

U3A Newsletter



**Nov/Dec
2025**

Keeping you informed of group activities, events, trips and meetings.

This month's speaker is

..... Christoph Bull.

On **Friday 14th November**, Christoph Bull, will be talking about
"Chalk since 1945."



Christoph is a local historian, speaker, guide, author and librarian of over 35 years experience. He has been to our meetings a few times and has proved to be very popular. He is also Municipal Mace Bearer for Gravesham Borough Council, Official Cobham Hall House & Garden guide and historical advisor to Swanscombe & Greenhithe Town Council.
This is a new talk in Christoph's repertoire.

On **Friday 12th December**, we will be entertained by:

"Under The Influence,"



a band containing our very own Johnny G. The band was formed in 2021, with four good singers. They specialise particularly in harmony songs, such as Crosby Stills Nash & Young, The Hollies and various Motown songs. Any monies earned are passed on to the Elliott Holmes Memorial Fund, started by Elliott's family in 2021, supporting teenagers with serious mental health conditions. Check out their website www.ehmf.org.uk They have recruited and funded an "army" of over forty counsellors, available to give immediate assistance within six days, rather than twelve months as is, unfortunately, often the case currently with the NHS.

The deadline for notices, articles or photographs for next month's newsletter, which **Michele Morement** will be editing, is:

12 noon on Wed. 3rd December 2025.

Please e-mail items to: newsletter_editor@gndu3a.onmicrosoft.com

Notices:

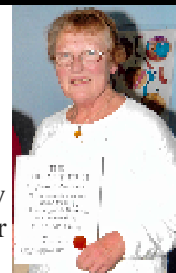
Jenny Vallely

We are sad to report the death of Jenny Vallely. On retirement from a lifetime of nursing, she was Looking for an outlet for her energies and discovered the U3A movement. She applied to start a group in Gravesend, and thus became our Founder Member and first Chairman. Without Jenny's pioneering spirit our U3A would probably not exist.

Our earlier members will remember Jenny as a friendly, intelligent, approachable person, always ready To take on a new challenge. She remained a passionate fan of U3A until illness caused her to leave our group. Sadly, in recent years, she was forced to leave her own house to move to a care home.

Jenny's contribution to our U3A has left an invaluable legacy.

Thank you Jenny and Rest in Peace.



Brian Edwards.

Jenny died on Friday and requested an unattended cremation with no service. She had been in a care home near Chichester for less than a year, we think.

U3A GENERAL MEETINGS -

We had a fantastic October General Meeting, but there were a few matters of concern, so **please note:**

- Only use the rear door to the hall as the middle door is a fire door only now, and not to be used to enter/ exit the building, unless you have serious mobility issues. However, the only disabled parking bays are in the front car park, and CPC do allow anyone parking in those with serious mobility issues to use the middle door.
- All mobile phones to be switched off or to silent before 1400 hrs and not switched back until after speaker and any announcements from stage.
- Remain seated until the end of all announcements from the stage*.
- Only take one newsletter. Anyone not attending the meeting will be able to access the newsletter emailed to them and all members beforehand. Newsletter printing is kept to a reasonable level to reduce costs and potential wastage.

*The October Meeting showed that members welcome interaction, and we are looking into ways to reduce queuing/overcrowding for refreshments, whilst providing an area where members can have a chat if they wish.

Thank you for your cooperation.

Your Committee.

Creativity on Display: Group Leaders Dazzle with Decorated Chairs!

At our October CPC meeting, our members were treated to a truly inspiring sight — 20 chairs were transformed from ordinary chairs into extraordinary works of art! Each decorated chair told a unique story, reflecting the **range, creativity, and spirit** that make our U3A such a vibrant community.

From paint and fabric to collage and clever design, the chairs showcased everything from art and literature, to language, sport, music and much more. Every seat was a celebration of the group it represented — and a testament to the imagination and energy of our leaders.

The event wasn't just visually impressive; it captured the essence of what U3A stands for — **lifelong learning, friendship, and fun**. Members wandered among the displays, admiring the originality and chatting with leaders about their inspiration and process.

A huge **thank you and congratulations** to all who took part for their time, creativity, and enthusiasm. Your efforts brightened the room and reminded us how lucky we are to have such a dynamic and talented membership. Prizes were given to the top three chairs selected by volunteer judges. 1st John with Ukulele, 2nd Jan with Spanish and 3rd Lynne with Modern Jive.

If you missed it, don't worry, we are planning another in the Spring. We can't wait to see how this imaginative idea might inspire future projects!



Here's to our wonderful leaders — and to the next burst of creativity from our U3A!

Alan Scott

MEMBERSHIP RENEWAL – 2026.

From 12th November you can renew your U3A membership! We're delighted to confirm that, thanks to our growing membership, the fee for 2026 remains unchanged at £16 and, as every year, members can rejoin on-line or by paper form.



Renew Online – Quick and Easy

This is the fourth year of us using Beacon, where you can easily renew your membership on our website. This saves valuable time for our volunteers and helps reduce paper waste and postage costs.

Most members now renew this way, and we encourage everyone to take advantage of this simple option.

To renew your GN&D U3A membership:

- Visit the **Members Area** on our website. <https://gravesend.u3asite.uk/members/>
- Click **MEMBERS LOGIN** and enter your details.
- Select **“Renew your Membership.”** Depending on your membership type, you'll see either:
 - **Individual: £16**
 - **Individual with TAM: £20**

You can pay securely by **Debit/Credit Card or PayPal**, just as you would with any major retailer.

Need a Hand?

If you'd like help renewing online, please ask a family member or friend to help you — it's easier than you may think! Our **Tame Your Tech Group** is also available for support.

Additionally, Peter will be at the November & December General Meeting to assist with renewals in person.

Gift Aid – Please Tick.

Do you receive £12,570, or more, in income (including all pensions, Income, interest, etc.) before tax?

By ticking the Gift Aid box, your U3A can reclaim tax from HMRC — adding £4 to your subscription, **at no extra cost to you.**

This valuable support helps us keep fees low. Many members do so already, and we encourage you to do the same. **Please Tick.**

Paper/Cheque Renewal

If you are unable to renew online, as with every year, members can still renew by post:

Download a renewal form from our website, or collect a paper form at a monthly meeting.

Tick the Gift Aid box, if applicable.

Post the completed form, with a cheque made payable to Gravesend U3A:

- **£16 for Individual membership**
- **£20 including TAM**

Post to the address on the form by 31st December 2025 and include a **stamped addressed envelope** for the return of your membership card.

Please note: renewing by post will cost at least £1.70 more in postage.

Sue Kirwan

Emergency Contact Information

Many of our members have added an EMERGENCY CONTACT name and number to their profile on Beacon, some still have not. Accidents, heart attacks etc are (thankfully) rare, but do happen, and we are sure you would want us to be able to contact someone on your behalf if you fell ill and were unable to do so.



Please check your Beacon profile, update it with an **EMERGENCY CONTACT** name and number and your group leader will then have access to this information, should we need it. You only have to do this once as the Leaders of other Groups you belong to (including trips etc) could also access this info and notify someone for you if you were taken ill in their Group activity.

Please type into Google **Gravesend U3A**, or copy and paste this link <https://gravesend.u3asite.uk/members/>

Then select - **Update your personal details** - you can see all the details held and select **Emergency Contact**, (You can update this at any time) you can also see all the information we hold about you, address, telephone etc If you have not yet created a password for your membership account, use the Register link to set one up click: [Register for a membership account](#)

You may receive an email to confirm it's you – if so, click the blue link to confirm and set up a password. Please check and update your **EMERGENCY CONTACT** today.

Alan Scott

Group News:

Group information for November.

Cycling group now in hibernation.

Quiz night. Next quiz November 29th

Zumba Gold commences 26th November at Shears Green Community Hall.

Short Mat Bowls in Legends.

Afternoon Tea Quiz. Next Quiz in the Autumn at Christchurch Hall

And....

Christmas Visit to Hever Castle November 30th,

Christmas Lunch at Bartella's December 4th,

GROUP MEETINGS ANNOUNCEMENTS



Ramble

Fri 21st Nov.
with Colin.



Ifield & Istead Rise.

This is a nice 4 ¼ ml walk from the Cyclopark to Ifield and Istead Rise, returning in a circular route. Nothing too challenging although in Istead Rise there is the dip down and rise up towards the shops! Please email Colin if you'd like to go.

Meet at the Cyclopark building entrance at 10am. Parking is £1.90 for 4 hrs – Morrisons, nearby, is free for 3 hrs, with a fine if you are longer

Colin Nice (contact details at end of newsletter).

Walkers take part at their own risk.

Hike

Fri 5th December.
with Colin.



Cobham and Luddesdown.

This month's hike is 6¼ miles long and begins at Camer Park.

We visit Cobham, Luddesdown and Great Buckland in our lovely local area of outstanding beauty. It's not mountainously hilly, but yes, there are a number of hills. If you'd like to go please email Colin.

Meet at 9.30am in Camer Park.

Leader – Colin.

Colin Nice (contact details at end of newsletter).

Walkers take part at their own risk.

Sunday Lunch Bunch
Sun 4th January 2026.

with Marilyn

The Sunday Lunch Bunch will not be meeting in December as there are so many groups arranging their own Christmas meals.

I hope that many of you will want to come along to V's Punjabi Grill (also known as Bageesha or Bagisha) at Canal Road, Gravesend on Sunday 4th January 2026 at 12.30.p.m., to blow away all thoughts of roast turkey and Christmas pudding.

Marilyn Pascoe (contact details at end of newsletter).



Walks in October.

Early in the month, storm Amy was spreading chaos in the north and west, but light rain was forecast for our circular walk from Camer to Hook Green and Meopham, that Ray led. In the end, it drizzled throughout the morning but nevertheless the eleven intrepid walkers enjoyed the 5 mile walk.



In the middle of the month, Joyce led a lovely local 5 .2 mile walk from Shorne Woods C.P., though Cobham Wood, Jeskyns and Ashenbank. The weather was perfect, and the local paths have been well-trodden by our group on many occasions, but I was astonished to discover that, for a decent chunk of time, I didn't quite know where we were. Congratulations and thanks to Joyce for unearthing a few new routes for us!

Colin Nice

Birdwatching Group Trip to R.S.P.B .Rainham Marshes Reserve.



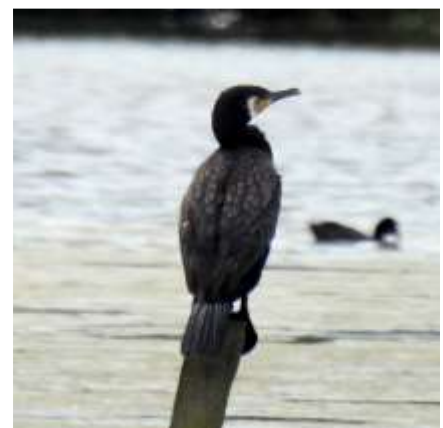
On Friday, a small group of us set out in the blustery autumnal weather to complete a circuit of the RSPB Rainham Marshes Reserve. We started in the warmth of the reception area, overlooking the reserve where we could see lots of birds in the distance, almost too far away to identify. The log of sightings included merlin, kingfisher, bearded reedlings and goldcrest, all of which kept well hidden during our visit. We ventured out in a clockwise direction, stopping at the various hides, including the recently reopened Shooting Butts, where we saw Canada

Geese, linnets, pied wagtails and herring gull amongst other birds. All in all we saw or heard 36 species including kestrel, marsh harrier, little egret, meadow pipit, teal, gadwall, lapwing, mute swans, cetti's warbler and grey heron. There were also a number of dragonflies still out in the October sunshine, their wings glinting as they flitted past or rested in the sun. As we returned to the car park, several of us watched the seals basking on the mud banks on the other side of the Thames.

All in all, a very enjoyable visit.

Tessa Barnby

Thanks to T Robson and S Bradley for the lovely photographs.



Photography 1.

Our trip in October was to London Bridge, where we spent a very pleasant ninety minutes photographing the south side of the river area, between London and Tower Bridges, and their environs. Unfortunately, we were somewhat taken aback to discover that substantial parts had become a building site, with the iconic City Hall building being dismantled, at least in part. Nevertheless there was plenty more to photograph.



Colin Nice



Quote of the Month:

“When you're in jail, a good friend will be trying to bail you out. A best friend will be in the cell next to you saying, 'Damn, that was fun!'.”

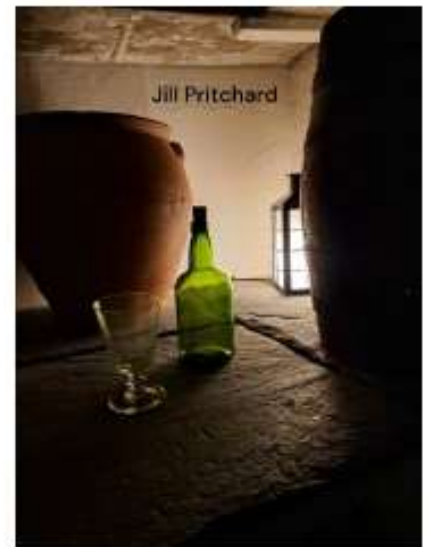
Groucho Marx

Photography 2 – ‘Bottles’.



Ann Buttle

PHOTOGRAPHY 2 – ‘BOTTLES’ – Not an excuse to go to the pub, instead to explore variety in shape and size, effect of light through glass, bottles that litter our streets and even ‘bluebottles – the insect variety’, but no bottle nosed dolphins. Next theme – ‘Imagination’ so we need to charge up our brain cells. See more : [Photography 2 - Google Drive](#)



Jill Pritchard



Alan Scott



Peter Buttle



Ann MacEwan



Ben Winder



Joan Porter



Rob Porter

Creative Writing 2 - Story of the Month.

The Letter by Martin Bacon

Dear Jane,

I know I only wrote to you recently, but quite a lot has happened and I think I need to tell you about it. I don't know if you remember Mrs. Ostrovsky? I'm not sure if she moved in next door before or after you went to live with your father. But in either case I don't think you knew her well. I haven't mentioned her in my letters because...well, because you're in New Zealand and what happens here must seem very boring, and to be honest she hadn't been that much of a problem.

And then about a year ago her son came over from somewhere Eastern - Belarus I think - and went to live with her.

I remembered it well because one morning I went into the garden and there he was on our side of the wall ripping out the ivy, and the mortar and some of the stones were coming out with it. I asked him what he was doing and he seemed not to understand English, so I made gestures and eventually he climbed over the wall. Later that day Mrs. Ostrovsky came round and told me it was her wall, the ivy was breaking it up and she had asked her son to deal with it. I said he had no business coming into my garden without permission and she said he didn't understand how things were in England. I said as it was her wall she could pay to have it repaired, and she said it didn't need it.

Well, nobody likes disputes with the neighbours and I got Sam the gardener to repair it. But then he told me that someone had been in the potting shed and some of his tools had been blunted. We had our suspicions of course, but we just had a big padlock put on the door of the shed and Sam put on new stronger hinges. I don't know what I would do without him. He even takes me to the hospital and won't take money for it. About this time I heard a rumour at the W.I. that someone was selling drugs in the village. Now we've always had a bit of cannabis - there's so little for the young people to do in the evenings - but this was different, people were talking about heroin. Who was buying it? It was the usual vague "people from the Council estate."

And then I got a visit from Mrs. Ostrovsky, who beat about the bush for a bit and then asked if I had thought about selling my house, because her son wanted his own place.

Well, the cheek of it! I told Mrs. Ostrovsky that I had lived here all my life and my grandparents had had it built, and no, I was not thinking of selling.

Looking at my diary, everything went quiet for a few months. And then one day I got up and looked out of my bedroom window, and someone had cut turfs out of the lawn, big holes. In fact, I called the police. They said they would send someone round and a young constable came and took details, but he said it was probably the local youths and it would be impossible to trace them.

Then I started getting the telephone calls. You know I don't believe in mobile phones and so on, and I was being called on the real telephone and all there was, was heavy breathing. I called the police again and they said they could put on call monitoring, but it was probably from some faked number. Still, they did it and everybody complained how hard it was to reach me.

At this point Mrs. Ostrovsky came round again, this time with her son, and he positively stood over me while she told me she wanted my house and I was going to sell it to her. It was frightening but it so happened Sam was at work in the garden and came and looked in through the window, and they left. It was Sam told me that there was a story that it was the Ostrovsky son who was the drug dealer, and that he was dealing something called Fentanyl, which he was getting from abroad. But the police didn't seem interested.

I'm picking up this letter again after several weeks, it's taking a while to write.

Mrs. Ostrovsky knocked on the door and asked me if I would go round to her house and discuss selling up. She said she would "make it worth my while". I had been to see Dr. Jones the day before and I was feeling rather down, so perhaps I was a bit foolish but I went. And to give myself courage I dressed up a bit. Hat, gloves, my old patent court shoes.

Mrs. Ostrovsky led me to her dining room and asked me if I would like some tea. And I said yes. She brought in an ornate metal teapot that looked like silver, and two bone china cups and saucers, milk and

sugar. And she poured out the tea and, and this is the point, I had the distinct impression that she dropped something into my cup. At which point the telephone rang, and she got up to answer it and went into the hall.

I'm not an idiot, and as soon as she went I quickly put on my gloves and switched the cups. She came back quickly and asked if I wanted milk. And you know I said yes please because the tea had seemed to be a bit bitter. Well, we sat there and drank our tea for a bit and she said "And now to business," and then her face went a bit funny and she slid to the floor. So, very quietly, I left the house and went home.

The next week two policemen came round and asked if I had been at Mrs. Ostrovsky's at all recently, because she had been reported missing. And you know I lied just a bit. I said yes I had, I had gone round to tea the last week but while I was drinking mine she started on about wanting to buy my house, and I said no thank you and left because she didn't seem very pleased. And I just stuck to the story, until they lost interest.

I've held on to this letter for quite a while. I just heard Mrs. Ostrovsky's son was sent to prison for selling class A drugs and manslaughter of his mother, who had been dug up in the back garden and had died of the drugs he was selling. And Dr. Jones was very nice but told me that the cancer has spread to my bones despite the drugs and I need to "put my affairs in order."

I'm a very old woman, Jane, and you never came back to see me despite knowing I had cancer, so I am leaving the house to Sam and the one next door which I bought cheap, to be a women's refuge. Up to you what you do with this letter.

Yours

Your mother.

Geography – Australia & Sweden.

Geography 2 members each had a different state or territory of Australia to study, and the common theme that emerged was the massive size of most states and the relatively few people living there. Western Australia, for instance, the largest state, occupies the western third of the country but has a population of just 2.8 million – and 2.1 million of those live in Perth, apparently the world's sunniest city.

Victoria, by contrast, is the smallest mainland state, almost the size of the UK. The river Murray, Australia's longest, rises in the Australian Alps in the NW of the state, and forms the state's northern border. Its length is 1550 miles and with 1250 miles of these being navigable, it's the third longest navigable river in the world, after the Amazon and the Nile.



Queensland has five of Australia's eleven World Natural Heritage areas. These include one of the Wonders of the World—the Great Barrier Reef.

Returning to Victoria, its capital, Melbourne is host to a range of the world's most famous sporting events, including horse racing (the Melbourne Cup), tennis (Australian Open) and the Formula One Grand Prix. However, until 1966, all hotel bars in the state closed at 6pm. This last-minute rush to buy drinks became known as 'the 6 o'clock swill', with those finishing work at 5pm trying to guzzle as many drinks as possible before closing time. Ah, the good old days! Geography 1 studied Sweden, a much larger country than perhaps expected, and almost twice the size of the UK, but with one seventh of the population. It has vast forests, numerous lakes, and an



extensive coastline. The north is dominated by the Scandinavian Mountains, which stretch along the border with Norway, while in the south, there are rolling hills and fertile plains. The climate varies greatly, ranging from subarctic in the north to temperate in the south. Indeed the southern part of the country typically varies from 0° in Jan/Feb to a pleasant 22° deg in Jul/Aug.

Not only all this, but Sweden also has Volvo, ABBA, IKEA and of course their tasty meatballs.....now we're talking!

Colin Nice

Member's contribution



“Always look on the bright side.”

I'm Sally, a U3A member for 4 years now.

In 2021 I unexpectedly and suddenly lost my husband. He was my childhood sweetheart, my soulmate and later, my carer. We had known each other and been devoted for almost fifty years.

Four and a half years on, I have struggled with grief and also my progressing disability without him.

Many have said that I am doing well although, personally, I don't feel like it.

However I do believe that I've learnt things along the way and that, whatever life throws your way, it is possible to find a way through.

Probably most U3A members face some type of trauma at certain times in their lives. This regular article aims to help us cope, to look at things positively, **glass half full approach!**

Each month we could look at a different topic for example grief and loss, health, ageing, loneliness and many other issues which face us all.

It will always be important to remember that we are not doctors or psychologists, but we can offer suggestions and advice. Myself Sally along with Lin, who hosts the U3A psychology group, will work together to produce a monthly article for the newsletter.

This month November 2025, as the clocks have gone back, I'm looking at tips and thoughts, which may be helpful to see us through the colder, darker months ahead.

Maybe:-

Go through your wardrobe and resurrect that trusty pullover for example. Pack away the T-shirts and lighter summery clothes. Plan an outing to your favourite charity shop with any unwanted items, and feel good about the money they will earn. It's time to dig out and freshen up gloves, hats and scarves. Now where on earth did you put them?

Resist the temptation to eat/ snack more. How about cutting up a nice selection of fruit and salad into bite sized pieces and place it in a sealed container in the fridge. You can then help yourself throughout the day and not feel too guilty. It is also the time of year to make delicious home-made soups which will keep for several days either for lunch or dinner.

Above all else, try to build exercise into your day. I follow 'Elderfit' chair based exercises on line. Each video lasts only fifteen minutes. For those fitter than me, there are endless more energetic routines to choose. It's so important to keep your muscles moving. 'Use it or Lose it' were my late husbands words. I always build this in to a set time in the day. For me it's after I'm dressed, but before breakfast when I think of the coffee and toast as a reward!

With less visitors, and more indoor activities, it's a good time to take up new hobbies maybe reading, jigsaws or a new craft. You only need to scan the extensive list of U3A groups and, if nothing takes your fancy, maybe start a new group! I have recently started making greetings cards. I buy materials from The Range, B&M etc quite cheaply. I make cards for family members and friends, they're not always professional but a) they're made with love, b) they're unique and c) it gives me great pleasure and fills my

time. I'm also planning to progress my painting skills, which, I have to say, leave much room for improvement.

I was recently advised to make sure I take a regular dose of Vitamin D, and even some multivitamins, which I will be sure to do.

As the weather changes, we may not feel like going out so much, but fresh air is important. The colours of autumn always inspire me, as do the berries and fruits on the trees. I almost can't wait to see the patterns of the first frosts! So in those brighter moments, step outside, even if it is just in the garden, or the local park and see what's around.

One of the things that I love about the U3A is the friendship. Since my bereavement the U3A has been my lifeline. Many groups already exist for Social get-togethers, coffee mornings and meals, but meeting up with friends is perhaps even more important through these long winter months. Always check the monthly newsletter for any new possibilities and, maybe, arrange to meet one new member for the first time.

Finally be kind to yourself. Embrace those cosy moments, grab a blanket or throw, and prepare to snuggle up. **Slow down, relax.** But remember you are not a hedgehog, it's not time to hibernate. Keep a good sleep pattern but enjoy every minute of your day.

Sally Spellman

Social Diary dates:

Social
Events

2025 Forthcoming events:

Sun. 30th Nov. Christmas at Hever – full.

Linda Howe.

Thurs. 4th Dec. Christmas lunch at Bartellas.

Steve and Lorna Nolan

Complete payment by November meeting.

2026

Sat. 21st March Thiplow Festival Day Trip – full.

Sue Northcott.

Last month, Linda Howe published a report on the visit to Northumberland. Here are a few photographs of the event, for those of you who missed it.



Reminder - all Groups, Activities and Events are undertaken at your own risk

Calendar of Group Meetings and Events

The information printed below has been derived directly from the Beacon website as at
5th November 2025.

If your group meetings are missing, or incorrect, please contact the relevant Group Leader.

MONDAY 17 NOVEMBER

09:55 Tai Chi (Intermediate) - Joan Porter
10:00 Ukulele - Alan Scott
11:00 Tai Chi (Beginners) - Des Rees
13:45 Table Tennis - Stephen Nolan
14:00 Rummikub 1 - Margaret Pullen
14:00 Mindfulness Meditation - Julie Redmond

TUESDAY 18 NOVEMBER

10:00 Short Mat Bowls, Legends - Ray Maclean
10:30 Creative Writing 2 - Sally Spellman
13:30 Card Samba - Linda Mei Stevens
14:00 Reading - Margaret Groom
14:30 Pool - Alan Scott

WEDNESDAY 19 NOVEMBER

10:00 Photography 1 - Colin Nice
10:00 Mah Jong 1 - Linda Mei
12:00 Virtual Get Together - Peter Buttler
14:00 Badminton - Peter Buttler
14:00 Classical Music Apprec'n - Carol Edwards
14:15 Line Dancing Beginners Plus - Linda Howe

THURSDAY 20 NOVEMBER

10:00 Creative Writing 1 - Penny Collins
10:00 Learn the Ukelele - Johnny G
10:15 Solos - Linda Howe
10:30 Walking Tennis - Lorna Pender
14:00 Dartford Bowls - Dennis Neighbour

FRIDAY 21 NOVEMBER

10:00 Ramble - Colin Nice
14:00 Mexican Train Dominoes - Peter Buttler

SATURDAY 22 NOVEMBER

10:00 Scratch Band - Angela Clear

MONDAY 24 NOVEMBER

09:55 Tai Chi Intermediate - Joan Porter
11:00 Tai Chi Beginners - Des Rees
13:45 Table Tennis - Steve Nolan
19:30 Dance - Modern Jive - Alan Scott

TUESDAY 25 NOVEMBER

10:00 Spanish Intermediate - Jan Rees
12:15 Petanque - Joan Porter
14:00 Bridge - Anne Stott

WEDNESDAY 26 NOVEMBER

09:30 Craft & Laugh - Jackie Godwin
10:00 Psychology - Lin Fridd
10:00 Rock Choir - Alan Scott
10:00 Tame Your Digital Tech - Peter Buttler
12:30 Zumba Gold - Angela Clear
14:00 Badminton - Peter Buttler

THURSDAY 27 NOVEMBER

09:50 Rummikub 4 - Linda Howe
10:00 Rummikub 2 - Sandra Parker
10:30 Walking Tennis - Lorna Pender
10:30 Senior Elastixs - Jan Elci
14:00 Geography 1 - Colin Nice
14:00 French Conversation - Anne Stott
14:00 Dartford Bowls - Dennis Neighbour
14:15 Dance - Ballroom - Tony Warren

FRIDAY 28 NOVEMBER

10:00 Bird watching - Irene Robson
14:00 Wine Appreciation - Brian Edwards
14:00 Knit & Natter - Marianne Saliba-Hayes

SATURDAY 29 NOVEMBER

19:30 Quiz Night - Steve Nolan

SUNDAY 30 NOVEMBER

Christmas at Hever

MONDAY 1 DECEMBER

09:55 Tai Chi (Intermediate) - Joan Porter
10:00 Ukulele - Alan Scott
11:00 Tai Chi (Beginners) - Des Rees
13:45 Table Tennis - Steve Nolan
14:00 Readers' Forum - Carol Edwards
14:00 Mindfulness Meditation - Julie Redmond

TUESDAY 2 DECEMBER

10:00 Short Mat Bowls, Legends - Ray Maclean
13:00 Model Making - Chris Hewlett
14:00 Painting & Sketching 2 - Liz Howe
14:00 Local History 1 - Joyce Bell
14:30 Pool - Alan Scott

WEDNESDAY 3 DECEMBER

10:00 Film appreciation - Jean Stephens
12:00 Newsletter deadline - Michele Morement
12:00 Virtual Get Together - Peter Buttler
14:00 Badminton - Peter Buttler
14:15 Line Dancing Beginners Plus - Linda Howe

THURSDAY 4 DECEMBER

10:15 Solos - Linda Howe
 10:30 Walking Tennis - Lorna Pender
12:15 Bartellas Christmas Lunch
 14:00 Dartford Bowls - Dennis Neighbour

FRIDAY 5 DECEMBER

09:30 Hike - Colin Nice
 14:00 Mexican Train Dominoes - Peter Buttle
 14:00 Knit & Natter - Marianne Saliba-Hayes

MONDAY 8 DECEMBER

09:55 Tai Chi Intermediate - Joan Porter
 10:00 Ten Pin Bowling - Arthur Partington
 11:00 Tai Chi Beginners - Des Rees
 13:45 Table Tennis - Steve Nolan
 19:30 Dance - Modern Jive - Alan Scott

TUESDAY 9 DECEMBER

09:30 Sew4U - Jackie Godwin
 10:00 Spanish Intermediate - Jan Rees
 12:15 Petanque - Joan Porter
 14:00 Cribbage 2 - Ann Stott
 14:00 Philosophy - Jean Stephens

WEDNESDAY 10 DECEMBER

10:00 Tame Your Digital Tech - Peter Buttle
 10:00 Mah Jong 2 - Sandra Parker
 12:30 Zumba Gold - Angela Clear
 14:00 Badminton - Peter Buttle

THURSDAY 11 DECEMBER

09:50 Rummikub 3 - Linda Howe
 10:00 Cribbage 1 - Brian Edwards
 10:00 Geography 2 - Colin Nice
 10:30 Walking Tennis - Lorna Pender
 10:30 Low Impact Fitness - Lynne Scott
 14:00 Dartford Bowls - Dennis Neighbour –
 14:00 British History - Mick Brookes
 14:15 Dance - Ballroom - Tony Warren

FRIDAY 12 DECEMBER

10:00 Photography 2 - Ben Winder
13:45 General Meeting CPC

SATURDAY 13 DECEMBER

10:00 Scratch Band - Angela Clear

**GOVERNMENT NOTICE**

To help save the economy in this economic crisis, the government will announce - next week - that the Home Office and Immigration Department will start deporting Pensioners instead of asylum seekers, to lower welfare benefits and NHS costs.

Older people are easier to catch, and will not remember how to get back home.

Be sure to send this notice to all your relatives and friends, so they'll know what happened to you.

See you on the bus!

And the optimist of the year award goes to...



As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the back country. As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions.

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch.

I felt badly and apologized to the men for being late. I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played 'Amazing Grace,' the workers began to weep. They wept, I wept, we all wept together. When I finished I packed up my bagpipes and started for my car. Though my head hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, 'I never seen nothin' like that before and I've been putting in septic tanks for twenty years.'

Apparently, I'm still lost... It's a man thing.

To reduce stress, I have taken up colouring, it's really helping!

