go Emergency Contacts.

More detailed information is available on your phone provider's website.

If your phone doesn't support any of these methods, then go to your contacts list and add **–ICE 1, 2 etc or – Emergency Contacts**, then the number. Putting a dash first ensures the number will show at the top of your contact list.

If you keep your phone screen locked it should show Emergency at the bottom of the screen

Your medical information cannot be read by your service provider and is only shared with the emergency services if they are called. directly from your phone app.

Kris Taylor



GEOLOGY GROUP

On a recent Field Trip we looked at the current state of a few of the buildings badly affected by the Colchester Earthquake in April 1884. The quake is estimated to have been of a magnitude of 4.6. In all more than 1000 buildings sustained damage.

Little Wigborough Church lost most of its tiles and whilst some repairs were made at the time, the church has deteriorated so much since, with large cracks appearing in the walls, that it is now closed to the public and the commemorative plaque cannot be viewed.

Peldon Church also lost its tiles but was repaired and continues to function as the main village church with interesting walls.

Sadly, Langenhoe Church is no more and was pulled down in 1962 so that only a few rose bushes were visible on the probable site.

Both chimneys at the Peldon Rose were badly damaged and still need support but the inn continues as a thriving business.

It was an interesting afternoon, wandering through the leafy lanes of Essex away from much of the traffic, and in sunshine!!

There will be no meeting in August but meetings will resume at West Maldon CC at 2p.m.. on Wednesday 20th September and anyone with an interest in Geology is welcome to join us.

Sylvia Cousins

Message from Peter Harden Blackwater u3a

Tai Chi classes are held every Monday in the West Maldon Community Centre from 2— 4pm All Maldon group members are welcome.

For more detail contact:

Peter Harden

MAH-JONG

Mah-Jong has vacancies for new members. We are a small , very friendly group., that meet every other Friday in the Linton Room, West Maldon CC, 2pm-4pm.

If you haven't played Mah -Jong before we are very happy to teach you.

PLEASE NOTE THAT THERE IS NO MEETING IN AUGUST.

Our next meeting is Friday 1st September.

For more information, please contact Mags Pell.

ASTRONOMY GROUP

There is no meeting of the group in August. The group's next meeting is Monday 25th September. Details of this meeting will be in the September newsletter.

Malcolm Case

WINE GROUP 2

Wine Group 2 are looking for a further two u3a members to join us. We meet once a month on the fourth Wednesday at 7.30 p.m. in each other's houses.

For more details, please call Graham Boswell



Well ,once again the year marches on and it's time for my annual coffee morning held on the national event day, **Friday 29th September.**

As in previous years I would ask that you book in to a time slot to help me manage and cater on the day. The times available are 10am, 11am or 12 noon.

Since I began holding these events in Maldon in 2002, with your help we have raised £8445. Hopefully, we can have an enjoyable morning get together and again help a very worthwhile cause.



I look forward to seeing many of you ,but if you are unable to attend I can send you a link to donate on line as all donations are very welcome.

Please email me to book in. .

I look forward to hearing from you.

Mary Burd



If you are unable to make it to Mary's gathering, the Mayor is also holding a Macmillan Coffee Morning in the Town Hall, Market Hill between 10am and 12 noon on Friday 29th September

STROLLERS TOO

Strollers Too Walk 25th July 2023.

We met at The Swan, Little Totham prior to the walk and made our menu choices.

The weather forecast wasn't good and whilst there at the pub carpark

the heavens opened and found us all sheltering from a torrential downpour. It did cross my mind to abandon the walk but, once the rain



abated we left for our walk delayed by only ten minutes.



Thankfully there was no more rain and we enjoyed a circular walk through woodland, hedgerows, open fields of wheat and borage (or perhaps echium?)

and unfortunately rather more road than I would have liked. Having said that, the aptly named Church Road with its cathedral like arch of tree branches was pleasant. An enjoyable meal was had at The Swan on our return. David Griffiths

The Strollers Too walk on Tuesday 26th September will be from the Western Arms pub in Western Road, Silver End, CM8 3SD. Cars can be parked in the pub car park. <http://www.westernarms.co.uk>

The walk be just less than 4 miles and will include woodland, meadows, lake, open fields and very little road walking.

Please meet at 10.15 for a 10.30 start. Please let us know by Monday 18th September if you intend to walk and if you would like lunch.

Val and John Stealey

LOCAL HISTORY GROUP

Firstly our thanks to those of you who joined our walk down part of Maldon High Street on Monday 24th July despite the occasional light shower.

After a wander around the very nice gardens at the Maeldune Centre we had a quick visit to the Walled Gardens at the Friary which Liz, a volunteer, had opened especially for us.

During our walk we looked at buildings dating from the C14th onwards and were amazed at how many retail outlets there have been over the centuries and how many pubs are now closed. The C14th Swan Hotel, a once thriving staging inn, had an early C20th brick facade for three shops on the ground floor and in the Rose and Crown, formerly the Red Lion, original C14th beams can still be seen.. Traces of once elegant C18th houses and cottages continue down the High Street and current businesses on the ground floor appear to flourish. However, the once "state of the art" cinemas at the Hippodrome and Embassy are no more, but there is still so much to see if you are brave enough to look up. Mind how you go!!!

Please note there is no meeting in August.

Our next meeting is on Monday 25th September when we will continue our walk down the High Street, finishing at the Hythe and St. Mary's Church. Please meet at 2p.m. on the corner just east of the Rose and Crown by *Maldon Spice*, where Butt Lane meets the High Street.

There is no need to book.

Please note that Maldon's Heritage weekend is from 8th - 17th September, when many historic buildings and sites will be open to the public. Please check the website for details.

Kathy and Sylvia

YOUR COMMITTEE

Chairman	Ken Hazell
Vice Chairman	Theresa Byles
Secretary	Carol Bates
Treasurer	Geoff Cory
Membership Secretary	Malcolm Case
Newsletter Editor	Kris Taylor
Speaker Secretary	Theresa Byles
Groups Co-ordinator	Malcolm Case
Committee	Alec Fraser Tony Groves Andrew Simmonds
Webmaster	Tony Groves
Social Group	Michael Childs

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u3a

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live

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Deadline for next newsletter: 3rd September 2023

CO-ORDINATORS

Art Appreciation	Judith Johnston Andy Simmonds	London Theatre Outings	Rosemary Case Sheila Childs
Aviation	Chris Samson	Meet & Eat	Joan Cummins
Astronomy	Malcolm Case	Mah-Jong	Mags Pell
Balti Night	Bob Gowers Graham Evans	Maritime	Malcolm Case
Bird Watching	Peter Gaywood Michael Bagshaw	Music Appreciation	tba
Bridge	Gill Cory	Padel Tennis	Ken Hazell
Canasta	Iris Slaney	Petanque (Boules)	Jack Veash Geoff Macro
Cribbage	Pat Clements	Photography	Tony Groves
Croquet	Geoff Macro Shirley Macro	Poetry	Jo Robson
Discussion	Pat Jones	Reading	tba
Film Club	Shirley Macro	Rummikub	Janice Martin
French Conversation	Ann Lester	Scottish Country Dancing	Diana Rogers
Garden Visits	Theresa Byles Kris Taylor	Sing for Pleasure	Sue Garnham
Geology	Sylvia Cousins	Strollers Sunday & Tuesday Group	Malcolm Case
German	Howard Broadbridge	Tenpin Bowling	David Arnold
Handicraft	Marian Manning Brenda Heal	Wine Circle No. 2	Graham Boswell
History—Victorians	Kathy Goff	Wine Circle No. 3	Mary Burd
Just Jazz	Peter Condon David Coombes	Wine Circle No. 4	Ann Goody
Local History	Sylvia Cousins Kathy Goff	Writing for Fun	Patrick Forsyth

Comment on **“Third Age Matters”**
via **Patrick Forsyth** patrick@touchstone28.com

third age 
matters

Schedule of Events – September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
				1 Mahjong	2	3
4 Maritime Zoom talk by Simon Gregory on the Thames history	5 German	6 Bridge Croquet Padel Tennis Ten Pin Bowling	7 Poetry Petanque Rummikub Ten Pin Bowling	8 Singing Canasta	9 Bird Watching Visit to Bradwell	10
11 Discussion Handicrafts	12	13 Lunch club Padel Tennis Ten Pin Bowling	14 Royal History- Victorians Petanque Ten Pin Bowling Scottish Dancing	15 Mahjong	16	17 Strollers Tollesbury
18 Monthly Meeting AGM The Combines Military Services Museum Just Jazz	19 German	20 Bridge Croquet Geology Padel Tennis Photography Ten Pin Bowling	21 Petanque Rummikub Ten Pin Bowling	22 Reading Singing Canasta	23	24
25 Astronomy Local History	26 Strollers Too	27 Film Padel Tennis Ten Pin Bowling Wine Group Writing	28 Music Appreciation Petanque Ten Pin Bowling Wine Group Scottish Dancing	29 Aviation Visit to Stow Maries Cribbage Mahjong Macmillan Coffee Morning	30	

Schedule correct at time of publication – please confirm dates with co-ordinators