

Gravesend Northfleet & District

U3A Newsletter



**May/Jun
2026**

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

Friday 8th May:

GN&D u3a Annual General Meeting

**This month's speaker is Abbie Mitchell,
of Co-op Estate Planning.**

Her talk is: "Tax, Care and Toyboys."

Protecting your home and savings.

For many people, one of the biggest worries, as they grow older, is being able to give their families a helping hand, and making sure that, when they die, what they have worked all their lives for goes to the people they love the most. Care fees can have a significant effect on this, and Abbie will explain how it works, and what steps you can take to protect your estate.

"Only two things in life are certain – death and taxes." Abbie says, "We cannot help with the former, but when it comes to Inheritance Tax, we can help explain how people can be impacted, and some simple steps to take that may reduce the burden."



On **Friday 12th June**, our speaker will be **Ed Adams**, who will tell us about
Kentish Clerical Errors.

We look to the clergy as exemplars of Christian behaviour, but historically this has not always been the case. Ed Adams will guide you through Kentish stories of ministerial misbehaviour and priestly peccadilloes from the Victorian and Edwardian eras with a talk that promises to be amusing, shocking and thought-provoking.

Website: <https://gravesend.u3asite.uk/members/>

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

12 noon on Wed. 3rd June 2026

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

Notices:



Bring a Friend – Share the U3A Experience

Our U3A has always thrived on the enthusiasm, curiosity, and friendliness of its members. One of the best ways to keep that spirit alive is by welcoming new people—and you can help us do just that. We're encouraging all members to take part in our **"Bring a Friend" initiative** at all our monthly meetings at the CPC. If you know someone who might enjoy the talks, social atmosphere, or simply meeting new people and enjoying our free refreshments, why not invite them along? A friendly face makes all the difference when trying something new, and your guest will get a genuine feel for what U3A is all about. There is plenty of room for your guests, with at least twice as many chairs as those regularly attending our monthly meeting.

But it doesn't stop there.

Many people are especially interested in the wide variety of interest groups we offer. These smaller, more focused gatherings are often what make U3A membership so rewarding. With this in mind, members are also invited to introduce a friend to a group they think would suit them—**before they formally join U3A.**

If you'd like to do this, please remember to check with the group leader first. This helps ensure the group can comfortably accommodate a visitor and keeps everything running smoothly for everyone involved.

Inviting someone along - whether to a monthly meeting or a group session - is a simple way to showcase the warmth and variety of our community. It might just be the nudge someone needs to discover a new interest, make new friends, maintain cognitive health and combat loneliness, as a member of your U3A.

Let's keep growing, together.

Alan Scott

Group News:

Group information for May.

Shortmat Bowling is now at Cobham Bowls Club. The Legends venue is yet to be confirmed, but expectations for its future are low.

Bowls on Friday Lawn is a new group, which commenced May 1st at Woodlands Bowling Club. Initially every Friday, then under review subject to numbers attending. Led by Susan Bradley. Contact details on the back pages.

Cycling group has now resumed for the summer.

Quiz Night. Next quiz is on 20th June.

Ray Maclean

Ramble**Fri 15th May.***with Tessa.***All-day London 'Parkland Walk' – Highgate to Clissold Park.**

This enchanting five mile walk is along the longest nature trail in London and follows the route of an abandoned railway line that once ran from Alexandra Palace to Finsbury. Traces of the old track can be seen as well as derelict platforms on the way. The trail starts near Highgate Station and the walk continues into Finsbury Park, where we will have lunch in the very nice lakeside café. We then continue through the Woodberry Wetlands reservoir centre and Clissold Park.

We will catch the train to St Pancras and the bus to Highgate and return from Clissold Park by bus. Please email Colin if you'd like to come.

Meet at main Rathmore Rd entrance at 9.25 (to catch 9.45 to St Pancras)

Colin Nice (contact details at end of newsletter).

Walkers take part at their own risk.

Hike**Fri 5th Jun.***with Jan.***Cliffe and Cooling.**

Jan Elci will lead us on a delightful five and a half mile walk from Cliffe village centre through Cooling and its castle, and on to the hamlet of Cooling Street. It's a country walk and is mostly flat and easy walking.

Please let Colin know if you'd like to join the walk.

Meet at 10am in Cliffe Village centre, in the car park next to the church (ME3 7QD) – turn left on reaching the Six Bells PH.

Colin Nice (contact details at end of newsletter).

Walkers take part at their own risk.

Sunday Lunch Bunch**Sun 7th June.***with Marilyn*

The Sunday Lunch Bunch will be meeting at 12.30 p.m. on Sunday 7th June at The Darnley Arms in Cobham.

I have paid a £50 holding deposit and they have asked for £10 per person before the date of the meal and also requested menu choices in advance. There is a Sunday Menu on their website, but if you need help, please contact me.

Please contact Marilyn if you wish to attend.

Marilyn Pascoe (contact details at end of newsletter).



Birdwatching Group Trip to Cliffe Pools.

April is a good month to go out and find some of our spring migrant birds that visit us to breed. So we headed out to Cliffe Pools with this aim in mind. We were greeted by white-throat and cetti's warbler, both singing by the car park with Mediterranean and black-headed gull calling from above our heads. As we walked towards the pools we were regaled by a chorus of bird song from wrens, blackbirds, chiffchaffs, great tits and a song thrush. 'A good start,' we thought. The pools gave us sightings of little egret, greylag geese, tufted ducks and great-crested grebes, which looked very smart in their breeding plumage.

By the time we had reached the first proper view point over the pools, the sun had appeared and it was warming up nicely. This meant even more bird song from chaffinch, blue tit and an elusive sedge warbler. Then, what we had all really been hoping to hear, our first nightingale. To be followed by another a little bit further on. It was magical to listen to and we did stay rather a long time just to hear that beautiful melodic song.

A few more birds revealed themselves on the pools as we walked along the path. Avocet, oystercatcher, shelduck and lapwing to name but some. But the highlight had been the nightingales, about six in the end, all singing from deep within the undergrowth. On our return to the car park we also had several sightings of some butterflies that had been tempted out by the warm sunshine, peacock, red admiral, several whites, wall browns and a stunning green hairstreak.

Irene Robson



Geography.

Geography 1 were studying Ghana in Western Africa, just north of the equator. Roughly rectangular in shape, the southern part comprises of a low-lying coastal plain, to the north of this is a central, forested plateau, and in the north are savanna (vast plains of tropical grassland). A key feature in the country is the huge Lake Volta, formed by damming the River Volta, it has created the world's largest artificial lake.



As ever, there were some interesting facts. Among them, Ghana holds a unique world record - Ferdie Ato Adoboe ran 100 meters backward in just 12.7 seconds in 1991.

And then there are the friendly crocodiles in the town of Paga. In Paga, a large, sacred pond is filled with friendly crocodiles, which locals believe hold the souls of their ancestors. And yes, you can stroke and cuddle them. Importantly, no one has ever been harmed by any of the current 110 crocs. Young children swim in the pond and Ghanaians, along with tourists, are invited to touch and practically play with them.

And, no I didn't write this on April 1st!



Geography 2 had a rapid tour of the Indian States, with each of us being allocated a different state to study. We quickly discovered that not only are the state and town names lengthy, but they are also pretty difficult to pronounce!

Uttar Pradesh in the north is mostly set among the plains of the river Ganges and its tributaries. With 90% of its rain in the monsoon period between June and Sept, flooding is a major problem. It also boasts

the Taj Mahal, located in Agra, the Hindus' most holy city. Two other states are located in the far NE., and hence are more mountainous, but offering great beauty. One of them, Meghalaya, boasts the highest waterfall in India, at 340m. Indeed, it wasn't the only state to be boasting about its waterfalls, and Chattisgarth, in centre-east India, has, during the monsoon season, the widest in India at 300m.

Telangana, in central India, is noted for its population, which combines a mix of Hindus and Moslems, who peacefully coexist.

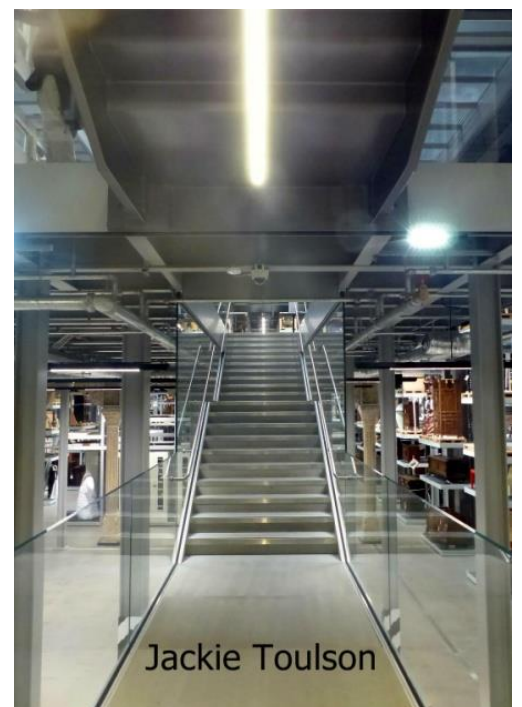
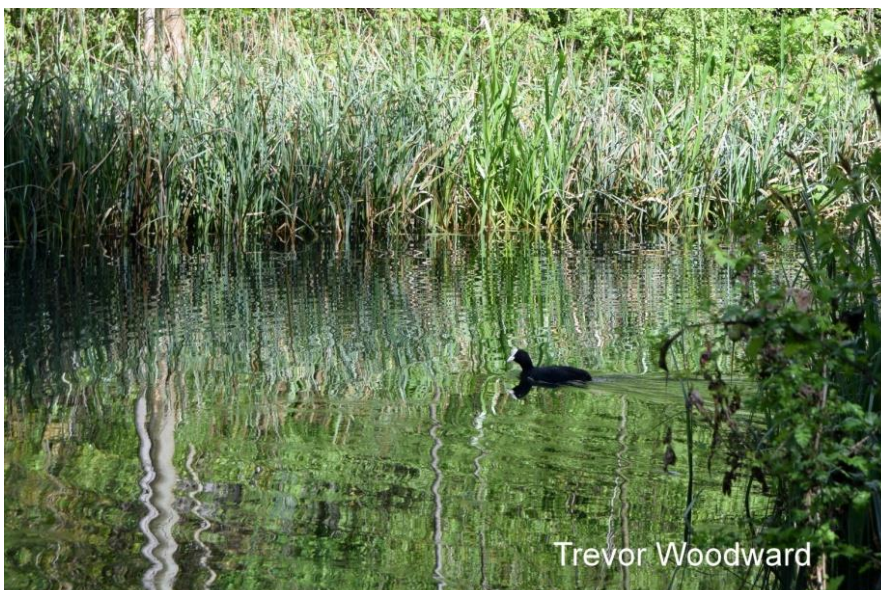
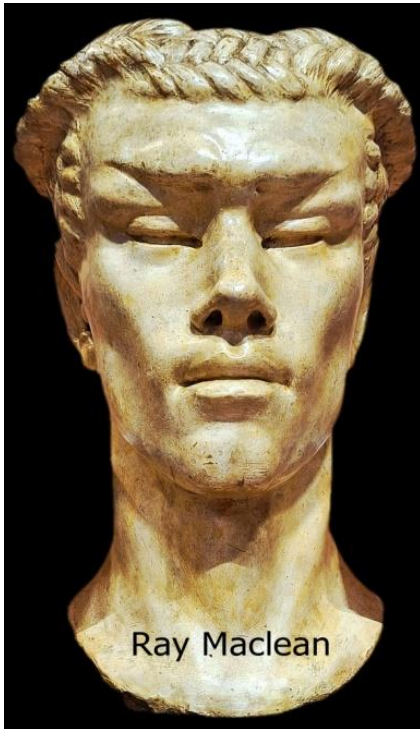
The powerhouse states are Maharashtra (capital Mumbai, formerly Bombay) in the west, and Tamil Nadu (capital Chennai, formerly Madras) in the south, which has the two largest, and most industrialised, economies in India in relation to agriculture, manufacturing and finance.

Finally, returning to Meghalaya in NE India, one ethnic group, the Garos, practise a curious custom - after marriage the youngest son-in-law goes to live in his mother in law's parents' house (ie. his wife's grandmother's house) and becomes her husband's representative in the mother-in-law's family. If the father-in-law dies, he must also marry the widowed mother-in-law (and consummate it), thus becoming the husband of both mother and daughter. Crikey!

Photography 1.

With a dodgy weather forecast - or at best, dullness - we decided to go to the V&A Storehouse, rather than the Olympic Park, and had a really nice session. We also made good use of the cafe opposite for a good healthy lunch, with not a chip in sight. And we did get a few photos in the Olympic Park, particularly the lovely wetland area.

Colin Nice



Creative Writing 2 - Story of the Month.

IDENTIFIED by Sally Spellman

Imagine the scene, an idyllic bolthole right on the waters edge at Loch Fyne on the rugged West Coast of Scotland.

Looking out across the water, at times serene, like a millpond reflecting the moods all around. But at other times the wind would whisk those same waters in to raging, racing white horses.

I could sit for hours gazing from the window, realising how very lucky I was to be there absorbing this constantly changing panorama. It was there that my appreciation of the wonder of nature consumed my every thought.

On the opposite side of the loch were steep mountains. The lower slopes were clad in trees which thinned out to bare granite rocks towards the summit. Sometimes the sky above might be clear and radiantly blue. More often heavy rain clouds would dance casting shadows below.

I was forever immersed in the beauty of colours which painted the landscape with a constantly changing palette depending on the time of day and the season. Golden sunlight, moody shade, hues of green, amber, red and black.

When winter came, morning light would reveal a white dusting of snow along the desolate peaks. Occasionally the severe cold would descend to the loch and threaten to turn any small pools to ice. Crisp mornings with footprints in the snow were magical.

Walks along the loch brought so many delights. A gaggle of wild geese flying overhead, in formation, calling noisily far off in to the distance. Oyster catchers searching along the rocky shoreline. Always hopeful for the sight on an elusive otter. Occasionally a naval warship might navigate the far side of the loch. More often either a fishing vessel or sailing yacht would slowly pass by.

It was truly my piece of heaven with a small surrounding garden offering all types of flora which I grew to love. My favourite by far was the most amazing poppy that, to this day, I have ever seen. The plants reappeared every year. Who planted them originally I do not know. They thrived in the cool, constantly moist air of the West Coast. Every spring the fern like leaves would grow and spread. By April tight golf ball sized buds would emerge and in May they would open revealing a truly eye catching, feathery poppy with beautiful vivid red petals in a deeply fringed bowl shape. Each flower having a dark purple stamen which contrasted against the bright petals and the most delightful glimpses of bright yellow pollen on the delicate anthers.

Almost everyone who walked past stopped to comment on their beauty. As the months rolled on the poppies would fade eventually forming dry, brittle seed pods which many neighbours collected in the vague hope of replicating their own growth in later years.

Very sadly in 2023 I had to give up my much loved holiday home packing up in readiness for heading back to Kent but I simply couldn't bear to leave those poppies behind.

With a fork and spade in hand I tried and tried to dig the well rooted plant up and transfer it to pot. It was not easy almost as if it had been there for years, loved it there and stubbornly resisted any attempt to move its location. Eventually I managed, or at least I hoped that I had succeeded in extracting a partial specimen ready for the courier to load on to the van heading home.

However when the delivery finally arrived back in Kent it was late at night, the journey had been over 500 miles. It was dark and the driver understandably was keen to unload quickly and finish his day. It was therefore not until the next morning that I realised that my prized poppy pot was missing! I was devastated. My valuable possessions like my scooter, my pictures, my clothes were all there but thing I wanted most was lost! Yes of course I contacted the courier who denied all knowledge.

My former neighbours kindly collected seeds from the remaining, butchered pods I'd left behind and posted them to me although I had tried growing my own from seed, unsuccessfully many times before. Nevertheless in 2024 I duly prepared a pot of compost and spread the seeds with little expectation that they might grow!

So in 2025 I watched that pot. Nothing!!

In early 2026 I few leaves were sprouting probably just weeds but nevertheless I watered it, after all you never know.

Through February and March I continued to observe. Yes indeed those leaves look very promising. From the photos I took of my prize poppy in situ the leaves do indeed match what I was hoping to see. From the internet I've read that poppies require the cold to break their dormancy. In Scotland that could be guaranteed but here in Kent, winter 2025 was fairly mild. Nevertheless did the seeds need to overwinter to wake up?

It is now 1st April the leaves still thrive and grow taller every week. I inspect regularly, eagerly looking for the tell tale promising signs of the round buds ever hopeful that one day I will visit my pot and be able to identify that.....

"My Fyne poppies have returned!"

Members' contributions



ALWAYS LOOK ON THE BRIGHT SIDE.

I have enjoyed reading Sally's item, 'Always Look on the Bright Side,' and absolutely agree that our mental attitude is crucial to healthy ageing. It is a sad fact of life that, as we get older, we will all have to face challenges such as health issues and bereavement, but it is HOW we cope with them which is important. The fact that you have joined the u3a shows that you want to enjoy an active retirement – so well done!

Within two days last month I was inspired by people who are a shining example of this 'carpe diem' attitude to life.

Some of you may have seen the TV programme, 'Extraordinary Portraits with Bill Bailey'. In case you haven't, this is a programme where the subject has their portrait painted, but at the same time, talks about their life. The subjects are not famous people, but all have interesting stories.

One of the subjects was Edwina Brocklesby, aka Iron Granny. She did not learn to swim until she was in her 60's but has completed a number of Ironman triathlons (a gruelling event involving a 2.4 mile swim, 112 mile bike ride and a full 26.22 mile marathon run), as well as other sporting achievements. She also runs her own charity Silverfit promoting fitness and exercise for older people.

The day after watching this programme, we attended a parkrun in Ilford and met Baldev Singh Bains, an 80 year old who is running his first London Marathon this year. He was inspired by Bhai Fauja Singh (the running Sikh) whom some of you may remember running the London Marathon for many years. He claimed to be 114 when he died but this cannot be verified as records were not kept when he was born in the Punjab – however he was very old!!

What struck me about these two people was not their sporting prowess but their enthusiasm and zest for life. I don't think either of them had been without their own battles – Edwina had been widowed and clearly still missed her husband, and Baldev said that he had health issues, but that the doctor had been able to reduce his medication as he got fitter.

I realise that running marathons is not for everybody, but I think the positivity and determination of these individuals is something we can all try to emulate!

Joyce Bell

"Thank You."

As many of my U3A friends know, in January I had a full knee replacement.

"So what?" I hear you ask.

The point I want to make is twofold - one being that my recovery was helped immensely by my U3A friends, and the second point being that my prompt treatment was the result of a conversation with a U3A member on one of Colin's rambles. Are you interested enough to read on?

In August 2025, I was told by the consultant at Darent Valley Hospital that I would probably have to wait a year for a full knee replacement. Unwilling to spend a year hobbling around we went to Benenden Private Hospital and the consultant there said that I could have surgery within six weeks and it would cost £12,500 (using instruments) or £14,500 (using robotic instruments).

While mulling over this information, I was on one of Colin's rambles when a fellow member told me about the "NHS Right to Choose", which had enabled her husband to have knee replacement surgery within three months. Needless to say, I called my doctor on Monday morning and said that I would like to have my surgery at KIMS Hospital in Maidstone, using the Right to Choose pathway and within 24 hours I had an appointment in two weeks time at KIMS, where the consultant offered me surgery at KIMS, (which is a private hospital) under the NHS on January 27th, a full 7 months sooner than Darent Valley, and only a month later than Benenden. Of course I decided to go to KIMS, where I had my own room and was well cared for.

When I came home I couldn't do much as I was full of anaesthetic, and I relied on my husband Des for everything. So imagine our delight when, for the next two weeks, we received a visit every day from one U3A member or another, bearing home cooked meals (chicken casserole, leek and potato soup, cheese scones, homemade bread, chicken soup....) not to mention lemon drizzle cake. What really mattered though was the company and laughter from those friends, I can't describe how much better I felt after each and every visit.

I am now three months into my recovery and I can't wait to get back to Jan's Senior Elastix, and Lynne's Low Impact classes, not to mention Line Dancing and, of course, the rambles where this whole journey started. I just want to say a great big, "Thank you, " to everyone who took the time to visit me, cook a meal or email me, it just shows what a wonderful community our U3A is.

Jan Rees

Quote of the Month:

"The holy passion of friendship is of so sweet and steady and loyal and enduring a nature, that it will last through a whole lifetime, if not asked to lend money." — **Mark Twain**

Social Diary Dates:

2026 Forthcoming events

Tues 2nd June	Maison Dieu Trip to Dover	Mick Brookes/Joyce Bell
Fri 26th June	Walmer Castle & Deal	Sue Northcott
Tues 14th July	Party in the Park - Old Gravesendians	
		Doreen Neighbour/Anne May
Fri 8th August	Cold War Bunker	Mick Brookes
15th - 19th Sept	Llandudno & Snowdonia	Linda Howe

Restoration House & Huguenot Museum, Rochester. Still trying to fix a date.

Important: When paying for trips, please add your membership number.

Gravesend Cold War Bunker
Woodlands Park, Wrotham Road DA11 7LF
Operated by Thames Defence Heritage
Friday 8th August '26. 7pm - 8:30pm
Admission £5.00

Did you know that Gravesend has its own nuclear bunker under Woodlands Park? It was built in 1954, at the height of the Cold War and was intended, not for the local population, but for a couple of dozen military types whose job it would be to coordinate 'rescue' and emergency services for whoever was left in the event of a nuclear attack in our area.

Its 13 rooms contained power and ventilation plant, communications areas for the command staff and dormitories. Refurbished and re-equipped to look as it was in the 1950s, the bunker gives the visitor the chance to experience its atmosphere as it was then. Exhibits include a domestic fallout room and a replica radiation monitoring post. A government film shows the population how to protect against nuclear attack.

Nowadays it is staffed by volunteer guides, and is open to the public on specific Friday nights. It's rather cramped, so that we might have to limit the numbers in our party, however, we could run a second trip on Friday 5th Sept, when they are next open, or on Hallowe'en, another (inspired) available open night!

Contact me if you are interested.

Mick Brookes (contact details at the end of the newsletter)

<https://www.visitsoutheastengland.com/things-to-do/secret-cold-war-bunker-p54423>

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
29th April 2026.

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

MONDAY 11 MAY

09:55 Tai Chi (Intermediate) - Old Gravesendians
10:00 Ten Pin Bowling - Medway Valley Leisure
11:00 Tai Chi (Beginners) - Old Gravesendians
13:45 Table Tennis - Istead Rise Community Hall
14:00 Cycling - Varies
19:30 Dance - Modern Jive - Christ Church Hall

TUESDAY 12 MAY

09:30 Sew4U - ASDA Community Room
12:15 Petanque - Gravesend Rugby Club
14:00 Cribbage 2 - Home in Gravesend
14:00 Philosophy - Home in Northfleet
14:30 Pool - Spots & Stripes

WEDNESDAY 13 MAY

10:00 Mah Jong 2 - Home in Meopam
10:00 Photography 1 - Home in Gravesend
10:00 Tame Your Digital Tech - Home in
Frobisher Way
10:30 Walking Tennis - Gravesend Rugby Club
10:30 Bee Walking - Varies
12:00 Virtual Get-Together – Zoom meeting
12:30 Dance Zumba Gold - Shears Green Comm
13:45 Table Tennis - Istead Rise Community Hall
14:00 Badminton on Wed. - Cygnet Leisure
Centre
14:30 Theatre Group "Cabaret" – Varies
15:00 Scrabble Plus - Home in Gravesend

THURSDAY 14 MAY

09:50 Rummikub 3 - St Georges Art Centre Cafe
10:00 Cribbage 1 - Home in Meopham
10:00 Geography 2 - Home in Gravesend
10:30 Low Impact Fitness – Old Gravesendians
14:00 British History – ASDA Community Room
14:00 Bowls on Thursday - Cobham Bowls Club

FRIDAY 15 MAY

10:00 Ramble - Highgate to Clissold Park
13:00 Badminton 2 – Cascades Leisure Centre
14:00 Bowls on Friday - Woodlands Bowls Club
14:00 Canasta - Home in Meopham
14:00 Mexican Train Dominoes - ASDA
Community Room

MONDAY 18 MAY

09:55 Tai Chi (Intermediate) - Old Gravesendians
10:00 Ukelele - Home in Gravesend
11:00 Tai Chi (Beginners) - Old Gravesendians
13:45 Table Tennis - Istead Rise Community Hall
14:00 Rummikub 1 – Home in Shorne
14:00 Mindfulness Meditation - Chalk Hall

TUESDAY 19 MAY

10:00 Spanish Intermediate – Home in Laurel Ave.
10:00 Short Mat Bowls - Cobham Bowls Club
10:30 Creative Writing 2 - Home in Thong Lane
10:30 Local History 2 - Tour of Fort Amhurst
12:00 Fully Loaded Lunch Club - St Georges Art
Centre Cafe
13:30 Card Samba - Home in Gravesend
14:00 Reading – Home in Gravesend
14:30 Pool - Spots & Stripes

WEDNESDAY 20 MAY

10:00 Mah Jong 1 - Home in Gravesend
10:00 Singing - Rock Choir - Home in Gravesend
10:00 German (Beginners) – Home in Gravesend
10:30 Walking Tennis - Gravesend Rugby Club
10:30 Bee Walking - Varies
12:00 Virtual Get-Together – Zoom meeting
13:45 Table Tennis - Istead Rise Community Hall
14:00 Badminton on Wed. - Cygnet Leisure
Centre
14:00 Classical Music Apprec'n - Home in Meopham
14:15 Line Dancing Beginners+ - Christ Church Hall

THURSDAY 21 MAY

10:00 Creative Writing 1 - Home in Gravesend
10:00 9 Hole Golf - Varies
10:00 Learn the Ukelele with JG - Home Lower
Higham Road
10:30 Solos - Arts Centre Cafe
14:00 Bowls on Thursday - Cobham Bowls Club

FRIDAY 22 MAY

10:00 Bird watching - Varies
13:00 Badminton 2 – Cascades Leisure Centre
14:00 Wine Appreciation - Home in Meopham
14:00 Bowls on Friday Lawn - Woodlands Bowls
Club

SATURDAY 23 MAY

10:00 Scratch Band - Home in Gravesend

MONDAY 25 MAY

11:00 Tai Chi (Beginners) - Old Gravesendians
 13:45 Table Tennis - Istead Rise Community Hall
 14:00 Cycling - Varies
 14:00 Line Dancing Beginners - Christ Church
 Hall
 19:30 Dance - Modern Jive - Christ Church Hall

TUESDAY 26 MAY

12:15 Petanque - Gravesend Rugby Club
 14:00 Bridge - Home in Northfleet
 14:00 Painting & Sketching - Home in Istead Rise
 14:30 Pool - Spots & Stripes

WEDNESDAY 27 MAY

Local Theatre Group - Varies
 09:30 Craft & Laugh – ASDA Community Room
 10:00 Tame Your Digital Tech - Home in
 Gravesend
 10:00 Psychology – Home in Gravesend
 10:30 Walking Tennis - Gravesend Rugby Club
 10:30 Bee Walking - Varies
 12:00 Virtual Get-Together – Zoom meeting
 12:30 Dance - Zumba Gold - Shears Green
 Community
 13:45 Table Tennis - Istead Rise Community Hall
 14:00 Badminton on Wed. - Cygnet Leisure Centre
 14:15 Line Dancing Beginners+ - Christ Church
 Hall

THURSDAY 28 MAY

10:00 Rummikub 2 - Home in Meopham
 10:30 Senior Elastix Fun Fitness - Old
 Gravesendians
 13:00 New Members only - ASDA Community
 Room
 14:00 Bowls on Thursday - Cobham Bowls Club
 14:00 French Conversation - Home in Northfleet
 14:00 Geography 1 - Varies

FRIDAY 29 MAY

13:00 Badminton 2 - Cascades Leisure Centre
 14:00 Bowls on Friday - Woodlands Bowls Club

MONDAY 1 JUNE

10:00 Ukelele - Home in Gravesend
 11:00 Tai Chi (Beginners) - Old Gravesendians
 13:45 Table Tennis - Istead Rise Community Hall
 14:00 Readers Forum - Home in Meopham
 14:00 Mindfulness Meditation - Chalk Hall
 14:00 Line Dancing Beginners - Christ Church Hall

TUESDAY 2 JUNE

09:00 Local History 1 - Trip to Dover
09:00 Trip to Dover - Cascades Leisure Centre
 10:00 Spanish Intermediate – Home in Laurel Ave.
 10:00 Short Mat Bowls - Cobham Bowls Club
 13:00 Model Making - Home in Gravesend
 14:30 Pool - Spots & Stripes

WEDNESDAY 3 JUNE

10:00 Film - Home in Northfleet
 10:00 German (Beginners) – Home in Gravesend
 10:30 Walking Tennis - Gravesend Rugby Club
 10:30 Bee Walking - Varies
 12:00 **Newsletter deadline - Michele Morement**
 12:00 Virtual Get-Together – Zoom meeting
 13:45 Table Tennis - Istead Rise Community Hall
 14:00 Badminton on Wed. - Cygnet Leisure Centre
 14:15 Line Dancing Beginners+ - Christ Church Hall

THURSDAY 4 JUNE

0930 - Cooking World Cuisine - Varies
 14:00 Bowls on Thursday - Cobham Bowls Club

FRIDAY 5 JUNE

09:30 Hike - Cliffe & Cooling
 13:00 Badminton 2 - Cascades Leisure Centre
 14:00 Bowls on Friday - Woodlands Bowls Club
 14:00 Mexican Train Dominoes - ASDA Community
 Room
 14:00 Knit & Natter - Home in Challenge Close

SATURDAY 6 JUNE

10:00 Scratch Band - Home in Gravesend

SUNDAY 7 JUNE

12:30 Sunday Lunch Bunch – Darnley Arms

MONDAY 8 JUNE

11:00 Tai Chi (Beginners) - Old Gravesendians
 13:45 Table Tennis - Istead Rise Community Hall
 14:00 Cycling - Varies
 19:30 Dance - Modern Jive - Christ Church Hall

TUESDAY 9 JUNE

09:30 Sew4U - ASDA Community Room
 12:15 Petanque - Gravesend Rugby Club
 14:00 Cribbage 2 - Home in Gravesend
 14:00 Philosophy - Home in Northfleet
 14:30 Pool - Spots & Stripes

WEDNESDAY 10 JUNE

10:00 Mah Jong 2 - Home in Meopam
 10:00 Tame Your Digital Tech - Home in Frobisher Way
 10:30 Walking Tennis - Gravesend Rugby Club
 10:30 Bee Walking - Varies
 12:00 Virtual Get-Together – Zoom meeting
 12:30 Dance Zumba Gold - Shears Green Community Centre
 13:45 Table Tennis - Istead Rise Community Hall
 14:00 Badminton on Wed. - Cygnet Leisure Centre
 15:00 Scrabble Plus - Home in Gravesend

THURSDAY 11 JUNE

09:50 Rummikub 3 - St Georges Art Centre Cafe
 10:00 Cribbage 1 - Home in Meopham
 10:00 Geography 2 - Home in Gravesend
 10:30 Low Impact Fitness – Old Gravesendians
 14:00 British History – ASDA Community Room
 14:00 Bowls on Thursday - Cobham Bowls Club

FRIDAY 12 JUNE

10:00 Photography 2 - Home in Frobisher Way
 13:00 Badminton 2 – Cascades Leisure Centre
 14:00 Bowls on Friday - Woodlands Bowls Club
 14:00 **Monthly Meeting - CPC The Maltings**



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...



Hiking in your 60s is a great way to meet people. Today I met 2 Paramedics, 3 nurses, a cardiologist, and almost met Jesus...

A man walks into a bar, orders a double bourbon, neat, and downs it in a single gulp. "How big is a penguin?" he asks. The barman says, "Around 18 inches." He orders another double bourbon, neat, and gulps it down. "What's the biggest a penguin can ever be?" The barman frowns. "Three feet, maybe an Inch or two more." The man orders a third double bourbon, neat, and gulps it down even quicker. He sighs. "I may have run over a nun"