

Gravesend Northfleet & District

U3A NewsLetter



**Aug/Sept
2026**

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

On Friday 14th August, our speaker will be ...

Peter Woodley

who will tell us about being Behind the Scenes at the BBC

Peter will take a light-hearted look at life and work in the television industry. He worked in the Camera and Electrical Department at the BBC for 45 years. In that time he progressed through the ranks, seeing television change from black and white to colour, the introduction of stereo sound, the change to widescreen, then digital television, and lastly the launch of high definition. He also had experience in the production side of television, which is where some of his stories come from, and was responsible for the recruitment and training of technical people for the Corporation.

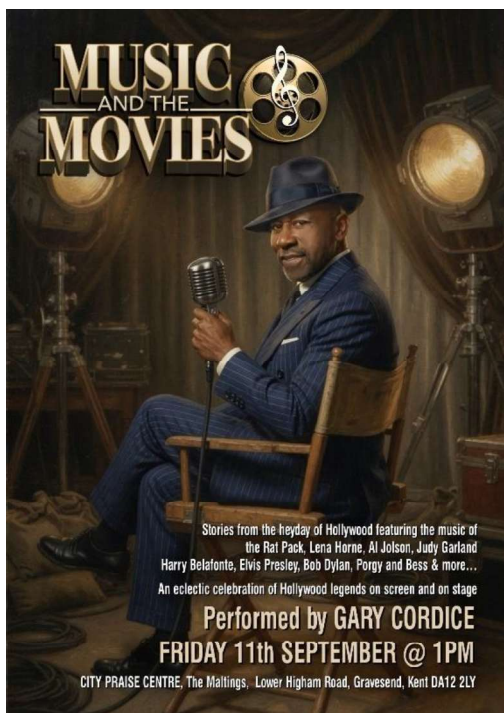
At our September meeting we will hear from

Gary Cordice

delivering an eclectic celebration of Hollywood legends on screen and on stage.

**This meeting on 12 September is
starting at 1 pm**

(not the usual 2 pm). We are trialling this to see if it proves popular and to help those with child pick up times.



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

Gravesend, Northfleet & District



THE UNIVERSITY OF THE THIRD AGE

Reg. Charity No 1180160

The deadline for notices, articles or photographs for next month's newsletter, which SALLY-ANN EDMONDS will be editing, is:

12 noon on Monday 31st August 2026

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

Notices:

Reminder - photographic competition

Just one photo needed. Theme My Gravesham.

Deadline for submission 31 August.

All details on page 15 of last Newsletter.

A phone and enthusiasm is all that's needed 👍.

Membership Offer – Spread the Word!

There has never been a better time to invite your friends and family to become part of our community! For a limited time, **membership has been reduced to just £8 until the end of the year**, making it the perfect opportunity for new members to join us and discover everything we have to offer.

Whether they are retired or not working and looking to meet new people, enjoy our activities, support the club, or simply become part of a friendly and welcoming community, now is the ideal time to get involved. If every member encouraged just one friend, neighbour, or family member to join, we could welcome lots of new faces and make our club even stronger. New members bring fresh ideas, new friendships, and help ensure we can continue to grow and thrive.

So, please help us spread the word! Mention the offer when you're chatting with friends, share it on social media, or bring someone along to one of our meetings or events.

Join now for just £8 until the end of the year – but don't wait, this special offer won't last forever!

Thank you for your continued support. Together, we can make our community bigger, brighter, and even more enjoyable for everyone.



Alan Scott



SPORTS 4 CHANGE Based at Wombwell Park Mitchell Avenue Northfleet DA11 8AU are offering FREE community Sports activity sessions - generally for over 50's. Supported by Gravesham Borough Council

Forever Active – Every Monday - 12:30–15:30

Run by Sports 4 Change CIC at Wombwell Park, this friendly and inclusive afternoon session combines gentle physical activity with social interaction and wellbeing support. Participants can enjoy activities such as walking sports, walking exercise, lawn games, darts, cards and board games, along with a variety of other recreational and social activities throughout the year. The session provides a relaxed, supportive environment where people can stay active, build confidence, make new connections and enjoy good company at their own pace.

Active Ageing – Tuesdays 11:00–12:30

Join us at Wombwell Park for this welcoming over-50s group delivered by Sports 4 Change CIC. Participants can enjoy a range of accessible activities including walking sports & exercise, alongside a variety of other recreational and social activities. The session provides a friendly, supportive environment where people can stay active, improve wellbeing and connect with others.

Men's Activity Group – Tuesdays 15:00–17:30

A supportive men's wellbeing session at Wombwell Park, run by Sports 4 Change CIC. Take part in accessible activities such as walking football, walking cricket, walking basketball, walking tennis, walking rugby and darts, together with a range of other social and recreational opportunities. The group offers a relaxed space to stay active, build friendships, share experiences and enjoy good company.

To book your space visit www.sports4change.co.uk/whats-on/ and select your session or email them on enquiries@sports4change.co.uk



Just for YOU –

We know many of our Members have to cope with a variety of health issues – replacement hips and knees seems to be a popular ‘choice’, but cataract operations seem to be on the increase too. Of course, some need to deal with more serious issues involving longer hospital stays, taxing treatment and many weeks/months of recovery.



Getting back to normal life, driving, improving your mobility etc can be hard to cope with. We just wanted you to know that your u3a friends are thinking of you, missing your company and looking forward to when you can get back to your activities, even if a little more slowly at first. If you know a Member who is ill, had an accident/serious fall or is in hospital, please email me joan.portergrav@hotmail.co.uk with their name and brief details so that I can send a card. In the meantime, sending our good wishes for better days to come.

From your Committee

MURDER MYSTERY EVENT

Murder Mystery Event plus meal at The Three Dawes on Saturday, 3rd October. Sign-ups will be available shortly, just trying to establish cost, likely to be near last year’s price of £20 but I will let you know. There will only be 56 places due to sight lines etc. These will initially be for members only – should sufficient spaces be available friends can attend but this is a very popular event.

Stephen Nolan

QUIZ NIGHTS

These are very popular and are always a great evening. 5th September, 17th October and 7th November 2026 (separate sign-up sheets for each)

The 17th October is an additional music quiz and it’s almost prepared (I think it’s going to be great).

Stephen Nolan

GROUPS UPDATE FOR AUGUST

Now and Zen group is inactive until further notice.

Hiking and Rambling will continue as usual on the 1st and 3rd Fridays of the month. The walks will be led by various volunteers.

Senior Elastixs Fun Fitness Will continue when possible. The schedule will be flexible (no pun intended!)

INTRODUCING OUR COMMITTEE MEMBERS

Your Committee in 2026 - A diverse crew, but a great team, we enjoy our roles making our u3a fantastic for all Members and always welcome your ideas for new groups, events, speakers etc or how you would like to be more involved in our u3a – job satisfaction is infectious.



Chairman – Alan Scott – born in Gravesend, I left Southfields School aged 15 without formal qualifications. After a variety of roles, I entered the hydraulic hose industry, eventually establishing my own business, growing to employ over 50 people across 6 locations in the South East. In 2003, I began dancing Ceroc Modern Jive in the evenings and soon became a coach. Continuing to run the business, I studied at Brighton University, qualifying as a Hypnotherapist and Psychotherapist in 2008. Since then, I've supported clients in overcoming phobias, managing emotions, and addressing a wide range of personal challenges, while continuing to work with a small number of clients today. Group Leader – Modern Jive, one Ukulele Group, Pool, Rock Choir, 9-hole golf and New Members. Although I never expected to lead a charity, my journey demonstrates that determination and perseverance matter more than background or early academic achievements.



Vice Chair- Doreen Neighbour – also Chair of the Social Committee. Born in Lewisham Hospital, 1948, started work at 16 for Midland Bank, Tower Hill, London. Married Dennis in October, 1969, I now have three children and nine grandchildren. My main career was working for Price Waterhouse Coopers as a Secretary. I'm fully involved in many aspects of our u3a and enjoy varied activities, holidays etc with the friends I've made since joining.



Treasurer – Joyce Bell – I struggled with O level Maths at school but somehow became Treasurer! Member since 2014 and Committee Member since 2021, Treasurer since 2023. Keen runner. Group Leader – Local History 1. Active Member Creative Writing, Walking, Beginners Tai Chi, Theatre and Senior Elastix Groups.



Membership Secretary – Sue Kirwan - originally from Rochester, I worked in the banking/insurance sector, then retail, before retiring 5 years ago and joining u3a. I am also on the Social Committee, and former organiser of the Monthly Meeting Tea Rota. My interests include walking, reading, swimming, holidays and gardening as well as bowls. I'm a Member of Higham Bowls Club and a friend of the local Lions.



Speaker Secretary – Dennis Neighbour - born in a Slade Green railway house, February 1949. Started work for the London Electricity Board as an apprentice electrical fitter at the age of 15. Married Doreen October 1969, have three children and nine grandchildren. Moved to Gravesend April 1970 for a larger house. Worked in Saudi Arabia for three years in a military hospital. The last years working for Morgan Stanley as an electrical manager. Group Leader for Bowls.



Business Secretary – Steve Nolan – I've had a number of jobs over my working life, including as a serving police officer in the Metropolitan Police for 30 years and running a homeless shelter. I retired 5 years' ago, joined the u3a, am also Vice Chair of the Social Committee, run our Table Tennis Group, Co Group Leader Quiz Nights, Mexican Train Dominoes, Pool and Modern Jive (and apparently I'm a fantastic jive partner)!



Minutes Secretary – Joan Porter – I grew up in North Wales, did a post A Level secretarial course and moved to London to work in Industrial Relations. Pre early retirement I had a challenging 10 years as Executive PA to CEO/owner of an international bomb disposal/mine clearance company. Followed by 10 years taking Board Minutes, I was perhaps a shoe-in as Minutes Secretary (previously Social Committee too), but ditched shorthand years ago in favour of scribble and memory. Group Leader of Petanque and Tai Chi Intermediates, also active Member Bowls, Short Mat Bowls, Modern Jive, Senior Elastix, Low Impact and Photography 2. Love our u3a's 'give it a try' ethos and amazing friends I've made.



Webmaster & Beacon Admin – Peter Buttle – From Gravesend, interested in IT/ audio/visual entertainment/ technology since school days. I've worked as a Computer Programmer, Technical Account Manager and Solutions Architect in the brewing industry, medical diagnostic instrumentation, mass transit systems, mobile telecommunications and cashless payment systems. Joined u3a in 2016, Committee in 2021 using tech skills to keep u3a running via Zoom etc. Also on Social

Committee. Responsible for SumUp payments' admin as well as Microsoft 365 system we use as we're a charity. Group Leader for Cycling, Tame Your Digital Tech, Virtual Get Together, Wednesday Badminton, Mexican Train Dominoes. Available at General Meetings to assist new/existing Members needing help to join online. Active Member of 2 Ukulele Groups, Fully Loaded Lunch Club, Bowls, Badminton 2 and Photography 2.



Groups Coordinator – Ray Maclean – Royal Navy joined in 1964. Serving in surface ships before going to submarines in 1967 to 1976. SSBNs (sub surface ballistic nuclear)/The Polaris UK deterrent. Merchant Navy 1976 to 2017. Started as Able Seaman, attained Master Mariner by 1986. Trading worldwide. Port of Tilbury 1991 to 1998 Dockmaster. Port of London Vessel Traffic Supervisor for upper district Crayford to Richmond. Based at Thames Barrier Navigation Centre, Woolwich 1998 to 2017 (technically still Merchant Navy as PLA and Tilbury positions demanded a certificate of competency of Master Mariner. U3A Group leader Crossword club, Shortmat bowling and Scrabble Plus.



Newsletter Proofreader – Jane Holman - Went to Haberdashers Askes Girls School then into a trainee accountant job with Greenwich Council. Was given day release to get my accountancy qualification. Spent my whole career in Greenwich and retired in March 2024. Joined U3a a little before this on the recommendation of my sister - a brilliant move. I prefer sporty activities but also really enjoy Mexican Train Dominoes. I still work one or two days a month and with 2 sons and 4 grandchildren I am kept quite busy. Group Leader London Theatre Group, Tea Rota Organiser and active Member Bowls, Table Tennis and Mexican Train Dominoes.

u3a PICNIC IN THE PARK

We weren't actually in a park (and we didn't see any teddy bears as we weren't in the woods), but we did have a fantastic afternoon with our indoor (air-conditioned) picnic in the hall at Old Gravesendians. The room was packed with Members all eager for a great afternoon's entertainment, as well as a free 'tin' (plastic tub) of chocolates for each table – and all for the princely sum of £2 per person. Everyone brought their own choice of picnic food, so there was no moaning about someone not liking egg sandwiches and I believe the bar did a roaring trade.



Jonny 'G' provided the live music to get the party started, soon followed by a serene Tai Chi demonstration to very moving recorded music. The afternoon became more lively as more of our talented (and brave) members demonstrated their skills. Our two denim-clad Line Dance Groups (I even saw a Stetson) gave separate performances,



Modern Jivers showed that you don't have to be rock and roll fit to enjoy a few gentle twists and turns on the dancefloor and we were treated to two ukulele sessions by different Groups. The Scratch Band provided more music to enjoy, Ray serenading us with his wonderful voice (where did he keep that hidden?) and guitar accompaniment. The dancefloor was almost standing room only for the Interactive Line Dance taster session and our Chairman used the Modern Jive taster to spin one 'lucky' lady around (I'm joking, she was enjoying the experience).

The afternoon ended with Jonny leading a singalong that could have been heard in Essex. A great time was had by all and thanks must go to all who helped, including Peter as our u3a DJ, but especially our brilliant organisers, Doreen Neighbour and Anne May.

Watch this space for future Picnic news - Joan Porter.

Ramble Friday 21st August with Tessa 	Ramble – Cobham Wood and Ranscombe Farm Tessa is leading this really nice 4½ mile circular walk around Cobham Wood and the Ranscombe Farm Reserve (SSSI) comprising a mix of woodland and open meadows. It's not flat, but not particularly hilly. Please email Colin Nice if you're going. Meet at 10am in the car park in Albatross Ave, Strood) ME2 2FU. Directions: Take A2 to Strood (exiting just as the M2 starts and then keeping to the right). Cross the roundabout and take 1st right into Parkfields. Past the school, the road bends left – Albatross Ave is to the right turn on this bend. Follow to car park on the right just past the flats.
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Ramble Friday 4th September With Irene 	Hike – Leybourne Lakes Irene leads this favourite 4ml flat walk along and around the multitude of lovely lakes that make up this area. And there's a café at the end! Meet 10am Leybourne Lakes Country Park, Snodland ME20 6AA Please email Colin Nice know if you'd like to take part.
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WALKERS TAKE PART AT THEIR OWN RISK

**Sunday Lunch
Bunch
Sunday 6th Sept
With Marilyn**



Sunday Lunch Bunch will be meeting at Manor Farm Barn, Southfleet at 1230 pm.

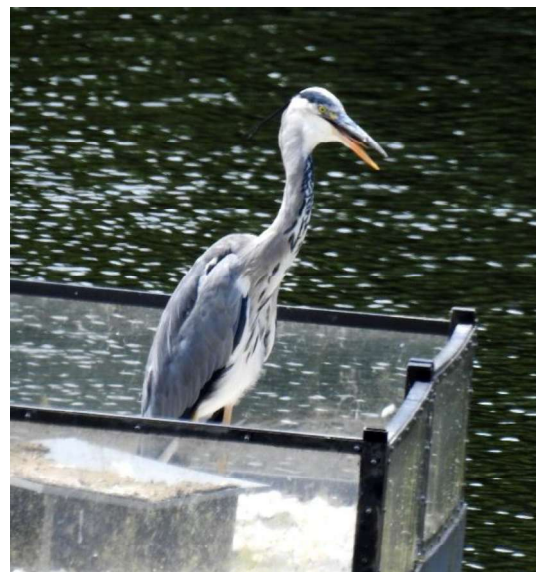
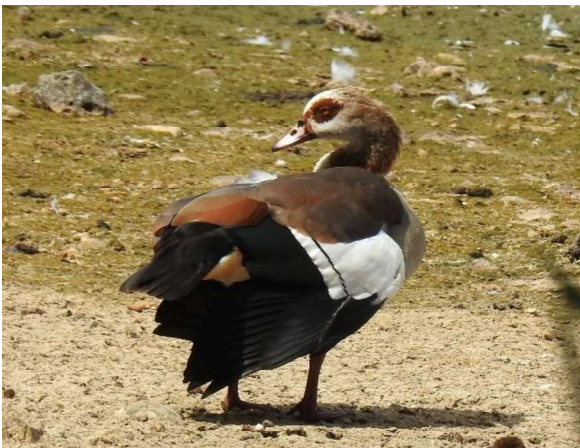
Please contact Marilyn by text, email or phone if you would like to attend (contact details at end of newsletter).



NEWS FROM OUR GROUPS

BIRDWATCHING TRIP TO SEVENOAKS WILDLIFE RESERVE

This month 7 of us visited Sevenoaks KWT. It is a small reserve of several lakes and woodland.



Our first port of call was the hide next to the visitor centre. From here we spotted a pair of great crested grebes nesting on what looked like floating vegetation. When one of the grebes got up off the nest to swap over incubation duties, a few eggs could be seen. This

could be a second brood as it seemed late to have just nested. A heron flew in to rest on some dead looking branches.

There were not too many ducks to be seen, just a few Tufted and Mallard. We took the trail towards the Kingfisher hide. We could hear a Blackcap still singing, and Blue Tits and Long Tailed Tits were flitting in some trees in a mixed group. Unfortunately, we were not lucky enough to see the Kingfisher this time but there were Moorhen and Coot with young.

From the Willow hide we could see mute swans with cygnets, and some egyptian geese. Making our way back we looked over the main lake to see greylag and canada geese, lapwing, cormorants and one lone avocet. From the last hide 2 little egrets were seen resting in nearby trees and a couple of stock doves were visiting the pools for a drink.

We returned to the cafe for a well-earned drink and some of us watched a heron posing on a raft while we drank our beverages. We had about 27 species of birds.

Irene

CREATIVE WRITING

The Box by Zakia Waheed

While playing in the guest room, these two children were told by their mother, Linda to put their card games in the box and then in the cupboard as their house guests who had gone away to Yorkshire were returning. The children did a good job, tidying up very nicely and instead of putting the box in the cupboard, they pushed it under the double bed out of sight. Their mum was very pleased what they had done. The guests, auntie Ruby and uncle Jack were very happy to find the room so tidy.

They left after spending two nights at the house and returned to the US. A week after arriving home and unpacking, Ruby, called Linda asking if she had left a small cosmetic bag in the bathroom or the bedroom. Linda said she would check again but there was no sign of it. Ruby sounded very concerned and worried. "You sound very anxious and worried," Linda said to Ruby. She replied, "well I can't find my diamond engagement and wedding rings". "Were you wearing them when you went to Yorkshire," asked Linda. She was not sure, she said. She may have left them in the hotel where they stayed. They had even called the hotel manager to check but had no luck. They really could not do anything because if the cleaner found them, she would've handed them to the manager.

Two years passed away and Linda decided to have a proper spring cleaning of the guest room. While doing that, she found a box pushed under the bed and a sleeping bag was placed in front of it, so it was hidden well, out of sight. The box was pulled out, and opened. It had all the little card games the children liked and had missed for a while. They forgot

that they had pushed the box under the bed instead of putting it in the cupboard and Linda did not notice it as she had actually pushed the sleeping bag in front of it.

The children got very excited to find the games and screamed with delight after taking the games out. They saw a bag in the box, the boys said, auntie Rose's little bag, it was handed to Linda, she unzipped it, there were two lipsticks, a mirror and a nail clipper. She saw another zip inside the bag and when she opened it, she screamed with happiness as Ruby's rings were in there. She phoned Ruby to give her the good news, she was thrilled about her rings. After two long years her diamond rings were found in a little bag in the box where the children had put their games and accidentally put the little bag too.

FRESHWATER FISHING GROUP

The Freshwater Fishing Group had a very good session at Shorne Country Park where the weather was lovely as was the banter with the other 3 members who attended – Colin, Graham, myself (Graham) and last but not least Brian who, despite his lack of experience showed great patience and perseverance and managed to land a small common carp, a quality crucian carp and a lovely rudd. Well done to him.



MINDFULNESS MEDITATION

Mo wrote: It was a lovely experience in the Woodland beside Chalk Church for our July meeting. It was good to take precious time out in a shady, peaceful setting. The sound bath was very calming & soothing. I enjoyed the mindful stroll around the grounds, observing nature. We don't tend to take enough time out like this.



Amanda commented: The meditation in the woodland was wonderful. I spent some time walking around the wooden bridge and water feature. I noticed the different shaped stones and particularly the flint, with its interesting patterns. The scent of lavender in the flower boarder was so up lifting and seeing little fluffy bird feathers on the path was so charming. When we gathered together for our final meditation, I really

felt transported into another world enjoying the harmony of musical sounds. I found the afternoon really relaxing.

Duncan's comments: It was a wonderful experience being one with nature and the sounds and smells within it. I thoroughly enjoyed the moment thank you everyone.



Zakia said: It was a wonderful experience for those who came. The atmosphere was very tranquil and calming, connecting to nature, touching the leaves and fruits of trees. The twittering sound of birds and rustling of leaves was comforting. Relaxing Meditation & unusual musical instrument (a tongue drum) played by Johnny was sensational, in the sound bath. All in the woodland setting.

Julie Redmond



Alan Scott



Jill Pritchard

PHOTOGRAPHY 2 – 'PATHWAYS' – see



Ben Winder

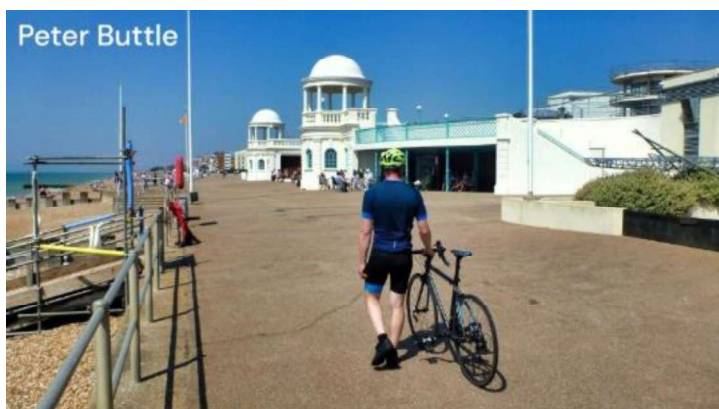
I'm not sure if we found the path to enlightenment, or the stairway to heaven, but we did get out and about, despite the heat, to find some bobby dazzlers.

Next assignment –
'Benches by a wall',
1 Picture of the Month & 1
'describing summer heat' !

**I'm sure we'll be seeing
some excellent shots of
'My Gravesham' in the
Photo Competition
(deadline 14 August)
to be shown on screen in
October.**



Joan Porter



Peter Buttle



Rob Porter

link below for more

https://drive.google.com/drive/mobile/folders/1htb4tuKS_xS6IGNxKcGpQuaPEktuZc4Z?usp=sharing

Social Diary

Upcoming Events for 2026



Saturday 5 th Sept	Quiz Night	Stephen Nolan
15 th to 19 th September	Llandudno & Snowdonia	Linda Howe
Saturday 3 rd Oct	Murder Mystery Event	Stephen Nolan

IMPORTANT: when paying for trips please add your membership number

Members' contributions

Future Group?

The members who sing out of tune
meet every morning in June.

The local ol' dears
put things in their ears
'til they leave in the late afternoon.

Des Rees

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 August 2026. If your group meetings are missing, or incorrect, please contact the relevant Group Leader.

Mon 17 Aug 2026 09:55	10:55	Tai-Chi Intermediate	Old Gravesendians
Mon 17 Aug 2026 10:00	12:00	Ukulele	Home in Gravesend
Mon 17 Aug 2026 11:00	12:00	Tai Chi BEGINNERS	Old Gravesendians
Mon 17 Aug 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Mon 17 Aug 2026 14:00	16:00	Rummikub 1	Home Gazelle Glade, Shorne
Tue 18 Aug 2026 10:00	12:00	Bowls (short-mat)	Cobham Bowls Club
Tue 18 Aug 2026 10:30	12:30	Creative Writing 2	Home in Thong Lane,
Tue 18 Aug 2026 12:00	14:00	Fully Loaded Lunch Club	St Georges Arts Centre Café
Tue 18 Aug 2026 13:00	15:00	Model making	Home in Greenhithe
Tue 18 Aug 2026 14:00	16:00	Reading	Home in Gravesend
Tue 18 Aug 2026 14:30	16:00	Pool	Spots and Stripes
Wed 19 Aug 2026 10:00	12:00	Mah Jong 1	Home in Gravesend
Wed 19 Aug 2026 10:00	12:00	Photography 1	Varies
Wed 19 Aug 2026 10:00	11:30	Singing - Rock Choir	Home in Gravesend
Wed 19 Aug 2026 10:00	12:00	Tame Your Digital Tech	Home Frobisher Way, RVP
Wed 19 Aug 2026 10:30	12:30	Bee Walking	Varies
Wed 19 Aug 2026 12:00	12:40	Virtual Get Together	Zoom meeting
Wed 19 Aug 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Wed 19 Aug 2026 14:00	16:00	Badminton on Wednesdays	Cygnnet Leisure Centre
Wed 19 Aug 2026 14:00	16:00	Classical Music Appreciation	Home in Meopham
Wed 19 Aug 2026 14:15	16:30	Line Dancing- Beginners Plus	Christ Church Hall
Thu 20 Aug 2026 10:00	12:00	Creative Writing 1	Home in Gravesend
Thu 20 Aug 2026 10:00	13:30	Golf - 9 Hole	Varies
Thu 20 Aug 2026 10:30	12:00	Walking Tennis	Gravesend Rugby Club
Thu 20 Aug 2026 14:00	17:00	Bowls on Thursday	Cobham Bowls Club
Fri 21 Aug 2026 10:00	12:30	Ramble	Varies
Fri 21 Aug 2026 13:00	14:00	Badminton 2	Cascades Leisure Centre
Fri 21 Aug 2026 14:00	16:00	Canasta	Home in Meopham
Fri 21 Aug 2026 14:00	17:00	Mexican Train Dominoes	ASDA's Community Room
Mon 24 Aug 2026 09:55	10:55	Tai-Chi Intermediate	Old Gravesendians
Mon 24 Aug 2026 11:00	12:00	Tai Chi BEGINNERS	Old Gravesendians
Mon 24 Aug 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Mon 24 Aug 2026 14:00	18:00	Cycling	Varies
Mon 24 Aug 2026 14:00	16:00	Line Dancing Basic Beginners	Christ Church Hall
Mon 24 Aug 2026 19:30	21:30	Dance - Modern Jive	Christ Church Hall
Tue 25 Aug 2026 12:15	14:00	Petanque all Year	Gravesend Rugby Club'

Tue 25 Aug 2026 14:00	16:00	Bridge	Home in Northfleet
Tue 25 Aug 2026 14:00	16:00	Painting and Sketching	Home in Istead Rise
Tue 25 Aug 2026 14:30	16:00	Pool	Spots and Stripes
Tue 25 Aug 2026 15:00	00:00	Theatre Group	Varies
Wed 26 Aug 2026 09:30	13:00	Craft and Laugh	ASDA's Community Room
Wed 26 Aug 2026 10:30	12:30	Bee Walking	Varies
Wed 26 Aug 2026 12:00	12:40	Virtual Get Together	Zoom meeting
Wed 26 Aug 2026 12:30	13:30	Dance - Zumba Gold	Shears Green Community
Wed 26 Aug 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Wed 26 Aug 2026 14:00	16:00	Badminton on Wednesdays	Cygnnet Leisure Centre
Wed 26 Aug 2026 14:15	16:30	Line Dancing- Beginners Plus	Christ Church Hall
Thu 27 Aug 2026 00:00	00:00	Local Theatre Group	Varies
Thu 27 Aug 2026 10:30	11:30	Senior Elastixs Fun Fitness	Old Gravesendians
Thu 27 Aug 2026 10:30	12:00	Walking Tennis	Gravesend Rugby Club
Thu 27 Aug 2026 14:00	16:00	French Conversation	Home in Northfleet
Thu 27 Aug 2026 14:00	16:00	Geography 1	Varies
Thu 27 Aug 2026 14:00	17:00	Bowls on Thursday	Cobham Bowls Club
Fri 28 Aug 2026 10:00	12:00	Bird Watching	Varies
Fri 28 Aug 2026 13:00	14:00	Badminton 2	Cascades Leisure Centre
Fri 28 Aug 2026 14:00	17:00	Bowls on Fridays - Lawn	Woodlands Bowls club
Fri 28 Aug 2026 14:00	16:00	Wine Appreciation	Home in Meopham
Fri 28 Aug 2026 14:00	16:00	Knit and natter	Home Challenge Close
Mon 31 Aug 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Tue 1 Sep 2026 10:00	12:00	Bowls (short-mat)	Cobham Bowls Club
Tue 1 Sep 2026 13:00	15:00	Model making	Home in Greenhithe
Tue 1 Sep 2026 14:00	16:00	Local History 1	
Tue 1 Sep 2026 14:00	16:00	Painting and sketching 2	Home King's Drive,
Tue 1 Sep 2026 14:30	16:00	Pool	Spots and Stripes
Wed 2 Sep 2026 10:00	12:00	Film	Home in Northfleet
Wed 2 Sep 2026 10:00	12:00	Tame Your Digital Tech	Home Frobisher Way, RVP
Wed 2 Sep 2026 10:30	12:30	Bee Walking	Varies
Wed 2 Sep 2026 12:00	12:40	Virtual Get Together	Zoom meeting
Wed 2 Sep 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Wed 2 Sep 2026 14:00	16:00	Badminton on Wednesdays	Cygnnet Leisure Centre
Wed 2 Sep 2026 14:15	16:30	Line Dancing- Beginners Plus	Christ Church Hall
Thu 3 Sep 2026 09:30	12:00	Cookery (World cuisine)	Varies
Thu 3 Sep 2026 10:30	11:45	Solos	Arts Cafe
Thu 3 Sep 2026 10:30	12:00	Walking Tennis	Gravesend Rugby Club
Thu 3 Sep 2026 14:00	17:00		Cobham Bowls Club
Fri 4 Sep 2026 09:30	12:30	Hike	Varies
Fri 4 Sep 2026 13:00	14:00	Badminton 2	Cascades Leisure Centre
Fri 4 Sep 2026 14:00	17:00	Mexican Train Dominoes	ASDA's Community Room
Fri 4 Sep 2026 14:00	16:00	Knit and natter	Home Challenge Close

Sat 5 Sep 2026 10:00	12:00	Scratch band	Home in Gravesend
Sat 5 Sep 2026 19:30	22:30	Quiz Nights	Christ Church Hall
Sun 6 Sep 2026 12:30	14:45	Sunday Lunch Bunch	Manor Farm Barn
Mon 7 Sep 2026 09:55	10:55	Tai-Chi Intermediate	Old Gravesendians
Mon 7 Sep 2026 10:00	12:00	Ukulele	Home in Gravesend
Mon 7 Sep 2026 11:00	12:00	Tai Chi BEGINNERS	Old Gravesendians
Mon 7 Sep 2026 13:45	15:45	Table Tennis	Istead Rise Community Hall
Mon 7 Sep 2026 14:00	16:00	Readers Forum	Home in Meopham
Tue 8 Sep 2026 12:15	16:00	Line Dancing Basic Beginners	Christ Church Hall
Tue 8 Sep 2026 14:00	14:00	Petanque all Year	Gravesend Rugby Club'
Tue 8 Sep 2026 14:00	16:00	Cribbage 2	Home in Gravesend
Tue 8 Sep 2026 14:30	16:00	Philosophy	Home in Northfleet
Wed 9 Sep 2026 10:00	16:00	Pool	Spots and Stripes
Wed 9 Sep 2026 10:30	12:00	Mah Jong 2	Home in Meopham
Wed 9 Sep 2026 12:00	12:30	Bee Walking	Varies
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Wed 9 Sep 2026 13:45	13:30	Dance - Zumba Gold	Shears Green Community
Wed 9 Sep 2026 14:00	15:45	Table Tennis	Istead Rise Community Hall
Wed 9 Sep 2026 15:00	16:00	Badminton on Wednesdays	Cygnnet Leisure Centre
Thu 10 Sep 2026 09:50	17:00	Scrabble Plus	Home in Gravesend
Thu 10 Sep 2026 10:00	11:50	Rummikub 3	St Georges Arts Centre Café
Thu 10 Sep 2026 10:00	12:00	Cribbage 1	Home in Meopham
Thu 10 Sep 2026 10:00	12:00	Geography 2	Home in Gravesend
Thu 10 Sep 2026 10:30	12:00	Learn the Ukelele with JG	Home Lower Higham Road
Thu 10 Sep 2026 10:30	11:15	Fitness Low Impact	Old Gravesendians RFC
Thu 10 Sep 2026 14:00	12:00	Walking Tennis	Gravesend Rugby Club
Thu 10 Sep 2026 14:00	17:00		Cobham Bowls Club
Fri 11 Sep 2026 10:00	16:00	British History	Asda Community Room
Fri 11 Sep 2026 13:00	12:00	Photography 2	Home Frobisher Way, RVP
Fri 11 Sep 2026 13:45	14:00	Badminton 2	Cascades Leisure Centre
Fri 11 Sep 2026 13:45	16:30	MONTHLY MEETING	CPC - The Maltings

**You are respectfully requested to shred the remaining pages
to protect members' personal information.**